

- ✓ Relieving Hunger
- ✓ Restoring Dignity
- ✓ Reviving Hope



What is a “reverse advent calendar”?

A reverse advent calendar is where you pick one item a day to donate to the Foodbank and put it in a box. Please feel free to decorate the box, the items below are just ideas, this is a great way to show children and grandchildren that Christmas is about giving as well as receiving. Your generosity will help to make someone's Christmas.

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|--|---|---|---|---|
|  Long Life Milk |  Jam  |  Coffee |  Soup  |  Cooking Oil |
|  Cereal  |  Christmas Pudding |  Toilet Rolls  |  Tinned Vegetables |  Tea Bags  |
|  Pasta Sauce  |  Tinned Fish |  Sponge Pudding  |  Christmas Biscuits |  Tinned Fruit |
|  Mince Pies |  Fruit Juice (Longlife) |  Tinned Custard |  Stuffing Mix  |  Chocolate Treat |
|  Gravy Granules |  Crackers  |  Your Choice |  Your Choice | Thank You, You're Amazing! |

What do I do with it when it is finished?

Please take it to our warehouse, 80 Greeham Business Park, RG19 6HW (Mon-Fri between 9am to 12pm) or Email FOYD@westberks.foodbank.org.uk, or call 07836 500610

Must be received by Friday 18th December

Thank you so much from all at West Berks Foodbank
MERRY CHRISTMAS