



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

PTO...



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You can find the nearest spot to  
drop off your donations at  
[nbsg.foodbank.org.uk/donate](https://nbsg.foodbank.org.uk/donate)



Any questions, you can email us  
at [info@nbsg.foodbank.org.uk](mailto: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!

