



# 2025 Reverse Advent Calendar

Please put aside 1 item each day for 24 days in December.  
Then donate 24 items to Truro Foodbank in January.

**We really need the items below to help local people in food crisis. So please don't donate mince pies, Christmas puddings, selection boxes etc. Thank you!**

<b>1</b> Tinned soup	<b>2</b> Shampoo	<b>3</b> Tinned meat pies	<b>4</b> Tinned tomatoes	<b>5</b> Pasta	<b>6</b> Deodorant
<b>7</b> Packet of biscuits	<b>8</b> Washing-up liquid	<b>9</b> Tinned soup	<b>10</b> Small jar of coffee	<b>11</b> Jam / honey/ peanut butter	<b>12</b> Breakfast cereal
<b>13</b> Pack of 40 or 80 tea bags	<b>14</b> Laundry liquid/powder	<b>15</b> Long-life fruit juice	<b>16</b> Instant mash potatoes	<b>17</b> Tinned vegetables	<b>18</b> Cooking sauces
<b>19</b> Tinned potatoes	<b>20</b> Tinned ham or chicken	<b>21</b> Toilet rolls	<b>22</b> Rice pudding	<b>23</b> UHT long-life milk	<b>24</b> Tinned fruit