

LENTEN GIVING CALENDAR

For more information, go to: www.caritasbrentwood.org/resource/lent



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 February 2026	17  Tinned Soup	18  Jam/Marmalade	19  Coffee Sachets	20  Toothbrush/paste	21  Rice Pudding	22  Beef Jerky
23  Cereal Bars	24  Instant Mash	25  Sanitary Products	26  Tinned Fruit	27  Cordial / Squash	28  Socks	1 March  Cereal
2  Body Wash	3  Baked Beans	4  UHT Milk	5  Sugar	6  Custard	7  Deodorant	8  Tea Bags
9  Crackers	10  Travel Wash	11  Toilet Roll	12  Tinned Meat/Fish	13  Instant Noodles	14  Biscuits	15  Wet Wipes
16  Bar of Soap	17  Pasta Sauce	18  Instant Rice	19  Pasta	20  Chocolate Spread	21  Tinned Vegetables	22  Easter Egg
23	24	25 	26	27	28	29  Palm Sunday
It's time to donate your collected items			Please take them to your nearest parish, foodbank or shelter			
30	31	1 April	2  Maundy Thursday	3  Good Friday	4  Holy Saturday	5  Easter Sunday
Please pray for all those receiving your donation						

Caritas Diocese of Brentwood warmly invites everyone across Essex and East London to participate in the 2026 Lenten Giving Calendar.

Throughout Lent, you are encouraged to collect essential items for those most in need.

Donations can be made to local charities, foodbanks, or homeless shelters in time for Holy Week.



Lord, may we draw closer to you through our praying, fasting, and giving during this season of Lent, opening our hearts to Your love and preparing me for the joy of Your resurrection.