



REVERSE ADVENT CALENDAR



Thank you for your support.
 Please deliver to 8/9 Murdock Road MK41 7LE before 18th December 9.30am to 12.00pm.
 Email address: info@bedford.foodbank.org.uk | Telephone Number: 01234 268569

1  Tinned soup	2  Shampoo	3  Variety tins/boxes	4  Tinned tomatoes	5  Rice	6  Deodorant
7  Box of biscuits/chocolates	8  Nuts and confectionery	9  Tinned fish	10  Coffee	11  Jam	12  Breakfast cereal
13  Tea bags	14  Chocolate bars	15  Long-life fruit juice	16  Instant mashed potatoes	17  Tinned vegetables	18  Cooking sauces
19  Tinned potatoes	20  Tinned meat	21  Toilet rolls	22  Rice pudding	23  UHT long-life milk	24  Tinned fruit



www.bedford.foodbank.org.uk. To donate money <https://bedford.foodbank.org.uk/give-help/donate-money/>
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