



Reverse Advent Calendar

Please contact:
marie@chichesterdistrict.foodbank.org.uk to
organise a drop-off at our warehouse at the
beginning of December so we can distribute
items in the lead up to Christmas. Thank you!

1

Tinned soup

2

Shampoo

3

Variety tins
or boxes

4

Tinned
tomatoes

5

Rice

6

Deodorant

7

Box of biscuits
or chocolates

8

Nuts and
confectionery

9

Tinned fish

10

Coffee

11

Jam

12

Breakfast
cereal

13

Tea bags

14

Chocolate bars

15

Long-life
fruit juice

16

Instant mash
potatoes

17

Tinned
vegetables

18

Cooking
sauces

19

Tinned
potatoes

20

Tinned meat

21

Toilet rolls

22

Rice
pudding

23

UHT
long-life milk

24

Tinned
fruit