

# The 'Reverse Advent Calendar' is BACK!

In 2016, we had over  
3.5 TONNES donated through  
this campaign!

Thanks to  
'Pennycress Photography',  
here are the 2017 suggested  
items (with a big treat!):



Please 'give' an item each day *from 6th November* so, on the 1st December, you have 25 items that can be donated to Norwich foodbank, to give out *in time for Christmas!*



**Please bring your donation to our warehouse:**

Unit 14, Henderson Business Centre, 51 Ivy Rd, Norwich, NR5 8BF

**On any of the following days:**

**Friday 1st December 4pm—6pm or**

**Saturday 2nd December 10am—12pm or**

**Tuesday 5th December 9am—11am or 4pm—6pm**

Tel: 01603 251733 if this is not possible

Below are 24 of our *most needed items*;

a donation of a Christmassy treat of your choice would be  
a great way to end on day 25!

# Peanut butter

# Tinned veg

## Long life sponge pudding

# Biscuits

## UHT milk

# Deodorant

# Tinned meat

## Instant mash

## Long life fruit juice

## Teabags 40s / 80s

## Pasta sauce

## Tinned fruit

# Rice pudding

# Sweets!

# Tinned potatoes

## Washing powder

# Toothbrushes

# Cereal bars

# Toothpaste

# Tinned pie

## Instant coffee

# Toilet rolls

# Shampoo

## Shower gel