




Reverse
ADVENT
CALENDAR



NORTH LAKES
foodbank



Please give to North Lakes
Foodbank and help those who live in
the area of Allerdale and Copeland.



1 Toothbrush & Toothpaste	2 Christmas Selection Box	3 Angel Delight	4 Shower Gel	5 Biscuits	6 Sponge Puddings
7 Washing up Liquid	8 Instant Mash Single packets	9 Tin of Pet Food	10 Shampoo	11 UHT Milk	12 UHT Fruit Juice
13 Dish Cloths	14 Deodorant	15 Tinned Fruit	16 Laundry Detergent or Powder	17 Cleaning products	18 Shaving Foam
19 Jam	20 Flannel & Soap	21 Hair brush/comb	22 Nappies	23 Baby Wipes	24 Tinned Veg



Email: info@thefoodbank.org.uk

Telephone Number: 07502311452

Registered Charity in England & Wales (1067541).

North Lakes Foodbank Reverse Advent Calendar Appeal – the small print

1. Please help North Lakes Foodbank feed those who are in 'Crisis' this Christmas by participating in our 'Reverse Advent Calendar Appeal'.
2. Items on the calendar are only suggestions, so please donate what you can. But please no mince pies or products with alcohol in them. If you do, we can't give them out.
3. Please don't feel that you have to donate an item every single day of the calendar. Donating one item from the calendar is very much appreciated and valued.
4. Why not team up with your colleagues at work or pupils in your class and set yourselves the challenge of completing every day of the calendar.
5. Please can you donate your items by Friday 3rd December to allow us to distribute the items in time for Christmas.
6. Please drop off your donated items at one of our foodbank centres. Please see website for locations and opening times www.thefoodbank.org.uk
7. For any other information please call us on 07502311452 or email info@thefoodbank.org.uk
8. Thank You!!!