



Reverse Advent Calendar

Highland Foodbank

We'd be grateful if you would consider donating the following items during November, to give us time to add the items to food parcels for people in need this Christmas.

November 2025

- 1st Tin of potatoes/smash
- 2nd Jar of instant coffee
- 3rd Packet of microwaveable rice
- 4th Small packet of biscuits
- 5th Small tin of ham
- 6th Jar of jam
- 7th Box of Weetabix/cornflakes
- 8th Bag of crisps/Pringles
- 9th Tin of custard
- 10th Shower gel
- 11th Jar of pasta sauce
- 12th Tin of vegetables
- 13th 1kg bag of pasta
- 14th Tin of mince/meatballs
- 15th Carton of UHT milk
- 16th Tin of chopped tomatoes
- 17th Carton of long-life juice
- 18th £4 to help with deliveries
- 19th Packet of oatcakes
- 20th Packet of toilet rolls
- 21st Selection box/sweets
- 22nd Shampoo
- 23rd Tin of fruit
- 24th Deodorant
- 25th Tin of corned beef
- 26th Hot Water Bottle
- 27th Packet of cream crackers
- 28th Bottle of diluting juice
- 29th Box of soap powder
- 30th Box of mince pies
(no alcohol content)



Your kind donations need to be handed in to our Foodbank warehouse at 1 Glebe Street, Inverness, IV1 1RF – or any of our shops – **no later than the first week in December.**

Please note that the list of items we have asked for is not exhaustive, but they are items we are in most need of.

Foodbank enquiries: 01463 717630
blythswood.org/foodbank_advent

Thank you

Blythswood Care, Highland Deephaven,
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