

REVERSE ADVENT COUNTDOWN

Day One



Cereal
(700g)

Day Two



Tinned Tomatoes

Day Three



Packet Soup

Day Four



Instant Packet
Mash Potato

Day Five



Pasta Sauce

Day Six



Tinned Veg

Day Seven



Tinned Sponge
Pudding

Day Eight



Tinned
meats

(hot and cold)

Day Nine



Tinned Fish

Day Ten



Tinned Fruit

Day Eleven



Rice Pudding
1x standard tin

Day Twelve



Bag of Sugar (500g)

Day Thirteen



Biscuits
1x small pack

Day Fourteen



Bag for life
to put the food in!

Day Fifteen



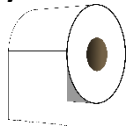
Pasta
500g

Day Sixteen



Tea /Coffee
40 bags / small jar

Day Seventeen



Toilet Rolls

Day Eighteen



Fruit Juice (long life)
1 litre carton

Day Nineteen



UHT Milk
500ml/1 litre carton

Day Twenty



Chocolate Bars
(Kit Kat/Penguins)

Day Twenty One



Packet Custard

Day Twenty Two



Assorted Toiletries
(including toothbrushes)

Day Twenty Three



A Jar of
Jam
(reduced sugar if possible)

Day Twenty Four

Packet
Rice
500g





Postal Address | 6 Lakes Road Industrial Estate, Lower Chapel Hill, Braintree, Essex CM7 3RU
E: info@braintreeareafoodbank.org.uk | W: braintreearea.foodbank.org.uk

T: 01376 330694 | G: mydonate.bt.com/charities/braintreeareafoodbank

REVERSE ADVENT COUNTDOWN

Hello

This year we have seen a significant increase, both of families and single people needing to use our service, which is why we are asking for people to donate from our Winter Appeal List instead of suggesting specific Christmas food donations.

As fast as the donations have been coming in they are going straight out to those in need, which means we are very short on basic food items. Although Christmas food provides that extra special treat for those in crisis the food in our parcels creates a meal that can be eaten on any day, not just at Christmas.

All you need to do is collect each item throughout the countdown period and bring them to one of our centres (locations and opening times available at <https://braintreearea.foodbank.org.uk/give-help/donate-food/>). You can also donate at Braintree, Halstead and Witham Libraries.

If you would like to make a financial donation please complete the slip below and return it to our postal address, listed below. Your monetary donations will enable us to keep up our vital work in the community.

First name _____	Address _____
Surname _____	_____
Telephone _____	Town _____
Email _____	County _____
<input type="checkbox"/> Please tick if you would like to receive our regular newsletter by email	Postcode _____

Please indicate how you have donated your money:

- Cash – enclosed in envelope
- Cheque – payable to 'Braintree Area Foodbank Ltd.'
- Online – at <https://mydonate.bt.com/charities/braintreeareafoodbank>

Please tick if you would like to Gift aid your donation forms via <https://braintreearea.foodbank.org.uk/give-help/donate-money/>

Thank you!

**HELPING LOCAL
PEOPLE IN CRISIS**

Registered Charity Number 1143446 | Registered Limited Company Number 7694263

Braintree Area Foodbank supports the whole of the Braintree District including Halstead, Witham and surrounding villages



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