

Reverse Advent Calendar

The idea is a simple one – for every day of Advent collect an item of food and, at the end of Advent, donate what you have collected to Black Country Foodbank. If you wanted to do this throughout the month of November instead you could substitute some of the suggestions with specific Christmas items e.g. puddings, mince pies, selection boxes but nothing containing alcohol please.

Day 1 Tinned meat (ham, corned beef, spam)

Day 2 Pasta

Day 3 Tinned vegetables

Day 4 Long life milk

Day 5 Jam/Marmalade

Day 6 Rice

Day 7 Tinned fruit (in juice preferably)

Day 8 Packets of mashed potato/tinned potatoes

Day 9 Tinned rice pudding/custard

Day 10 Small jars of coffee

Day 11 Breakfast cereal

Day 12Fruit Juice

Day 13 Hot chocolate

Day 14 Deodorant

Day 15 Shampoo

Day 16 Tinned ready meals (chilli/ meatballs/ curry)

Day 17 Tinned fish

Day 18 Jars of cooking sauce

Day 19 Tinned vegetarian ready meals (curry /ratatouille/macaroni cheese)

Day 20 Toothbrushes

Day 21Toothpaste

Day 22 Jars of cooking sauce

Day 23 Gravy

Day 24 Healthy snacks (small boxes or raisins/dried apricots)

Day 25 Packets of sweet biscuits

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