

REVERSE ADVENT CALENDAR

**BLACK COUNTRY
FOODBANK**
LOVE . CONNECT . INVEST



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.

1 TINNED READY MEALS (chilli/meatballs/curry/ ratatouille/macaroni cheese)	2 LONG LIFE MILK (1L carton)	3 PACKET MASH or TINNED POTATOES	4 INSTANT FLAVOURED NOODLES or POT NOODLES
5 PASTA COOKING SAUCE JARS	6 RICE or PASTA	7 TEA BAGS BOX OF 40'S	8 TINNED VEGETABLES
9 TINNED DESSERTS (fruit/rice pudding/ custard/sponge pudding)	10 TOILET ROLL	11 BREAKFAST CEREAL (small/medium packets)	12 LONG LIFE FRUIT JUICE
13 SMALL JARS OF COFFEE	14 TINNED MEAT (chicken/ham/spam/ hot dogs)	15 SHAMPOO	16 TINNED TOMATOES
17 TINNED FISH	18 JAM or MARMALADE	19 BARS OF SOAP or HANDWASH	20 HOT CHOCOLATE (made with water)
21 SPECIALITY BISCUITS or CHOCOLATE	22 ROLL ON DEODORANT	23 MICROWAVE FLAVOURED RICE	24 SUGAR (small bags)



ALTERNATIVELY, YOU CAN
MAKE A FINANCIAL
DONATION VIA JUSTGIVING
BY SCANNING THE QR CODE

THANK YOU.

REGISTERED CHARITY
NO 1136676