

## **Give in Lent Calendar**

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: **aberdeennorth.foodbank.org.uk** 

UHT milk  Tinned meat  Tinned fruit  Tinned fruit  Tinned fruit  Sweets  Instant noodles  Biscuits  Biscuits  Tollet roll  Tinned fruit  Tinned fruit  Tinned fruit  Tinned fruit  Tinned fruit  Tinned vegetables  Tollet roll  Tinned wegetables  Tollet roll  Tinned wegetables  Tollet roll  Tinned meat  Tinned meat  Tollet roll  Tollet roll  Tinned meat  Tollet roll  To	5 March			
Instant noodles  Biscuits  Soup  Tinned fish  Rice  Pasta sauce  Toilet roll  Tinned tomatoes  Tinned tomato	1	_	•	4 Sweets
Rice Instant coffee Pasta sauce Cereal  UHT milk Tinned tomatoes Toilet roll Tinned vegetables  17 Teabags Deodorant Parined meat  Chocolate bars Shopping Bags Shower gel UHT Milk  25 Instant mashed potato  Soup Washing up liquid Crisps  30 Laundry detergent Crisps  Toothpaste Tinned Fruit Custard Shampoo  Toilet Poll UHT Milk  Parers Toilet Poll UHT Milk	•		•	8 Tinned fish
Tinned tomatoes  Toilet roll  Tinned vegetables  17 Porridge oats  Teabags  Teabags  Deodorant  19 Tinned vegetables  19 Tinned meat  Chocolate bars  Shopping Bags  Shower gel  UHT Milk  25 Instant mashed potato  Soup  Washing up liquid  Toothpaste  Toothpaste  Toothpaste  Toilet roll  Tinned vegetables	•		* * *	12 Cereal
Porridge oats  Teabags  Deodorant  Tinned meat  21 Chocolate bars  Shopping Bags  Shower gel  Shower gel  UHT Milk  25 Instant mashed potato  Beans  Soup  Washing up liquid  Toothpaste  Toothpaste  Toothpaste  Toothpaste  Toothpaste  Teabags  Deodorant  Tinned meat  Toothpaste		* *		
Chocolate bars  Shopping Bags  Shower gel  UHT Milk  25 Instant mashed potato  Beans  Soup  Washing up liquid  Toothpaste  Tinned  Tinned  Shopping Bags  Shower gel  UHT Milk  Laundry detergent  Crisps  Crisps  Toilot Ball  Toilot Ball  Laundry detergent  Toilot Ball  Toilot Ball  Tother Ball  Tother Ball  Laundry detergent  Toilot Ball	* * *			20 Tinned meat
Instant mashed potato  Beans Nappies Rice Pudding  Rice Pudding  Laundry detergent  Tinned  Tinned  Beans Nappies Rice Pudding  Rice Pudding  Crisps  Crisps  Totlot Poll  Rice Pudding  Rice Pudding  Crisps  Totlot Poll  Laundry detergent  Crisps  Totlot Poll  Laundry detergent  Crisps  Totlot Poll  Laundry detergent  Crisps				24 UHT Milk
Soup Washing up liquid Crisps  33	Instant mashed			28 Rice Pudding
Tinned 37 38 39 40		wasning up	Laundry	32 Crisps
I INNEC Pazore Toilet Poll LIHT Milk				36 Shampoo
17 April	Tinned			

Charity Number: SC041380 | Registered in Scotland

Please deliver food donations to: King's Church, King's Way, Bridge of Don, Aberdeen, AB23 8BL