

Ad-lent Calendar

**Help us collect our most
needed items throughout Lent.**

Please fill a box or a few bags with one item each day throughout Lent, ticking them off as you go. Then at the end of the 40 days, drop it off at your local food bank donation point.

You can do this on your own, with your family, or why not ask your school class, church or colleagues to join in?

Thank you for supporting us!

info@nbsg.foodbank.org.uk

Squash

Deodorant

Tinned
ham

Pasta sauce

Tinned
fruit

Bars of
soap

Sponge
puddings

Shampoo

Instant
coffee

Small easter
egg

Toothpaste

Tinned
chickpeas

Pot noodles

Long life
fruit juice

Size 5, 6 & 7
nappies

Small
easter egg

Tinned
potatoes

100g jars
coffee

UHT milk
(long life)

Washing up
liquid

PTO...



You can find the nearest spot to drop off your donations at nbsg.foodbank.org.uk/donate

We'll be posting these daily throughout Lent on our social media accounts too, so follow us there to join in online:

   @NBSGfoodbank

Laundry
capsules

Tinned
ham

Dog food

Tinned
vegetables

Pasta
sauces

Rice
(packets)

Tinned
fruit

Toothpaste

Instant
coffee

Spray
deodorant
(male or female)

Pot noodles

Instant
mash

Loo rolls

Free-from
cereal

Sanitary
pads

Tinned
meat

Savoury
crackers

Lentils

Soap

Sweet
treats

Thank
you!

