

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)

18 February

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

2 April

**01234 268569**  
[bedford.foodbank.org.uk](https://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