GIVE IN LENT

Wirral Foodbank
Together with Trussell

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

- Tinned Custard
- Tinned Fruit
- Tinned Vegetables
- Tinned Potatoes
- Tinned Meat
- Toothbrushes
- Tinned Rice Pudding
- Tinned Spaghetti
- Shampoo
- Sanitary Towels

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.