

Donate food for the 40 days of Lent. Simply grab a box and place an item in daily. When you have put all the items in the box, please deliver to the Foodbank. You can find our foodbank details here: boston.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 fish 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	Lentils 24
Instant mashed potato 25	Angel Delight 26	Nappies 27	Custard 28
Crisps 29	Washing up liquid 30	Laundry detergent 31	Tinned meat pie 32
Toothpaste 33	Peanut butter 34	Tinned tomatoes 35	Shampoo 36
Tinned vegetables 37	Tinned potatoes 38	Coffee (instant) 39	Tinned meat pie 40

17 April

01205 310929
www.boston.foodbank.org.uk

Registered Charity Number: 1138045 | Registered in England & Wales

Please deliver food donations to:
The Rectory, Wormgate, Boston.
PE21 6NP or via the Foodbank
donation bin in St Botolph's Church
(Boston Stump)