





# Reverse Advent Calendar – November 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	3	4
			2x Bags for Life	1x Tinned Fruit	1x Tinned Rice Pudding	1x Tinned OR Carton OR Packet Custard
5	6	7	8	9	10	11
1x Jar Marmalade OR Jam OR Honey	1x Tinned Spaghetti in Tomato Sauce	1x Packet Noodle	1x Long Life Fruit Juice	1x UHT Milk (Semi Skimmed OR Whole)	 1x Milk (Powdered)	1x Tomato Ketchup
12	13	14	15	16	17	18
1x Toothpaste & Toothbrush	1x Toilet Rolls (2 pack)	1x Deodorant	1x Bar of Soap	1x Jar of Baby Food	1x Packet Baby Food	1x Baby Wipes
19	20	21	22	23	24	25
1x Tinned Meat OR Vegetarian option	 1x Christmas Condiment	1x Biscuits	1x Chocolate OR Treat	Christmas Cracker(s)	1x Christmas Pudding	6x Mince Pies
26	27	28	29	30	1	2
<p>Please deliver your donations to: Redbridge Foodbank, Jubilee Church, 14 Granville Road, Ilford IG1 4JY ON: 26<sup>th</sup> 1PM–2PM, 27<sup>th</sup> 12–1pm OR 28<sup>th</sup> 2–4pm</p>			<p>Thank you for joining us in the fight against UK hunger</p> <p><a href="http://www.redbridgefoodbank.org">www.redbridgefoodbank.org</a>   Registered Charity in England &amp; Wales (1141637)</p>			

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*Redbridge foodbank has been in operation for 8 years and in that time we have provided approximately 3,500 food/hygiene parcels per year to individuals and families in crisis. Last year we saw this figure rise by almost 1,000.*

*People are referred to the foodbank via our partnerships with front-line care professionals who identify those who have no access to food. Situations such as fleeing domestic violence, benefit changes/delays, debt, redundancy, bereavement or numerous health issues can cause an individual or family to be in a position where they have no food. While the care professional can assist with the wider need of their client - our foodbank can provide immediate help by way of a food/hygiene parcel which will last for 3 days.*

*We have 100+ regular volunteers who enable foodbank to run. Their roles include stock rotation/management, parcel preparations, meeting and greeting clients who are referred to foodbank, food/fundraising, administration and much more.*

*Your support and donations are very much appreciated and we  
**thank you for joining us in the fight against UK hunger***

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