

Reverse ADVENT CALENDAR



1 find a box for the food	2 tinned sweetcorn	3 pick up some litter	4 1 kg long grain rice	5 give someone gloves	6 mixed nuts	7 take a walk
8 long life juice	9 donate to a charity	10 dried fruits	11 say hello to a neighbour	12 washing up liquid	13 pick up some litter	14 size 5 or 6 nappies
15 give someone a hot drink	16 shower gel	17 say something encouraging	18 savory biscuits	19 send a nice note	20 fruit squash	21 watch a film together
22 colouring book	23 pick up some litter	24 savory biscuits	25 1 month until Christmas!	26 long life milk	27 give someone socks	28 peanut butter
29 read a Christmas story	30 box of chocolates	Bring your donations to the Ealing foodbank warehouse on Wednesday 1 December between 10-4 or drop off at any of our donation points.				

RED DAYS: add an item for the foodbank (no alcohol please)

GREEN DAYS: do something for your community or for yourself