



PLEASE USE HASHTAG #ADLENTCALENDAR TO SPREAD THE WORD

22 February Tinned fruit  O1	UHT Milk	<b>Squash</b>	Long life sponge pudding 04
<b>Jam</b> 05	<b>Biscuits</b>	<b>Soup</b> 07	Tinned fish
Sandwich Meat Paste	Coffee (instant)	Tinned meat	<b>Cereal</b>
Tinned tomatoes	Sandwich Fish Paste	<b>Toilet roll</b>	Tinned vegetables 1ర
Hot Chocolate	Long life fruit juice	Deodorant	Ready made sauces
Chocolate bars	Cereal Bars	Mayonnaise 23	<b>Ketchup</b> 24
Instant mashed potato	Angel delight	<b>Custard</b> 27	Nappies 28
Crisps	Laundry detergent 30	Washing up liquid	Tinned Ham
<b>Toothpaste</b> 33	Peanut butter 34	Shower Gel	Shampoo 36
Period products	Condiments 38	Crisps	6 April Tinned fruit 40

Please deliver all the food to our address:

St John's Hall St John's Street (off East Street) Chichester, PO19 1UR. chichesterdistrict.foodbank.org.uk info@chichesterdistrict.foodbank.org.uk 01234 773687

