



## 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/hot dogs)
- Day 2 Speciality biscuits/chocolate
- Day 3 Tinned vegetables
- Day 4 Long life milk (1 litre cartons)
- Day 5 Jam/Marmalade
- Day 6 Rice/Pasta
- Day 7 Instant flavoured noodles/pot noodles
- Day 8 Packets of mashed potato/tinned potatoes
- Day 9 Tinned desserts (Fruit/rice pudding/custard/sponge pudding)
- Day 10 Small jars of coffee
- Day 11 Breakfast cereal (small packs)
- Day 12 Long Life Fruit Juice
- Day 13 Hot chocolate (made with water)
- Day 14 Roll on Deodorant
- Day 15 Shampoo
- Day 16 Tinned ready meals (chilli/meatballs/curry/ ratatouille/macaroni cheese/vegetarian curry)
- Day 17 Tinned fish
- Day 18 Jars of pasta cooking sauce
- Day 19 Bars of soap
- Day 20 Toothbrushes/Toothpaste
- Day 21 Fray Bentos Pies
- Day 22 Tinned tomatoes
- Day 23 Microwavable flavoured rice packets
- Day 24 Healthy snacks (small boxes or raisins/dried apricots)

Alternatively, you can make a financial donation via JustGiving by scanning the QR code-



Thank you

