

REVERSE ADVENT CALENDAR 2022



Place one item from the below list in a box every day, from the 1st to the 24th December. When your box is ready, kindly bring it over to one of our drop-off points. For the full list of drop-off points, please visit foodbanklifeline.com/RAC. Every box you donate will help us provide food for families in crisis.

**Here are some ideas of the kind of food you can donate,
not necessarily in the below date order:**

1st Dec Instant Custard	2nd Dec Evaporated Milk	3rd Dec Fruit Juice	4th Dec Tinned Tomatoes
5th Dec Baked/Tinned Beans	6th Dec Kunserva/Tomato Paste	7th Dec Passata	8th Dec Tinned Vegetables
9th Dec Tinned Meat	10th Dec Tinned Fish	11th Dec Rice	12th Dec Couscous
13th Dec Noodles	14th Dec Soup (tinned or packet)	15th Dec Breakfast Cereal	16th Dec Biscuits/Snack Bars
17th Dec Jelly	18th Dec Instant Coffee	19th Dec Jam/Honey	20th Dec Pesto/Cooking Sauce
21st Dec Crackers	22nd Dec Dry Pasta	23rd Dec Mashed Potatoes	24th Dec Stock Cubes/Yeast Extract

Please remember not to donate expired food or fresh/frozen items.

Also, please do not donate catering sized boxes of food as we are not allowed to open and re-package them. Thank you.

Supported by:



Foodbank
Lifeline Foundation

E: rac@foodbanklifeline.com M: 9906 6808



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