SUPPORT WREXHAM FOODBANK: 40 DAYS OF LENT

Can you do something for your local Foodbank each day of Lent?

Here are some ideas of things to donate or do:

- 1. Tin opener
- 2. Toilet roll
- 3. Men's deodorant
- 4. Women's deodorant
- 5. Shower gel
- 6. 1L UHT milk
- 7. 1L long life fruit juice
- 8. 200ml carton of fruit juice
- 9. Tin of tuna
- 10. Tin of rice pudding
- 11. Tin of peaches
- 12. Tin of peas
- 13. Tin of sweetcorn
- 14. Tin of carrots
- 15. Tin of potatoes
- 16. Tin of tomatoes
- 17. Packet of biscuits
- 18.40 tea bags
- 19.100g jar of coffee
- 20. Tin of hotdogs
- 21. Tin of ham
- 22. Tin of corned beef

- 23. Pasta
 24. Rice
 25. 500g Cereal
 26. Packet soup
 27. Shampoo
 28. Toothbrush
 29. Toothpaste
- 30. Soap
- 31.Razor
- 32. Hairbrush or comb
- 33. Washing up liquid
- 34. Washing up sponge
- 35. Small washing powder
- 36. Dog food
- 37. Put in an extra bag to help transport the food
- 38. Join our campaign #5weekstoolong
- 39. Say a prayer for those who will be receiving your donation
- 40. Put everything in a box ready to donate

Our warehouse is on the Puleston Industrial Estate on Ruabon Road, behind Wrexham Tyres. It is open for donations on Tuesdays and Fridays 10am-3pm.

