



North Bristol
& South Glos
Foodbank
Together with Trussell

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, ticking
them off on the calendar as you
go. Then at the end of the 40
days, drop it off at your local
food bank donation point.

Thank you for supporting us!

Soft drinks

Tinned
vegetables

Laundry
detergent
(small boxes)

Deodorant
(male & female)

Savoury
snacks

Shampoo

Sponge
puddings

Tinned
fruit

VHT milk
(long life)

Tinned
meat

Washing up
liquid

Instant
mash

Soft drinks

Halal meat

Conditioner

Tinned
tomatoes

Sweet treats

Shampoo

Washing up
liquid

Instant
mash

100...



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



Any questions, you can email us at info@nbsg.foodbank.org.uk

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

@NBSGfoodbank

Deodorant
(male & female)

Soft drinks

Crisps

Noodles

Laundry
detergent
(small boxes)

Sponge
puddings

Tinned
fruit

Tinned
meat

Tinned
potatoes

Soft drinks

Tinned
vegetables

Washing up
liquid

Shampoo

Deodorant
(male & female)

VHT milk
(long life)

Sponge
puddings

Tinned
fruit

Tinned
tomatoes

Noodles

Tinned
potatoes

THANK
YOU!