ADVENT 2018 FOOD BOX

## An alternative way of preparing for Christmas

instead of getting a chocolate, or similar reward, each day why not have a box into which is placed daily an item from the list of suggestions below.

You might like to bring your Food Box to the Foodbank on either Tuesday 18th December afternoon 1-3 or Thursday 20th December morning 10-12.

Or even leave it until after Christmas and let us have the food in the New Year we can certainly use it then

> 1st packet of cereal packet of UHT milk 2nd packet of 40 tea bags 3rd 4th iar of iam packet of sugar 5th

tin of soup 6th 7th tin of fish

8th packet of pasta

bottle of squash (tesco or aldi small, square bottle are ideal) 9th

10th tin of vegetables

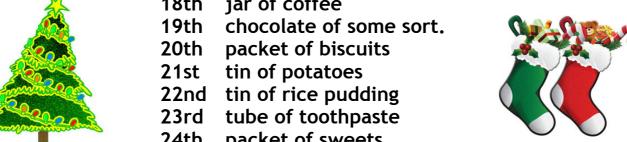
11th tin of tomatoes jar of pasta sauce 12th 13th tin of baked beans tin of fruit 14th 15th tin of custard 16th packet of rice

> 17th bottle of shower gel

18th iar of coffee

packet of sweets 24th





our food parcels usually contain all of the above items and in many cases even more.



Helping to feed local people who are in crisis