

REVERSE ADVENT CALENDAR



Collect one item a day to make up a food parcel for someone experiencing financial hardship and donate your collection to Manchester Central Foodbank during the first week of December in advance of the busy winter period!

Please don't donate items which contain alcohol.

To arrange drop-off of your donation, please contact Rob:
rob@manchestercentral.foodbank.org.uk

If you have a large donation of over five bags for life, we may be able to collect - please email for details.

Day 1 Tinned fish	Day 2 Squash/ cordial	Day 3 Tinned soup	Day 4 Biscuits	Day 5 Oil	Day 6 Curry sauce
Day 7 Shower gel	Day 8 Sugar	Day 9 Dental items	Day 10 Toilet roll	Day 11 Teabags	Day 12 UHT milk
Day 13 Chocolate	Day 14 Instant mash	Day 15 Chickpeas	Day 16 Pasta sauce	Day 17 Period products	Day 18 Chopped tomatoes
Day 19 Tinned meat	Day 20 Coffee	Day 21 Jam	Day 22 Tinned potatoes	Day 23 Rice	Day 24 Peanut butter
Day 25 Cereal	Day 26 Tinned fruit	Day 27 Rice pudding	Day 28 Shampoo	Day 29 Tinned meat	Day 30 Tinned vegetables

Can't collect food donations yourself?
 Donate online here:

