



LEWISHAM FOODBANK LENT CHALLENGE



Instructions:

1. Take an empty egg box
2. Stick the Lewisham Foodbank Lent Challenge label (page 2) on the egg box, or decorate your own egg box
3. Cut out the six weekly challenges (page 3), fold and place one challenge in each egg compartment
4. Each week when you go to the shops buy something from your weekly challenge – you will find ideas inside the egg box. NB all food donations must be non-perishable
5. When you've completed your weekly challenge cut out the picture for that week and stick it on the page
6. When you've completed all the challenges and stuck the pictures in all the boxes, bring your donations along to Lewisham Foodbank on Wednesday 12 April 10 am – 12 noon with your completed sheet to receive your prize!

Address: Lewisham Foodbank
Hope Centre
118 Malham Road SE23 1AN

OR deliver to: My Jamii Café
3 Honor Oak Park
SE23 1DX

Mon – Fri 8 am – 5 pm
Sat 10 am – 5 pm

7. If your family is on Facebook why not 'like' **Lewisham Foodbank** and post some few photographs using the hashtag #giveupandgive
8. If your family use Twitter why not 'follow' **@LewishamFood** and do the same!



www.lewisham.foodbank.org.uk

NAME

CONTACT
DETAILS



WEEK 1: pamper week

WEEK 2: vegetarian week

WEEK 3: baby week

WEEK 4: treat week

WEEK 5: world food week

WEEK 6: cleaning week

CONGRATULATIONS!



www.lewisham.foodbank.org.uk

Design your own label with this template & stick on your egg box



Cut out & stick on your egg box





#giveupandgive

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WEEK 1: pamper week

Shopping ideas:

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



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WEEK 2: vegetarian week

Shopping ideas:

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



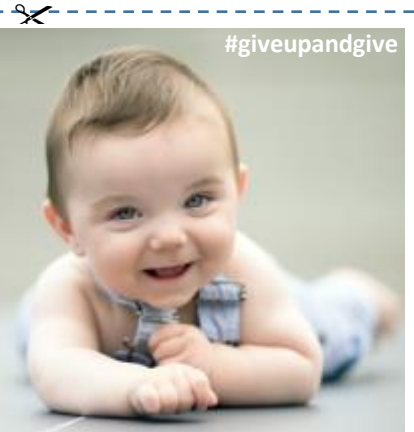
#giveupandgive

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WEEK 3: baby week

Shopping ideas:

- Baby wipes
- Nappies
- Baby food
- Baby toiletries



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WEEK 4: treat week

Shopping ideas:

- Chocolate
- Sweets
- Biscuits
- Crisps



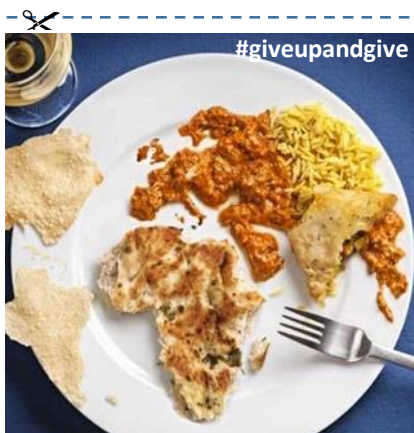
#giveupandgive

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WEEK 5: world foods week

Shopping ideas:

- Why not look at the World Foods section of your supermarket and choose something non-perishable
- Take a visit to your local TFC and choose something non-perishable



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WEEK 6: cleaning week

Shopping ideas:

- Washing powder (tablets only)
- Washing up liquid
- Multi-surface cleaner
- Cleaning cloths

