

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.

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



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