

REVERSE ADVENT COUNTDOWN

25 Cereal 1x small packet	24 £ to keep our warehouse open	23  Soup (can/packet) 2x standard size	22  Baked beans 2x small tins
21  Cooking sauce 2x small jars	20  Tinned veg 2x small tins	19 £ to run our delivery van	18 Tinned meat (or veggie alternative) 2x small tins
17  Tinned fish 1x small tin	16  Tinned fruit 2x small tins	15 Rice pudding 1x standard tin	14 £ to staff our office and manage our volunteers
13 Biscuits 1x small pack	12  Bag for life to put the food in!	11  Pasta / rice 500g	10  Tea / coffee 40 bags / small jar
9 £ to offer courses to our clients like <i>Eat Well Spend Less</i>	8  Fruit juice (long life) 1 litre carton	7  UHT milk 1 litre carton	6 Chocolate / treats 1x small bar / packet
5  Crisps / snacks 1x standard packet	4 £ to support our network of distribution centres	3 Jam / spread 1x small jar	2  Instant noodles 1x standard packet
1 Use the space to the right to write a note to the recipient of your emergency food box.			

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Greetings!

Bournemouth Foodbank helps local people in crisis. We do this by providing nutritionally balanced 3-day emergency food boxes of non-perishable produce to families and individuals referred to us by our network of over 150 frontline agencies such as Social Services, school pastoral workers and charities. In the last year alone we fed 6,012 people in need. We need your help to keep fighting food poverty in our community.

Please find your calendar overleaf. The food items all add up to the full allocation for a single person's three-day emergency food box. Also, the cash donations represent the cost to the foodbank of feeding that one person. All you need to do is collect each item and bring them all to one of our centres (locations and opening times available at <https://bournemouth.foodbank.org.uk/locations/>). Don't forget to fill out the form below and include this calendar and any financial contributions when you deliver your donation.

First name _____	Address _____
Surname _____	_____
Telephone _____	Town _____
Email _____	County _____
<input type="checkbox"/> Please tick if you would like to receive our regular newsletter by email	Postcode _____

Please indicate how you have donated your money:

- Cash – enclosed in envelope
- Cheque – payable to 'Bournemouth Foodbank'
- Online – at mydonate.bt.com/charities/bournemouthfoodbank

Thank you!