



Do something different for Lent in 2022 - join in our 80 can challenge!

Foodbanks are facing more pressure as energy costs soar, food prices increase and many face financial worries. We hope to be able to support people through these difficult times and can only do that with the incredible support we receive from our donors. Please join our 80 Can Challenge!

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

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

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
- PACKETS OF MASHED POTATOES
- JAM/MARMALADE
- SMALL JARS OF COFFEE
- TINNED FRUIT
- TINNED MEAT (HAM/CORNERD BEEF)
- INSTANT NOODLES
- PKTS BISCUITS
- BATH SPONGES/FACE CLOTHS
- SHAMPOO
- SHOWER GEL
- DEODORANT
- SHAVING FOAM
- TOILET ROLL
- SINGLE TOOTHBRUSHES
- TOOTHPASTE
- HANDWASH
- 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

