

# ADLENT CALENDAR



PLEASE USE HASHTAG **#ADLENTCALENDAR** TO SPREAD THE WORD

|  |   |                                     |   |
|--|---|-------------------------------------|---|
| 17 February<br><b>Cereal</b><br>01           | <b>Carrier Bags</b><br>02                       | <b>Dog Food</b><br>03               | <b>Cat Food</b><br>04                                 |
| <b>Soup</b><br>05                            | <b>Jars, Tins or Pouches of Baby Food</b><br>06 | <b>Non-Bio Laundry Powder</b><br>07 | <b>Shower Gel</b><br>08                               |
| <b>Shampoo</b><br>09                         | <b>Toothbrushes</b><br>10                       | <b>Deodorant</b><br>11              | <b>Tinned Mixed Beans</b><br>12                       |
| <b>Tinned Spaghetti Hoops</b><br>13          | <b>Tinned Tomatoes</b><br>14                    | <b>Jam, Honey, Marmalade</b><br>15  | <b>Tinned Puddings</b><br>16                          |
| <b>Custard</b><br>17                         | <b>Tea Bags</b><br>18                           | <b>Coffee</b><br>19                 | <b>Hot Chocolate</b><br>20                            |
| <b>Tinned Meat</b><br>21                     | <b>Tinned Vegetables</b><br>22                  | <b>Nappies</b><br>23                | <b>Rice</b><br>24                                     |
| <b>Long Life Milk</b><br>25                  | <b>Baby Wipes</b><br>26                         | <b>Tinned Fruit</b><br>27           | <b>Toilet Paper</b><br>28                             |
| <b>Hand Wash</b><br>29                       | <b>Baked Beans</b><br>30                        | <b>Biscuits</b><br>31               | <b>Tinned Fish</b><br>32                              |
| <b>Long Life Fruit Juice or Squash</b><br>33 | <b>Pasta Sauce</b><br>34                        | <b>Washing Up Liquid</b><br>35      | <b>Chocolate</b><br>36                                |
| <b>Long Life Ready Meals</b><br>37           | <b>Noodles</b><br>38                            | <b>Savoury Snacks</b><br>39         | 3 April<br><b>Sanitary Towels &amp; Tampons</b><br>40 |

**Please deliver all the food to our address:**

North Enfield Foodbank, Jubilee Central,  
2 Lumina Way, Enfield, EN1 1FS  
Tuesdays, Thursdays and Saturdays  
11am – 3pm

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