

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.