



# FOODBANK REVERSE ADVENT



AT EACH  YOU'LL HAVE ALL THE ITEMS FOR ONE FOODBANK BAG!



BIRMINGHAM  
VINEYARD

<p>ORANGE JUICE</p> <p>1</p> <p>SHARE THIS ADVENT CALENDAR WITH A FRIEND</p>	<p>TEA (SMALL BOX)</p> <p>2</p> <p>SEND SOMEBODY A COMPLIMENT</p>	<p>SUGAR (500G)</p> <p>3</p> <p>BRING SOME TREATS TO SHARE IN YOUR WORKPLACE OR SCHOOL</p>	<p>CEREAL (VARIETY PACK)</p> <p>4</p> <p>GIVE SOMEONE YOUR FULL ATTENTION</p>	<p>LONG-LIFE MILK</p> <p>5</p> <p>WRITE DOWN 10 THINGS YOU'RE THANKFUL FOR</p>	<p>COFFEE</p> <p>6</p> <p>LET SOMEONE GO IN FRONT OF YOU IN A QUEUE</p>
<p>TIN TOMATOES</p> <p>7</p> <p>SHARE A POSITIVE MESSAGE ON A FRIEND'S SOCIAL MEDIA</p>	<p>TIN SWEETCORN</p> <p>8</p> <p>SIGN UP TO THE ORGAN DONOR REGISTER</p>	<p>TIN TUNA</p> <p>9</p> <p>READ THE CHRISTMAS NATIVITY STORY</p>	<p>PASTA SAUCE</p> <p>10</p> <p>FORGIVE SOMEONE WHO HAS HURT YOU</p>	<p>PASTA</p> <p>11</p> <p>SEND A THANK YOU NOTE TO A TEACHER, FRIEND OR LOVED ONE</p>	<p>BAKED BEANS</p> <p>12</p> <p>TAKE 5 MINUTES TO BE SILENT AND ENJOY PEACE</p>
<p>TINNED FRUIT</p> <p>13</p> <p>PRAY FOR PEACE IN SOMEONE'S LIFE</p>	<p>INSTANT CUSTARD</p> <p>14</p> <p>OFFER TO BUY SOMEONE A HOT DRINK</p>	<p>BISCUITS</p> <p>15</p> <p>SMILE AND SAY THANK YOU TO EVERYONE WHO SERVES YOU TODAY</p>	<p>TOILET ROLL (x2)</p> <p>16</p> <p>WRITE A KIND MESSAGE FOR A LOVED ONE TO FIND</p>	<p>TOOTHBRUSH</p> <p>17</p> <p>RING OR VISIT SOMEONE YOU KNOW IS LONELY, JUST TO SAY HI.</p>	<p>TOOTHPASTE</p> <p>18</p> <p>CONSIDER HOW YOU COULD HELP A LOCAL CHARITY</p>
<p>2 IN 1 SHAMPOO</p> <p>19</p> <p>PUT YOUR LOOSE CHANGE IN A CHARITY BOX</p>	<p>SOAP</p> <p>20</p> <p>SHARE YOUR FAVOURITE MEMORIES WITH SOMEBODY</p>	<p>WASHING UP LIQUID</p> <p>21</p> <p>TAKE A WALK AND BE THANKFUL FOR WHAT YOU SEE</p>	<p>DISH CLOTHS</p> <p>22</p> <p>CLEAR UP SOME LITTER FROM YOUR STREET</p>	<p>SANITARY TOWELS</p> <p>23</p> <p>HELP SOMEONE COMPLETE A TASK</p>	<p>DEODORANT (UNISEX)</p> <p>24</p> <p>PRAY FOR ALL THOSE RECEIVING THESE BAGS</p>

THROUGH BUYING EACH DAY'S ITEM, YOU WILL HAVE PROVIDED A BREAKFAST, MEAL AND TOILETRIES BAG FOR SOMEONE WHO IS GREATLY IN NEED. ONCE YOU'VE BOUGHT ENOUGH TO FILL ONE BAG, BRING IT TO BIRMINGHAM VINEYARD. IF YOU CAN'T COMMIT TO FILLING THREE FOODBANK BAGS, THERE'S AN ALTERNATE ACTION EACH DAY.

THANK YOU FOR LIVING A GENEROUS ADVENT