

# Leeds North and West foodbank Reverse Advent Calendar Appeal

As Advent approaches, would you consider making a “reverse advent” calendar this year, for Leeds North and West Foodbank.

**What is a “reverse advent calendar”?** A reverse advent calendar is where you pick up one item a day to donate to the Foodbank and put it in a box.

Collecting a box to donate to the Foodbank is a great way to show children and grandchildren that Christmas is a time for giving and not just receiving presents or eating chocolate.

**How can I make it more fun for the children?** Children could pick which item goes in the box each day and/or they could write or draw the item on the appropriate square of the calendar. They may like to colour the square each day that they put an item in the box, decorate the box itself or include a homemade Christmas card in the box.

**What items should I select?** The Foodbank needs items such as:

- Tinned fruit
- Tinned vegetables
- Pasta sauce
- Long life milk
- Long life fruit juice
- Tinned or packet puddings
- Tinned fish
- Tinned meat
- Packets of biscuits
- Rice, pasta or noodles
- Tea bags
- Coffee
- Jam
- Soup
- Cereal
- Tinned Tomatoes
- Rice pudding
- Tinned custard and of course, at Christmas chocolate is appreciated.

Unwrapped small gifts suitable as stocking fillers are also very welcome as are financial donations if you wish to support us in this way

**What do I do with it when it is finished?** Please take it to one of our distribution centres during opening hours, or to our warehouse on Burley Road. The location details and the

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Christmas opening hours can be found on our website. This also gives information about the work of Leeds North and West Foodbank

<http://leedsnorthandwestfoodbank.org.uk>

You can also follow us on facebook and twitter:

<https://www.facebook.com/pages/Leeds-North-and-West-Foodbank/185049761670465>

[https://twitter.com/north\\_leedsfood](https://twitter.com/north_leedsfood)

Thank you so much.

And

**Merry Christmas**

From all at

