

Reverse ADVENT CALENDAR

Your parcel will go to a single person,
please tailor it to either male or female where appropriate.
Please ensure all items are long-life and within their use-by date.
When you have completed your 'Advent Calendar', please bring the 'parcel' to us
at the St John's Centre, Pendre Close, Brecon, LD3 9EA, during Foodbank opening
times (Tuesday 2-3pm, Friday 11am-1pm) by Friday 6th December *at the latest*.
Email address: info@brecon.foodbank.org.uk Tel: 01874 611723option2

1 Tinned Potatoes	2 Tinned fish	3 Box of cereal	4 Christmassy biscuits	5 Tinned fruit	6 Toothbrush
7 Toothpaste	8 Small Christmas pudding	9 Tinned ham	10 Deodorant	11 Tea or coffee	12 Christmassy savoury snacks
13 Shampoo (& conditioner - optional)	14 Tin of soup or cup-a-soups	15 Tinned vegetables	16 Christmassy sweets	17 UHT fruit juice	18 Mince pies
19 UHT milk	20 Savoury crackers	21 Shower gel or bath foam (or similar)	22 Christmas cake	23 Tinned or packet custard	24 Wrapped gift for an adult