

40 days 40 food items

In observance of the Lenten Season, many people choose to “give up” something they enjoy as they enter a period of reflection. An alternative to or perhaps in addition to this observance is to “take on” something new. Please consider contributing shelf stable food to your local food bank. You can collect an item for each day of Lent— 40 days yields 40 much-needed items. You will have a great impact on your community while you are reflecting on your life and making personal changes. Thank you for your consideration.

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| 1. Peanut Butter | 21. Chicken Noodle Soup |
| 2. Jelly (low sugar) | 22. Hamburger Helper |
| 3. Canned Meal
[i.e. Chef Boyardee] | 23. Canned Corn {low sodium} |
| 4. Canned Chicken | 24. Baked Beans |
| 5. Pasta [wholegrain Spaghetti] | 25. Granola Bars/Protein Bars |
| 6. Canned Spaghetti Sauce | 26. Water |
| 7. Cereal [low sugar] | 27. Coffee |
| 8. Oatmeal | 28. Toilet Paper |
| 9. Canned Green Beans
{low sodium} | 29. Pop Tarts |
| 10. Canned Fruit [low sugar] | 30. Instant Mashed Potatoes |
| 11. Canned Carrots {low sodium} | 31. Microwave Meals
[i.e. <i>Compleat</i> meals] |
| 12. Applesauce [low sugar] | 32. Crackers [i.e. Saltine or “Ritz”] |
| 13. Rice | 33. Cornbread Mix |
| 14. Dried Beans | 34. Juice Boxes |
| 15. Canned Tuna | 35. Protein Drink {Ensure type of
drink} |
| 16. Juice | 36. Tooth brush |
| 17. Flour | 37. Toothpaste |
| 18. Sugar | 38. Bath Soap |
| 19. Macaroni and Cheese | 39. Shampoo |
| 20. Hearty Soup {low sodium} | 40. Antiperspirant |