Medway Foodbank
Together with Trussell



Reverse Advent Calendar

Items can be purchased and donated at Tesco Gillingham & Strood, Asda Gillingham and Chatham, Co-op, Walderslade and Morrisons, Strood or call the office on 01634 757057 to arrange delivery. **Thank you for your kind support**.

1 Long-life milk	2 Tinned tomatoes	3 Tinned ham	4 Instant mash	5 Pasta sauce	6 Christmas sweet treats
7 Tinned vegetables	8 Packet rice, pasta or noodles	9 Coffee	10 Long-life juice	11 Tinned potatoes	12 Tinned fish
13 Tinned custard	14 Spreads e.g. jam/peanut butter	15 Shampoo	16 Male/female deodorant	17 Crisps/savoury snacks	18 Washing-up liquid
19 Squash	20 Tinned fruit	21 Tinned rice pudding	22 Shower gel	23 Long-life milk	24 Alcohol free Christmas or sponge puddings

medway.foodbank.org.uk

Your donations will be going to Medway Foodbank which is a project of Help in the Community. Charity number 1166505. Registered Charity in England & Wales.