



Epping Forest
Foodbank
Together with Trussell



Reverse Advent Calendar

Please check our website for Christmas opening times, and to see what we may be running short of.

Please email if you have any queries,
amy@eppingforest.foodbank.org.uk

Thank you!

1 Christmas Pudding	2 Shampoo	3 Variety tins or boxes	4 Tinned tomatoes	5 Rice	6 Deodorant Male or Female
7 Box of biscuits	8 Stuffing	9 Tinned fish	10 Tea or Coffee	11 Chocolate	12 Custard
13 Hot Chocolate	14 Chocolate bars	15 Long-life fruit juice	16 Instant mash potatoes	17 Tinned vegetables	18 Cooking sauces
19 Tinned potatoes	20 Tinned meat	21 Nappies size 5/6	22 Rice pudding	23 UHT long-life milk	24 Tea Bags