



Reverse ADVENT CALENDAR

Here at St Austell Foodbank we'd love you to help us help others this Christmas time. Please feel free to start this anytime during the next month and then bring this to us either by Thursday 14th December or from Thursday 28th December. Anything not given out by Christmas will help us in January.

Email address: info@staustell.foodbank.org.uk | Telephone Number: 01726 65313

1 Tinned Veg	2 Long Life Fruit Juice	3 Crisps	4 Tinned Fruit	5 Coffee	6 Instant Mash Potatoes
7 Long Life Fruit Juice	8 Tinned Rice Pudding	9 Chocolate/ Sweets	10 UHT Milk	11 Jam	12 Tinned Fish
13 Tinned Soup	14 Selection Box	15 Instant Mash Potatoes	16 Biscuits	17 Tinned Custard	18 Toilet Roll
19 Christmas Pud non-alcoholic	20 Toiletries	21 Long Life Fruit Juice	22 Pasta Sauce	23 Tinned Spaghetti	24 Chocolate / Sweets

staustell.foodbank.org.uk

Registered Charity in England & Wales 1128866. Your donations will be going to St Austell food bank – a registered charity or charitable organisation which is part of the Trussell Trust network.