

Hereford Food Bank

Help those in need
this Christmas

Reverse Advent Calendar

1 Dried rice	2 Fruit Juice	3 Sham- poo	4 Cereal	5 Cup a Soup	6 Tin of Peas
7 Tin Rice Pudding	8 Jam	9 Tooth- brush	10 Fray Ben- tos Pie	11 Shower Gel	12 Tinned Custard
13 Peanut Butter	14 Tooth- paste	15 Small jar coffee	16 Biscuits	17 Tinned Peaches	18 Tinned Fish
19 Tin Sweet Corn	20 Tinned oranges	21 Shaving products	22 Washing -up liquid	23 Tinned Carrots	24 Tinned Meat

How do I do it?

It's easy, rather than treating yourself every day, treat someone who really needs it. Simply get a bag or box and each day of Advent add a new item. See the items in the calendar above for suggestions.

25
Toilet Rolls!



Then what?

After you have filled your bag or box with items, after Christmas bring it to our Donation Centre on a Tuesday or Thursday morning between 10 and 12. See Facebook for location.

We will distribute your gifts to help those in need in
the New Year