



# 40 days of food

and other essential supplies



WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	<b>CUPPA</b> instant coffee, tea bags, sugar or a packet of biscuits		Shrove Tuesday	<b>17 FEB</b> Instant coffee <b>1</b>	<b>18 FEB</b> Box of tea bags <b>2</b>	<b>19 FEB</b> Packet of biscuits <b>3</b>	<b>20 FEB</b> Packet of sugar <b>4</b>	Pray for people experiencing acute poverty in the places where we live
<b>2</b>	<b>TINNED ITEM</b> Canned meal, fruit/vegetables, rice pudding or custard	<b>22 FEB</b> Can of chilli <b>5</b>	<b>23 FEB</b> Tin of rice pudding <b>6</b>	<b>24 FEB</b> Can of chicken in sauce <b>7</b>	<b>25 FEB</b> Tinned fruit <b>8</b>	<b>26 FEB</b> Tinned peas or sweetcorn <b>9</b>	<b>27 FEB</b> Veggie meal in a tin <b>10</b>	Pray for the people running and supporting Foodbanks
<b>3</b>	<b>CLEANING PRODUCT</b> Bag for Life or cleaning item (washing-up liquid, all-purpose cleaner, cloths)	<b>1 MARCH</b> Bag for Life <b>11</b>	<b>2 MARCH</b> Washing-up liquid <b>12</b>	<b>3 MARCH</b> Kitchen cloths <b>13</b>	<b>4 MARCH</b> All-purpose cleaner <b>14</b>	<b>5 MARCH</b> Handwash/soap <b>15</b>	<b>6 MARCH</b> Baby wipes <b>16</b>	Pray for those who have fallen into financial difficulties because of the Covid-19 pandemic
<b>4</b>	<b>PACKET ITEM</b> Noodles, tissues, sanitary towels, sugar, cereal	<b>8 MARCH</b> Packet of noodles <b>17</b>	<b>9 MARCH</b> Box of tissues <b>18</b>	<b>10 MARCH</b> Sanitary towels <b>19</b>	<b>11 MARCH</b> Box of cereal <b>20</b>	<b>12 MARCH</b> Nappies (size 3 or 4) <b>21</b>	<b>13 MARCH</b> Baby wipes <b>22</b>	Pray on Mothering Sunday for those who show us the love of God
<b>5</b>	<b>JAR ITEM</b> Coffee, jam or pasta sauce	<b>15 MARCH</b> Pasta sauce (tomato) <b>23</b>	<b>16 MARCH</b> Jar of jam <b>24</b>	<b>17 MARCH</b> Pasta sauce (creamy) <b>25</b>	<b>18 MARCH</b> Ready-made custard <b>26</b>	<b>19 MARCH</b> Tinned ham <b>27</b>	<b>20 MARCH</b> Deodorant <b>28</b>	Pray for leaders and decision-makers as they tackle issues of poverty
<b>6</b>	<b>TOILETRY ITEM</b> Handwarmers or toiletry item (shampoo, shower gel, toothpaste, toothbrush)	<b>22 MARCH</b> Hand warmers <b>29</b>	<b>23 MARCH</b> Shampoo <b>30</b>	<b>24 MARCH</b> Shower gel <b>31</b>	<b>25 MARCH</b> Toothpaste <b>32</b>	<b>26 MARCH</b> Adult toothbrush <b>33</b>	<b>27 MARCH</b> Children's toothbrush <b>34</b>	Give thanks for the generosity of those who donate time, money and food to local Foodbanks
<b>7</b>	<b>STORECUPBOARD ESSENTIAL</b> Tea, tuna, pasta sauce, olive oil, coffee, sugar or long-life juice	<b>29 MARCH</b> Olive oil <b>35</b>	<b>30 MARCH</b> Long-life orange juice <b>36</b>	<b>31 MARCH</b> Tinned tuna <b>37</b>	<b>1 APRIL</b> Long-life apple juice <b>38</b>	<b>2 APRIL</b> Box of stock cubes <b>39</b>	<b>3 APRIL</b> Packaged cake (e.g. ginger, madeira) <b>40</b>	Pray for hope and new life this Easter season

## Join your local Methodist church and Foodbank to support families in need this Lent

Choose to give one item a week or 40 items throughout Lent. You can either drop items into the Foodbank collection box at your nearest participating supermarket or save a bag of items until week 7. Information about drop-off or pick-up of donations will then be posted at [castlestreet.org.uk/lent-2021](http://castlestreet.org.uk/lent-2021)