

Day 1

### TINNED VEGETABLES

INCLUDING POTATOES, MIXED VEGETABLES AND CARROTS



Day 2

### PUDDINGS

INCLUDING RICE PUDDING, ANGEL DELIGHT AND JELLY



Day 3

### TOILET ROLLS



Day 4

### TINNED MEAT

INCLUDING MEAT THAT CAN BE COOKED HOT OR EATEN COLD



Day 5

### DEODORANT



Day 6

### COFFEE AND TEA



Day 7

### TINNED FRUIT

INCLUDING PEACHES, MIXED FRUIT AND PINEAPPLE



Day 8

### LONG-LIFE JUICE OR SQUASH



Day 9

### INSTANT SOUPS

INCLUDING CUP-A-SOUP AND SACHET SOUPS



Day 10

### DESSERTS

INCLUDING BISCUITS, CHOCOLATE, RICE PUDDING AND ANGEL DELIGHT



Day 11

### INSTANT NOODLES



Day 12

### FREE FROM FOOD

INCLUDING GLUTEN FREE AND AND DAIRY FREE FOOD



# 12 Days of Christmas

It's so easy to donate and we'd be so very grateful.

Please join our Christmas countdown and donate an item each day to help boost our emergency food supplies for people in crisis this winter.

Find out more or contact us at:

-  [southliverpool.foodbank.org.uk](https://southliverpool.foodbank.org.uk)
-  [office@southliverpool.foodbank.org.uk](mailto:office@southliverpool.foodbank.org.uk)
-  07754 556170