# GIVE IN LENT

Wirral foodbank

## HELP SUPPORT YOUR FOOD BANK WITH FOOD THIS LENT

In the 6 weeks of Lent, the food bank will provide emergency food parcels for local people and families facing hardship.

The amount of help needed is outstripping the donations we're receiving. Please donate an item or two from our shopping list, if you can.

### SHOPPING LIST
### TOP TEN ITEMS

- Chocolate
- Tinned Meat
- Tinned Fruit
- Pasta Sauce
- Tinned Vegetables
- Tinned Potatoes
- Deodorant
- Toothbrushes/Toothpaste
- Tinned Rice Pudding
- Tinned Spaghetti

**THANK YOU FOR YOUR SUPPORT**

To find out how to donate food or cash visit www.wirral.foodbank.org.uk or drop off at our warehouse at Unit 14, Wirral Business Centre, Dock Rd, Birkenhead CH41 1JW

Registered Charity in England & Wales 1167967.