



# Reverse ADVENT CALENDAR

Please put aside one item each day for 24 days in November.  
Then donate 24 items to Truro Foodbank in December.  
We really need the items below to help local people in food crisis.  
So please don't donate mince pies, Christmas puddings, advent calendars etc.

<b>1</b> Tinned Meat	<b>2</b> Rice (packet)	<b>3</b> Instant coffee	<b>4</b> Cereal	<b>5</b> Biscuits	<b>6</b> Tinned pudding
<b>7</b> Tinned soup	<b>8</b> Tinned fish	<b>9</b> Jam/honey	<b>10</b> Tinned potatoes	<b>11</b> Washing up liquid	<b>12</b> Long-life juice
<b>13</b> Rice (packet)	<b>14</b> Pasta sauce	<b>15</b> Tinned fruit	<b>16</b> Tinned soup	<b>17</b> Instant coffee	<b>18</b> Tinned tomatoes
<b>19</b> Tinned meat	<b>20</b> Pasta	<b>21</b> Long-life milk	<b>22</b> Tinned soup	<b>23</b> Tinned veg.	<b>24</b> Biscuits



[www.truro.foodbank.org.uk](http://www.truro.foodbank.org.uk) Tel. 07721 711669 Email: [trurofoodbank@gmail.com](mailto:trurofoodbank@gmail.com)

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