



# Faversham Foodbank AdLent Calendar 2023

Over the 40 Days of Lent - from **Ash Wednesday, 22 February** to **Maundy Thursday, 6 April** - we are asking people to donate one item each day of food, toiletries and household products to the Foodbank to help others.

The Foodbank supports individuals and families who are having to make hard and sometimes impossible choices to buy food, pay their rent/mortgage, energy bills, or other essentials.

Your donations can make a huge difference.

Please donate the following items:

## FEBRUARY

22nd	Strong carrier bags/Bags for Life	25th	Cooking oil
23rd	Washing detergent	27th	Children's sweets
24th	Bleach	28th	Instant noodles/instant pasta

## MARCH

1st	Canned cold meat	17th	Shampoo
2nd	Tinned carrots	18th	Sponge puddings
3rd	Crisps	20th	Pasta sauce
4th	Mayonnaise	21st	Fruit squash
6th	Deodorant	22nd	Washing-up liquid
7th	Sponge puddings	23rd	Fabric conditioner
8th	Cereal bars/snacks	24th	Fruit juice
9th	Shaving foam	25th	Anti-bacterial spray cleaner
10th	Hot chocolate	27th	Dog food
11th	Brown sauce	28th	Snacks
13th	Jam	29th	Tomato ketchup
14th	Razors	30th	Soap
15th	Tinned potatoes	31st	Toilet rolls
16th	Long life milk		

## APRIL

1st	Cat food	5th	Tinned vegetables
3rd	Tinned fruit	6th	Marmite
4th	Canned tomatoes		

### Where can you drop off your donations?

1. At the Foodbank - Gospel Mission Hall, Tanners Street, Faversham. 5-6.30pm on Mondays and 12.30-4pm Wednesdays and Fridays.
2. At the Foodbank collection points in the Faversham branches of Aldi, Morrisons, Sainsbury's, and Tesco's.
3. St Mary of Charity Church.

**Thank you for anything you can donate.**

It means so much to local people who need a helping hand.

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

Reg charity no: 1158413