



**#40for40**



**40 PENCE  
FOR  
40 DAYS**

***Can you take part in our  
40 for 40 challenge this Lent?***

By giving up 40 pence a day for the 40 days of Lent  
you can raise enough to help support  
a local family in crisis this Easter.

**[Bedford.foodbank.org.uk](http://Bedford.foodbank.org.uk)**



*All you have to do is  
find an old jam jar, or  
similar container and  
start collecting!*

