

# ADLENT CALENDAR



PLEASE USE HASHTAG **#ADLENTCALENDAR** TO SPREAD THE WORD

Start here: <b>Strong 'Bag for Life'</b> 01	<b>Tinned Fish</b> 02	<b>Soap</b> 03	<b>Shower Gel</b> 04
<b>Baked Beans</b> 05	<b>Chocolate Biscuits</b> 06	<b>Peanut Butter</b> 07	<b>Squash</b> 08
<b>Washing Up Liquid</b> 09	<b>Tinned Fruit</b> 10	<b>Cooking Oil</b> 11	<b>Pot Noodle</b> 12
<b>Tinned Spaghetti</b> 13	<b>Packet Soup</b> 14	<b>Toilet Roll</b> 15	<b>Jam / Spread</b> 16
<b>Rice Pudding</b> 17	<b>Tinned chickpeas / beans</b> 18	<b>Pasta</b> 19	<b>Cereal Bars</b> 20
<b>Custard</b> 21	<b>Coffee or Tea</b> 22	<b>Tinned Meat</b> 23	<b>Super Noodles</b> 24
<b>Ketchup or Mayo</b> 25	<b>Savoury Biscuits</b> 26	<b>Long Life Milk</b> 27	<b>Strong 'Bag for Life'</b> 28
<b>Jelly</b> 29	<b>Shower Gel</b> 30	<b>Pasta Sauce</b> 31	<b>Soup – tinned or packet</b> 32
<b>Biscuits</b> 33	<b>Tuna</b> 34	<b>Rice Pudding</b> 35	<b>Crisps / Snacks</b> 36
<b>Chocolate</b> 37	<b>Rice</b> 38	<b>Strong 'Bag for Life'</b> 39	Finish here! <b>Plan your delivery!</b> 😊 40

**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](http://smethwick.foodbank.org.uk)  
0121 517 0141 (Tues / Weds and Fri only)  
Email [sarah@smethwickcan.org](mailto:sarah@smethwickcan.org) or  
[fae@smethwickcan.org](mailto:fae@smethwickcan.org)

