

# LEWISHAM FOODBANK LENT CHALLENGE

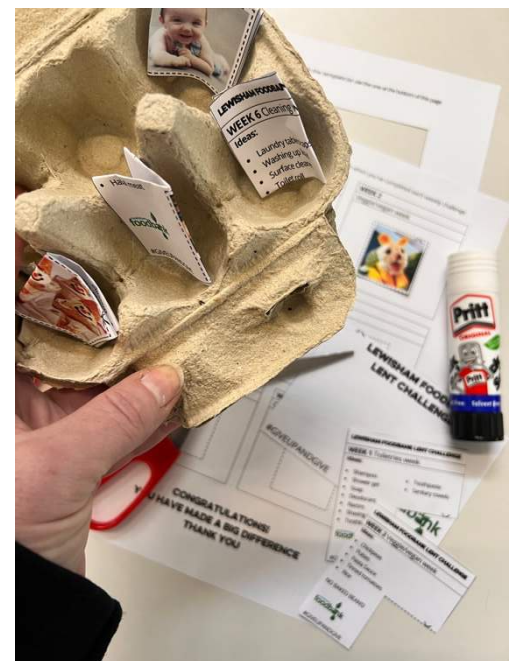


## Instructions:

- Take an empty egg box
- Stick the Lewisham Foodbank Lent Challenge label (page 2) on the egg box, or decorate your own egg box
- Cut out the six weekly challenges (page 3), fold and place one challenge in each egg compartment
- 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 tins or packets
- When you've completed your weekly challenge cut out the picture for that week and stick it on the page
- When you've completed all the challenges and stuck the pictures in all the boxes, bring your donations along to Lewisham Foodbank Monday - Thursday 10 am - 4 pm to receive your prize!

Lewisham Foodbank  
Hope Centre  
118 Malham Road SE23 1AN

- If your family is on social media platforms, why not take some photos and tag us? "Lewisham Foodbank" (Insta, Facebook), "LewishamFood" (Twitter)



Thank  
you!

**PAGE 2:** Design your own label with this template (or use the one at the bottom of this page instead) and stick on your egg box



## LEWISHAM FOODBANK LENT CHALLENGE

#GIVEUPANDGIVE



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**LEWISHAM FOODBANK LENT CHALLENGE**

**WEEK 1** Toiletries week

**Ideas:**

- Shampoo
- Shower gel
- Soap
- Deodorant
- Razors
- Shaving foam/gel
- Toothbrushes
- Toothpaste
- Sanitary towels





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**LEWISHAM FOODBANK LENT CHALLENGE**

**WEEK 2** Veggie/vegan week

**Ideas:**

- Chickpeas
- Pulses
- Pasta Sauce
- Tinned tomatoes
- Rice

NO BAKED BEANS!





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**LEWISHAM FOODBANK LENT CHALLENGE**

**WEEK 3** Baby week

**Ideas:**

- Nappies (large sizes only)
- Baby wipes
- Baby toiletries

NO FORMULA OR BABY FOOD





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**LEWISHAM FOODBANK LENT CHALLENGE**

**WEEK 4** Treat week

**Ideas:**

- Chocolate
- Easter eggs
- Biscuits
- Crisps





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**LEWISHAM FOODBANK LENT CHALLENGE**

**WEEK 5** World foods week

**Ideas:**

- Why not check the World Foods section of your supermarket and choose something in a packet or tin
- Coconut milk
- Halal meat





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**LEWISHAM FOODBANK LENT CHALLENGE**

**WEEK 6** Cleaning week

**Ideas:**

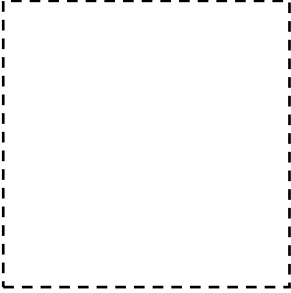
- Laundry tablets/capsules
- Washing up liquid
- Surface cleaners
- Toilet roll
- Bleach
- Cloths




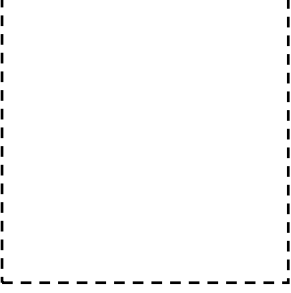


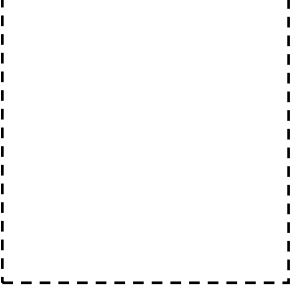
#GIVEUPANDGIVE

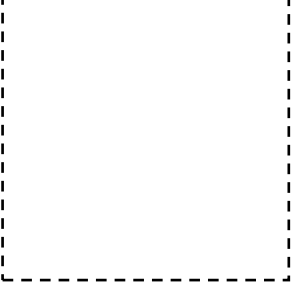
**PAGE 4:** Stick the pictures from page 4 here when you've completed each weekly challenge

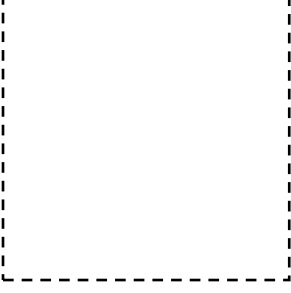
<b>WEEK 1</b>
Toiletries week


<b>WEEK 2</b>
Veggie/vegan week


<b>WEEK 3:</b>
Baby week


<b>WEEK 4:</b>
Treat week


<b>WEEK 5:</b>
World foods week


<b>WEEK 6:</b>
Cleaning week


**CONGRATULATIONS!**  
**YOU HAVE MADE A BIG DIFFERENCE**  
**THANK YOU**