



PLEASE USE HASHTAG #ADLENTCALENDAR TO SPREAD THE WORD

Start here: Strong 'Bag for Life'	Tinned Fish	Soap 03	Shower Gel
Share this calendar with a friend 05	Chocolate Biscuits	Peanut Butter	Squash
Washing Up Liquid	Tinned Fruit	Cooking Oil	Pot Noodle
Baby Wipes	Packet Soup	Toilet Roll	Jam / Spread
Rice Pudding	Tell someone about this AdLent Campaign 18	Toothpaste	Cereal Bars
Custard 21	Deodorant 22	Tinned Meat	Super Noodles 24
Ketchup or Mayo	Savoury Biscuits	Long Life Milk	Strong 'Bag for Life'
Jelly 29	Shower Gel	Find out about #HungerFreeFuture 31	Soup – tinned or packet 32
Biscuits 33	Tuna 34	Rice Pudding 35	Crisps / Snacks
Chocolate 37	Toothbrush 38	Strong 'Bag for Life'	Plan your delivery!

Please deliver all the food to our address:

Smethwick Foodbank Holy Trinity Church, Church Hill Street, Smethwick B67 7AG Tuesday/ Friday 10-11.30 or Weds 10-2

smethwick.foodbank.org.uk

0121 517 0141 (Tues / Weds and Fri only)
Email info@smethwick.foodbank.org.uk or foodbank@smethwickcan.org

