

Countdown to Advent Calendar

Please do consider using this calendar to guide your giving during November, to help stock the Bognor Regis Foodbank in time for Christmas. You might like to pop an item in a box each day to bring along on Advent Sunday (29th November) so we can send our collections off to be distributed during December. Thank you for your generosity.

bognorregis.foodbank.org.uk



Reverse ADVENT CALENDAR

If you or someone you know needs a referral to the Foodbank as you are unable to buy food at this time please speak to Mthr Lucy, in confidence on 01243 941 551 or mthrlucy.pagham@gmail.com

1 Squash	2 Tinned ham	3 Biscuits	4 Mayonnaise	5 Shaving Foam	6 Tinned vegetables
7 Advent Calendar	8 Razors	9 Mince pies	10 Tinned curry	11 Tinned fruit	12 Long life milk
13 Deodorant	14 Long life juice	15 Box of chocolates	16 Tinned pie	17 Stuffing mix	18 Conditioner
19 Shower gel	20 Spreads- jam/ peanut butter/ marmite/ chocolate spread	21 Gravy granules	22 Sanitary products	23 Christmas pudding	24 Your own surprise!

The Foodbank website regularly update their 'needs' list- please check here before doing your shopping. While all donations are gratefully received there is sometimes too much of a good thing... for example the Foodbank estimates they have about 1 tonne of pasta and rice in stock!