

REVERSE ADVENT COUNTDOWN

25 Cereal 1x small packet	24  Fruit Juice (long life) 1 litre carton	23  Soup (can/packet) 2x standard size	22  Baked beans 2x small tins
21  Cooking sauce 2x small jars	20  Tinned veg 2x small tins	19  Milk (UHT) 1 litre carton	18 Tinned meat (or veggie alternative) 2x small tins
17  Tinned fish 1x small tin	16  Tinned fruit 2x small tins	15 Rice pudding 1x standard tin	14  Tinned Veg 2 x small tins
13 Biscuits 1x small pack	12  Bag for life to put the food in!	11  Pasta / rice 500g	10  Tea / coffee 40 bags / small jar
9  Tinned Fruit 2x small tins	8  Fruit juice (long life) 1 litre carton	7  UHT milk 1 litre carton	6 Chocolate / treats 1x small bar / packet
5  Crisps / snacks 1x standard packet	4  Tinned Custard or rice pudding 1x carton/tin	3 Jam / spread 1x small jar	2  Instant noodles 1x standard packet
1 Use the space to the right to write a note to the recipient of your emergency food box.			