

# Give in Lent

## Help support your food bank this Lent

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

### Donate food



Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

### Donate money



Help to cover the costs of storing and distributing food, as well as developing sustainable projects.

## Shopping list

Tinned meat/fish

Tinned veg/fruit

Cooking sauces

Coffee/tea

Milk (UHT or powdered)

Soup/Cup-A-Soup

Biscuits

Tinned pudding

Jam

Tinned potatoes

**0151 638 7090**

[www.wirral.foodbank.org.uk](http://www.wirral.foodbank.org.uk)

Registered Charity in England & Wales (1167967)

