

# 2022

Please help local people of Lichfield 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 [www.lichfield.foodbank.org.uk](http://www.lichfield.foodbank.org.uk)

Email: [info@lichfield.foodbank.org.uk](mailto:info@lichfield.foodbank.org.uk)



## Reverse ADVENT CALENDAR

<b>1</b> Tinned Potatoes	<b>2</b> Long Life Juice	<b>3</b> Long Life Milk	<b>4</b> Tinned Meat	<b>5</b> Tinned Custard	<b>6</b> Tinned Tuna
<b>7</b> Coffee	<b>8</b> Tinned Soup	<b>9</b> Pasta Sauce (jars)	<b>10</b> Tinned Fruit	<b>11</b> Tinned Rice Pudding	<b>12</b> Breakfast Cereal
<b>13</b> Dry Pasta	<b>14</b> Tinned Beans	<b>15</b> Tea Bags	<b>16</b> Chocolate	<b>17</b> Crisps	<b>18</b> Breakfast Bars
<b>19</b> Crackers	<b>20</b> Juice	<b>21</b> Tinned Sweetcorn	<b>22</b> Instant Mash	<b>23</b> Sweets	<b>24</b> Tinned Meat

[www.lichfield.foodbank.org.uk](http://www.lichfield.foodbank.org.uk)

Lichfield foodbank is a Registered Charity in England & Wales/Scotland/NI (1162359).