

REVERSE ADVENT COUNTDOWN

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

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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 clients referred to us by our network of over 150 frontline agencies such as Social Services, school pastoral workers and charities. During the 2016/17 financial year we fed almost 5,000 people. 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 suggested donations (totalling £10) 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!