



Aberdeen North
Foodbank
Together with Trussell

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

5 March

UHT milk 1	Tinned meat 2	Tinned fruit 3	Sweets 4
Instant noodles 5	Biscuits 6	Soup 7	Tinned fish 8
Rice 9	Instant coffee 10	Pasta sauce 11	Cereal 12
UHT milk 13	Tinned tomatoes 14	Toilet roll 15	Tinned vegetables 16
Porridge oats 17	Teabags 18	Deodorant 19	Tinned meat 20
Chocolate bars 21	Shopping Bags 22	Shower gel 23	UHT Milk 24
Instant mashed potato 25	Beans 26	Nappies 27	Rice Pudding 28
Soup 29	Washing up liquid 30	Laundry detergent 31	Crisps 32
Toothpaste 33	Tinned fruit 34	Custard 35	Shampoo 36
Tinned vegetables 37	Razors 38	Toilet Roll 39	UHT Milk 40

17 April

aberdeennorth.foodbank.org.uk
Charity Number: SC041380 | Registered in Scotland

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