

ADLENT CALENDAR



PLEASE USE HASHTAG **#ADLENTCALENDAR** TO SPREAD THE WORD

6 March Cereal 01	Jars, tins or pouches of baby food 02	Soup 03	Laundry powder 04
Pasta 05	Shampoo 06	Tinned meat 07	Toothbrush 08
Tinned vegetables 09	Nappies 10	Rice 11	Long life milk 12
Hand wipes 13	Tinned fruit 14	Toilet paper 15	Soap 16
Beans 17	Deodorant 18	Biscuits 19	Sanitary towels & tampons 20
Shower gel 21	Cereal 22	Coffee 23	Tinned fish 24
Baby wipes 25	Tinned fruit 26	Liquid laundry detergent 27	Long life fruit juice 28
Pasta sauce 29	Tooth paste 30	Tinned sponge pudding 31	Tinned meat 32
Shaving gel 33	Squash 34	Washing up liquid 35	Tea 36
Biscuits 37	Long life milk 38	Tinned custard 39	18 April Chocolate 40

Please check with your local food bank to find out the opening times and if there is anything in particular they're running short of. You can find your local food bank here: [trusselltrust.org/find-a-foodbank/](https://www.trusselltrust.org/find-a-foodbank/)

www.trusselltrust.org
enquiries@trusselltrust.org
01722 580 180