

## Dover Foodbank – Reverse Advent Calendar – 2019



What is a *Reverse Advent Calendar*?

Like an ordinary advent calendar it runs for the 24 days in the approach to Christmas Day, but instead of opening a panel on a calendar and getting a treat the idea is that you put into a box or bag one item of food each day so that, when completed, there are 24 items in there – and that goes to the foodbank to help support local people who are struggling to put food on the table.

How do we get the food to Dover Foodbank?

**Churches** - the box / bags of donations can be brought to church on Christmas morning as part of your offering, or you can contact Dover Foodbank to arrange for them to collect from you, or you can deliver to the foodbank warehouse (check that you know where it is and when it is open) or Poulton Service and Exhaust Centre, Hollow Wood Road Poulton Ind. Est. CT17 0UB.

**Schools and Businesses** – the boxes / bags can be gathered together on the chosen date, and then collected by Dover Foodbank or delivered to the foodbank warehouse or to Poulton Service and Exhaust Centre – please contact the foodbank to arrange as necessary.

Do the 24 days have to end on Christmas Day?

No, we would encourage you to start earlier than 1<sup>st</sup> December, whenever is convenient for you, just remember to arrange to get your donations to the foodbank when you have completed the *Reverse Advent Calendar* – do please contact the foodbank if you want to discuss options.

Who can take part?

We would suggest that each family or household or office might like to be responsible for one *Reverse Advent Calendar* – but it could be group within a church, a class in school or an office at a business, or you as an individual.

What sort of things would be suitable?

Dover Foodbank collects and distributes a wide range of long-life foodstuffs (in date please) as well as basic toiletries. On the back of this sheet is a list of 30 suggested items – perhaps you might like to choose 24 of them to include in your *Reverse Advent Calendar*. Please remember that we are happy to receive any items of long-life food but are not able to distribute items containing any alcohol; small packs / tins are often just as useful as large ones (the foodbank does support a significant number of single people at times).

Can we include Christmas items?

Yes – please feel free to include items which are “Christmassy” – but if you do then please arrange to get your donations to the foodbank by mid December so that they can be distributed in time – Dover Foodbank makes up Christmas “hampers” to include with the ordinary food supplies during much of December. If including Christmas items you might like to start your *Reverse Advent Calendar* near the beginning of November.

Where can we get more information?

Contact Dover Foodbank ( 07870 361180 / 07771 898884 / [info@dover.foodbank.org.uk](mailto:info@dover.foodbank.org.uk) ) or have a look at the Dover Foodbank website ( [www.dover.foodbank.org.uk](http://www.dover.foodbank.org.uk) ).

## DOVER FOODBANK - SUGGESTED REVERSE ADVENT CALENDAR LIST

*Regrettably we are unable to distribute items containing alcohol.*

*Items should, please, have a "best before" date at least into January 2020.*

*Reverse advent calendars including specifically Christmas items should be received by Dover Foodbank by December 12<sup>th</sup> if at all possible. Please appreciate that it is not normally practicable to pass on pre-packed hampers exactly as they are to those in need.*

### **Christmas items**

Mince pies  
Christmas sweets  
Christmas cake - small  
Savoury snacks eg. Crisps, nuts  
Trifle mixes  
Instant gravy  
Stuffing mixes

### **General items**

Milk - UHT or powder  
Tinned cold meat - eg. ham  
Sugar - especially 500g  
Evaporated milk  
Coffee - instant  
Jam  
Fruit Juice  
Potatoes – tinned or instant mash  
Fruit squash  
Rice pudding  
Tinned fish - especially tuna  
Noodles - especially small packs  
Biscuits  
Custard - instant or tinned  
Jars of Pasta sauce  
Sponge puddings  
Drinking chocolate  
Tinned fruit  
Tinned vegetables  
Cereals  
Bars of chocolate  
Chocolate snack bars  
Cup soup