

# ADLENT CALENDAR



PLEASE USE HASHTAG **#ADLENTCALENDAR** TO SPREAD THE WORD

|  |   |   |  |
|--|---|---|--|
| 22 February<br>(Week 1)<br>Instant Coffee 01 | Long-life Milks &<br>Alternative Milks 02 | Long-life Fruit<br>Juice 03                 | Tea Bags 04                              |
| Sugar 05                                     | Squash/Cordials 06                        | Hot Chocolate 07                            | (Week 2)<br>Tinned Potatoes 08           |
| Tinned<br>Peas/Carrots 09                    | Tinned<br>Sweetcorn 10                    | Tinned Tomatoes 11                          | Tinned Peaches 12                        |
| Tinned Pears 13                              | Tinned Pineapple 14                       | (Week 3)<br>Long-life Sponge<br>Puddings 15 | Tinned Custard 16                        |
| Tinned Rice<br>Pudding 17                    | Tinned Fruit<br>Cocktail 18               | Tinned<br>Raspberries 19                    | Long-life Cakes 20                       |
| Tinned Fruit -<br>ANY 21                     | (Week 4)<br>Tinned Cold<br>Meats 22       | Tinned Mince/<br>Stew/Chilli 23             | Tinned<br>Meatballs/<br>Bolognese 24     |
| Tinned Hot Dogs 25                           | Tinned Tuna 26                            | Tinned Mackerel/<br>Sardines 27             | Tinned<br>Vegetarian Meals 28            |
| (Week 5)<br>Instant Porridge<br>Pots 29      | ReadyBrek 30                              | Instant Noodles 31                          | Pot Noodles 32                           |
| Pasta'n'Sauce<br>Sachets 33                  | Snack/Cereal<br>Bars 34                   | Biscuits 35                                 | (Week 6)<br>Soap Bars &<br>Shower Gel 36 |
| Period Products 37                           | Shampoo &<br>Conditioner 38               | Household<br>Cleaning Products 39           | 6 April<br>Laundry<br>Powder/Pods 40     |

Please deliver items to our warehouse:

Unit 715b, Street 3  
Thorp Arch Estate  
Wetherby LS23 7FY

wetherbyanddistrict.foodbank.org.uk  
info@wetherbyanddistrict.foodbank.org.uk  
07840 455725

