



## DF4TA Lent Challenge 2025

**Help Us Make a Difference: Join our 40-Item Food Drive Challenge!  
Here is a list of the best items to donate.**

1. Tinned vegetables (e.g. peas, carrots, sweetcorn)
2. Tinned fruit (e.g. peaches or fruit cocktail in natural juice or water)
3. Tinned baked beans with sausages
4. Rice (long-grain, basmati, or any kind)
5. Breakfast cereal
6. Tinned custard
7. Tinned soup
8. Tinned meat e.g. stewing steak, chicken or mince
9. Tinned tuna or salmon
10. Spreads - peanut butter or chocolate
11. Strawberry jam or honey
12. Tinned tomatoes
13. Tea bags – in packs of 40
14. Instant coffee - small jars or sachets
15. Long-life semi-skimmed milk
16. Cartons of long-life fruit juice (1 litre or individual)
17. Porridge oats
18. Tinned meat chilli or curry
19. Tinned pasta meals (e.g. ravioli or macaroni cheese)
20. Crisps/snack packs (for families or individuals)
21. Sugar
22. Flour (plain, self-raising, or strong white bread flour)
23. Cooking oil (sunflower or vegetable)
24. Instant mashed potatoes
25. Packet desserts or baking mixes (cake, pancake, or bread mixes)
26. Tinned rice pudding
27. Tinned baked beans
28. Tinned hot dogs or meatballs
29. Tinned spaghetti hoops or strands
30. Sugar-free fruit squash (dilutable)
31. Pasta sauce (tomato or vegetable-based)
32. Herbs & spices (e.g. salt, pepper, mixed herbs) or ketchup or mayonnaise
33. Biscuits or cookies
34. Popcorn (microwaveable or bagged)
35. Tinned luncheon meat, ham or corned beef
36. Tinned potatoes
37. Instant soup in a cup
38. Cooking sauces in pouches/packets
39. Long life whole milk, or dairy alternatives (e.g. oat or soy milk)
40. Tinned vegetarian chilli or curry

[www.derbyfood4thoughtalliance.org.uk](http://www.derbyfood4thoughtalliance.org.uk)