



Reverse ADVENT CALENDAR

Please help local people in crisis by buying items from the list below and donating them to Lichfield foodbank. These items will help us to support people in the New Year
For drop-off information visit our website at www.lichfield.foodbank.org.uk or email info@lichfield.foodbank.org.uk. Thank you!

1 Long-life milk	2 Long-life fruit juice	3 Tinned peas	4 Tinned carrots	5 Tinned potatoes	6 Tinned custard
7 Tinned rice pudding	8 Tinned soup	9 Tinned tomatoes	10 Pasta sauce jar	11 Tinned meat	12 Tinned tuna
13 Jam	14 Tinned fruit	15 Snack/breakfast bars	16 Chocolate or sweets	17 Tea bags (80 pack)	18 Coffee jar
19 Dry rice	20 Squash	21 Instant Mash	22 Cereal	23 Tinned sweetcorn	24 Tinned Spaghetti