

LEWISHAM FOODBANK LENT CHALLENGE

During Lent we are encouraging you to **#giveupandgive**. We have selected a different category for each week of Lent for you to focus on.

After the Challenge please bring your (non perishable) donations to Lewisham Foodbank (Hope Centre, 118 Malham Road SE23 1AN) Wednesdays 10 am – 12 noon or Fridays (not Good Friday) 12 noon – 2 pm. Alternatively take your donations to My Jamii Café, 3 Honor Oak Park SE23 1DX Monday– Friday 8 am – 5 pm or Saturdays 10 am – 5 pm.

Post your **#giveupandgive** stories to “@LewishamFood” on Twitter and on our Facebook Page “Lewisham Foodbank”

WEEK 1: 6 – 12 March
PAMPERING WEEK



#giveupandgive

- Bubble bath
- Shampoo
- Shaving foam
- Moisturiser
- Shower gel
- Deodorant

WEEK 2: 13 – 19 March
VEGETARIAN WEEK



#giveupandgive

- Chick peas
- Lentils
- Macaroni cheese
- Pasta sauce
- Tinned tomatoes

WEEK 3: 20 – 26 March
BABY WEEK



#giveupandgive

- Baby wipes
- Nappies
- Baby Food
- Toiletries


WEEK 4: 27 March – 2 April



#giveupandgive

- Chocolate
- Crisps
- Sweets
- Biscuits

WEEK 5: 3 – 9 April



#giveupandgive

- Select from your supermarket's World Foods section
- Visit a TFC and buy some non-perishable items

WEEK 6: 10 – 16 April



#giveupandgive

- Washing powder tablets
- Washing up liquid
- Multi-surface cleander
- Cleaning cloths