BLACK COUNTRY FOODBANK
LOVE . CONNECT . INVEST

Do something different for Lent - join in our 80 can challenge!

The early months of the year can be a difficult time for Black Country Foodbank as donations drop off and we struggle to maintain our food stocks.

Lent lasts 40 days and 40 nights so we challenge as many of you as possible to collect and donate 80 cans of food to Black Country Foodbank.

This challenge can be taken up in the workplace, at school, in your church community, at home with your family or neighbours or in those clubs and societies that you are members of.

In the workplace different departments or teams could participate; at school classes, houses or year groups could take up the challenge. Within the church community various sections e.g. the toddler group, the youth section, the leaders, the Rainbows, Brownies, Guides, Beavers, Cubs, and Scouts could all participate in the 80 can challenge. In your home environment why not ask your extended family or you could join with your neighbours and, as a street, collect items to donate to BCFB. Don't forget those clubs/societies too – the choir, sports teams, craft clubs or musical ensembles.

How you do it is up to you, but please be encouraged to take up the challenge!

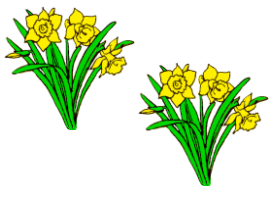
For suggestions as to what you can donate please see the list below:-

- **1L CARTONS OF UHT MILK**
- **1L CARTONS OF FRUIT JUICE (FROM CONCENTRATE)**
- **JARS OF COOKING SAUCE**
- **MEDIUM SIZED BOXES OF BREAKFAST CEREAL**
- **PACKETS OF MASHED POTATOES**
- **JAM/MARMALADE**
- **SMALL JARS OF COFFEE**
- **TINNED FRUIT**
- **TINNED MEAT (HAM/CORNED BEEF)**
- **INSTANT NOODLES**
- **SHAMPOO**
- **SHOWER GEL**
- **DEODORANT**
- **SHAVING FOAM**
- **TOILET ROLL**
- **HANDWASH**
- **TOOTHBRUSHES**
- **TOOTHPASTE**
- **SANITARY WEAR**
- **CAN OPENERS**

It need not just be cans – packets and toiletry items are needed too.

Once you have collected your items if you would like us to collect them, please contact admin@blackcountryfoodbank.org.uk or phone 01384 671250

For more information please see our website www.blackcountryfoodbank.org.uk



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