



REVERSE ADVENT CALENDAR 2023

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

Please remember not to donate expired food or fresh/frozen items as we will not be able to hand these out by law. Also, please do not donate catering sized boxes of food as we are not allowed to open and re-package them.

Supported by:



Foodbank
Lifeline Foundation

foodbanklifeline.com/RAC

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