

# Make someone's New Year a happy one



## HOW TO USE THIS CALENDAR

Find a sturdy box big enough to hold 24 items of non-perishable food.

Each day of Advent, check the date square on the calendar, and place the named item in your box.

Drop your filled box at Luton Foodbank\* after New Year's Day (or before the second week of December if your box contains Christmas-themed items.)

No hampers  
or alcohol  
thank you!



13 Tinned ham	23 Tinned peas	9 Tinned carrots	15 Tinned potatoes
4 Box of chocolates	21 Biscuits	20 Rice pudding	7 Custard
24 Christmas pudding	10 Soup	2 Tinned fruit	22 Long-life milk
14 Noodles	19 Pasta sauce	17 Sweets	11 Rice (500g)
6 Tinned pasta	1 Instant coffee	12 Breakfast cereal	3 Tinned tomatoes
16 Tinned fish	5 Fruit juice	8 Sugar	18 Baked beans

\*Find our address and opening times at [lutonfoodbank.org.uk/office](http://lutonfoodbank.org.uk/office)