



*Reverse*  
**ADVENT**  
**CALENDAR**



Please give to North Lakes Foodbank  
and help those who live in West  
Cumbria.

<b>1</b> Christmas Selection Box	<b>2</b> Toothbrush & toothpaste	<b>3</b> Tinned custard	<b>4</b> Shower gel	<b>5</b> Biscuits	<b>6</b> UHT sponge puddings
<b>7</b> Washing up liquid	<b>8</b> Tinned rice pudding	<b>9</b> Toilet paper	<b>10</b> Shampoo	<b>11</b> UHT milk	<b>12</b> UHT fruit juice
<b>13</b> Coffee (small jars)	<b>14</b> Deodorant	<b>15</b> Tinned fruit	<b>16</b> Laundry detergent or powder	<b>17</b> Cleaning products (no bleach)	<b>18</b> Tea (small bags/packets)
<b>19</b> Jam or marmalade	<b>20</b> Flannel & soap	<b>21</b> Tinned pasta	<b>22</b> Tinned meatballs	<b>23</b> Baby wipes	<b>24</b> Tinned veg

Email: [info@thefoodbank.org.uk](mailto:info@thefoodbank.org.uk)

Registered Charity in England & Wales (1067541)

Telephone Number: 07502 311452



### North Lakes Foodbank Reverse Advent Calendar Appeal - the small print

1. Please help North Lakes Foodbank support those who are in crisis this Christmas by participating in our 'Reverse Advent Calendar Appeal'.
2. Items on the calendar are only suggestions, so please donate what you can. But please **no mince pies** or **products with alcohol** in them. If you do, we can't give them out to clients.
3. Please don't feel that you have to donate an item every single day of the calendar. Donating one item from the calendar is very much appreciated and valued.
4. Why not team up with your colleagues at work or pupils in your school class and set yourselves the challenge of completing every day of the calendar.
5. Please can you donate your items by Friday 6th December as we need a week to process and to distribute the items to clients in time for Christmas.
6. Please drop off your donated items at one of our Foodbank centres. Please see website for locations and opening times [www.thefoodbank.org.uk](http://www.thefoodbank.org.uk)
7. For any other information please call us on 07502 311452 or email [info@thefoodbank.org.uk](mailto:info@thefoodbank.org.uk)