

3

Make a suet ball to feed the birds

Photo by Gareth Harper on unsplash.com

19

Buy a coffee or hot chocolate for a random person

www.facebook.com/groups/adventstories/

12

Invite someone to share Christmas lunch with your family

2

Invite a neighbour around to your home for tea & cake

11

Offer to do some shopping for a neighbour

23

'Sing for your Supper' go Carol Singing for EFB!!

13

Teach someone to make a meal that you are good at

1

Get informed about our work: exeter.foodbank.org.uk/about/

8

Take turns making lunch with a co-worker

6

Give a teacher, doctor or nurse a bar of chocolate to say 'thank you'

15

Donate a Gift Voucher to Exeter Foodbank for us to buy nappies for our smallest clients

17

Donate £5 to Exeter Foodbank by texting: **EXFB13 £5 to 70070**

21

Have a 'Leftovers Lunch'. Don't spend any money but use food from the fridge and give the saved money to a Foodbank

5

Hand out chocolate bars to strangers on your commute/school run

14

Smile and say 'thank you' to every shop assistant who serves you today

20

Donate a jar of jam to Exeter Foodbank

7

Challenge yourself to 'eat from the cupboards for a week' and donate the money to Exeter Foodbank

18

Bake biscuits for the Police / Ambulance / Fire station

22

Buy a Fairtrade item (tea / coffee / chocolate / bananas etc)

16

Invite friends & neighbours around for mince pies & mulled wine

4

Buy a 'Suspended Coffee' (Exeter Library sell these!)

The Exeter Foodbank

Reverse Advent Calendar 2017

9

Donate the price of a takeaway meal to Exeter Foodbank: exeter.foodbank.org.uk/give-help/donate-money/

10

Bake a cake for someone

24

Make a gift for someone



Reg. Charity No: 1128795