

Donate food for the 40 days of Lent. Please check to find out the opening times during Lent and to check if there is anything in particular, we're running short of. You can find our food bank details here: [Bedford.foodbank.org.uk](https://bedford.foodbank.org.uk)

5 March

Tinned fruit 1	UHT milk 2	Squash 3	Long life sponge pudding 4
Jam 5	Biscuits 6	Soup 7	Tinned tuna 8
Rice 9	Coffee (instant) 10	Cooking sauce 11	Cereal 12
UHT milk 13	Tinned tomatoes 14	Toilet roll 15	Tinned vegetables 16
Custard 17	Long life fruit juice 18	Deodorant 19	Tinned meat 20
Chocolate bars 21	Crackers 22	Shower gel 23	Tinned Rice Pudding 24
Tinned potatoes 25	Cup a Soup 26	Nappies 27	Custard 28
Crisps 29	Washing up liquid 30	Laundry tablets 31	Tinned meat 32
Toothpaste 33	Peanut butter 34	Chocolate bars 35	Shampoo 36
Tinned vegetables 37	Tin Openers 38	Coffee (instant) 39	Tinned meat pie 40

17 April

01234 268569
bedford.foodbank.org.uk

Registered Charity Number: 1179538 | Registered in England & Wales

Please deliver food donations to:
8/9 Murdock Road
Manton Industrial Estate
Bedford MK41 7PE