

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

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| 1st | packet of cereal |
| 2nd | packet of UHT milk |
| 3rd | packet of 40 tea bags |
| 4th | jar of jam |
| 5th | packet of sugar |
| 6th | tin of soup |
| 7th | tin of fish |
| 8th | packet of pasta |
| 9th | bottle of squash (<i>tesco or aldi small, square bottle are ideal</i>) |
| 10th | tin of vegetables |



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| 11th | tin of tomatoes |
| 12th | jar of pasta sauce |
| 13th | tin of baked beans |
| 14th | tin of fruit |
| 15th | tin of custard |
| 16th | packet of rice |
| 17th | bottle of shower gel |



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| 18th | jar of coffee |
| 19th | chocolate of some sort. |
| 20th | packet of biscuits |
| 21st | tin of potatoes |
| 22nd | tin of rice pudding |
| 23rd | tube of toothpaste |
| 24th | packet of sweets |



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

Bexhill Foodbank is a social project run by Churches Together in Bexhill in partnership with local churches

