Cardiff Foodbank
Banc Bwyd Caerdydd
Together with Trussell

Reverse Advent Calendar

For 24 days between now and Christmas, please could you donate an item daily from the list below. Pop it in a box or bag and drop it to our warehouse by **Friday 18th December**.

1 Tinned soup	2 Shampoo	3 Cereal	4 Tinned tomatoes	5 Rice	6 Deodorant
7 Biscuits	8 Sweets	9 Tinned fish	10 Coffee	11 Jam	12 Soap
13 Tea	14 Chocolate	15 Long-life fruit juice	16 Custard	17 Tinned vegetables	18 Cooking sauces
19 Tinned potatoes	20 Tinned meat	21 Toilet rolls	22 Rice pudding	23 UHT long-life milk	24 Tinned fruit

cardiff.foodbank.org.uk

Registered Charity in England & Wales (1139456)