

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.

TINNED MEAT (chicken/ham/spam/ hot dogs)	SPECIALITY BISCUITS/ CHOCOLATE	TINNED VEGETABLES	TEA BAGS BOX OF 40'S
PASTA COOKING SAUCE JARS	RICE/ PASTA	INSTANT FLAVOURED NOODLES/ POT NOODLES	PACKET MASH/ TINNED POTATOES
TINNED DESSERTS (fruit/rice pudding/ custard/sponge pudding)	SMALL JARS OF COFFEE	BREAKFAST CEREAL (small/medium packets)	LONG LIFE FRUIT JUICE
HOT CHOCOLATE (made with water)	TINNED TOMATOES	SHAMPOO	TINNED READY MEALS (chilli/meatballs/curry/ ratatouille/mac and cheese)
TINNED FISH	JAM/ MARMALADE	BARS OF SOAP	TOILET ROLL
LONG LIFE MILK (1L carton)	ROLL ON DEODORANT	MICROWAVE FLAVOURED RICE	SUGAR (small bags)



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

THANK YOU.

REGISTERED CHARITY
NO 1136676