



ADLENT 2024

Themed Weeks for Donations During Lent

Week 1: starting Weds 14th Feb - DRINKS

Tea bags, Instant coffee, Long-life milks , Alternative milks, Hot chocolate, Long-life fruit juice, Squash & cordials

Week 2: starting Weds 21st Feb - TINNED FRUIT & VEG

Tinned potatoes, Tinned carrots, Tinned peas, Tinned sweetcorn, Tinned peaches, Tinned pears, Tinned pineapple

Week 3: starting Weds 28th Feb - LONG-LIFE PUDDINGS

Tinned/cartons custard, Sponge Puddings, Tinned rice pudding, Tinned fruit cocktail, Tinned fruit ANY, Cereal & cake bars

Week 4: starting Weds 6th March - TINNED PROTEIN

Tinned hot meat - stew, mince etc, Hot dogs - tinned or jars, Tinned cold meats, Tinned fish, Tinned vegetarian meals

Week 5: starting Weds 13th March -INSTANT FOODS

Instant porridge, ReadyBrek, Instant noodles/Pot noodles, Pasta'n'sauce sachets, Snack bars/cereal bars, Biscuits

Week 6: starting Weds 20th March -NON-FOOD ITEMS

Bars of soap, Deodorant, Shampoo & shower gel, Washing up liquid, Laundry powder/sheets/liquid, Loo cleaner/bleach, Surface cleaner

Thank you for your support during Lent