

Reverse Advent Calendar!

Help us collect our most needed items in the run up to Christmas

From December 2023 to January 2024, we gave out **25,000 emergency meals**. As fuel costs continue to rise and more people have to choose between heating and eating, we expect to have another busy winter.

How does it work?

Fill a box or a few bags with one item each day throughout November, ticking them off as you go. Then at the end of the 24 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

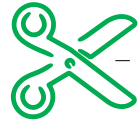


Fruit juice	Tinned vegetables	Sponge puddings	Deodorant	Instant/pot noodles
Tinned fruit	500g bags rice	Egg noodles	Rice pudding	Multipacks of crisps
Custard	Christmas goodie! (non-alcoholic)	Box of biscuits	Tinned potatoes	Bags of sweets
Tinned ham	Savoury crackers	100g jars coffee	Tinned minced beef & onions	Washing up liquid
Bars of soap	Small laundry detergent	Instant mash	Christmas goodie! (non-alcoholic)	Thank you!

Use this page to make doors for your advent calendar

Start by cutting out each of the coloured boxes to the right. Fold lightly along the faint line, then tape or glue the top strip of each one over its corresponding square on the calendar.

Then you're good to go!



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

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

   @NBSGfoodbank

