

Dear Friends



**LENT ONE CAN TRUST PROJECT – Can you help?**

As part of our Lenten journey, as we attune our ears and hearts to hear God's call to share his love with others, we have an opportunity to show our care and concern for those around us by supporting once more one of the Hambleton Valley charities which is very special to us.

During Lent we are repeating our *Reverse Advent Calendar Project*, supporting the One Can Trust Foodbank in High Wycombe. The Trust was delighted by our contributions in Advent and is desperately in need of more food as Jo Belshaw, Food Procurement Manager, explains below. Jo will be joining us on our Sunday Zoom this week.

*We are looking to bring another 100 families (identified by schools to the east of Wycombe) under our One Can wing by the end of February, there's no two ways around it, we simply need more food.*

Some facts and figures: the number of people supported in February -

- In the week to 5/2/21, One Can Trust supported 521 people, 209 children (40%)
- In the week to 5/2/21, parcels were delivered to 253 homes.
- In March 2020, the average number of people supported was 225 per week.

*We are currently supporting 132% more people compared with pre-COVID times. In other words, we're supporting 2.32 times as many people as we were.*

Jo has asked that we aim to collect the food on their 'most-needed' shopping list, so do check below for up-to-date items or follow the link: <https://onecantrust.org.uk/donate/donate-food/>

Thank you so much for all you contributed in Advent, both in food and financial donations; if you're able to help once again, there will be collection points at each church; Turville's Collection point is at The Vicarage. Please do keep the One Can Trust, and all those they support, in your prayers.

And may you know God's blessing as we journey through Lent together.

## Shopping List:

### Wants and Needs



**Rice** (500g bags)  
**Cooking sauces** (not pasta sauce)  
**Halal meat**  
**Tea**  
**Tinned mixed veg**  
**Tinned fruit**  
**Tinned tomatoes**  
**Meat meals**  
**Baked beans**  
**Healthy cereal**  
(e.g. Weetabix and porridge)  
**Biscuits**  
**Fresh fruit and vegetables**  
(esp. carrots, broccoli, onions and  
bananas)  
**Toothbrushes**  
**Soap**  
**Deodorant**  
**Shampoo and conditioner**  
**Loo rolls**



**Soup**  
**Fish**  
**Peas and sweetcorn**  
**Homemade jam**  
**Nappies**  
**Sanitary towels**  
**Alcohol**

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<http://hambleden-valley-churches.org.uk>



The Hambleden Valley Group of Churches

"To see our lives and communities transformed by the love of God"

