

Local firms help hungry Lutonians

BY LUTON FOODBANK
info@lutonfoodbank.org.uk
@LutonFoodbank

As food poverty in Luton reaches new heights, local businesses are pledging donations of food items to Luton Foodbank.

The Foodbank has been supporting families in Luton since 2013, with the number of clients served increasing year on year. Consequently, the need for food items is greater than ever.

Luton Foodbank gets phenomenal support from the public, without whose donations it could not function. However, particular food items are in short supply every week.

This is why four local companies have stepped up to give generously back to the community in which they operate.

One company has pledged a year's supply of fruit juice. Another company has agreed to sponsor supplies of rice pudding.

Ashton Carter Properties has pledged a year's supply of UHT milk.

Definitive Invest has offered to help with donations of tinned fruit.

Project Manager Salma Khan is optimistic about the foodbank's new direction, and hopes more local businesses will step forward to sponsor different lines of food. "This gives businesses the chance to be seen supporting their community by providing a food item for every one of our clients."

Speaking in the run-up to the summer holidays, when the children of Luton's poorest families do not get free school lunches, Salma adds, "Having businesses come on board will help us

focus on other important areas of the charity. It will reduce time spent procuring food items, allowing more time to provide support to clients."

The Foodbank distributed over 6,000 parcels last year, and 2016 is just as busy. To keep providing essential food to struggling families, they urgently need donations of the following items:

- Tinned Fruit
- Rice Pudding/Custard
- Sugar
- Biscuits

If your business can pledge its support with a particular food line, please call 01582 725838 or email info@lutonfoodbank.org.uk

THE BIG Iftar

This is the Holy month of Ramadan, when Muslims fast from dawn to sunset.

Ramadan is a month of prayers, charity, spiritual upliftment, compassion, hospitality, and neighbourliness. It is a very special time of year.

In this spirit of community and friendship, we invite you to join us and share an Iftar (breaking the fast) with us in St George's Square on Friday 24 June, from 7pm till 10pm.

Luton's Big Iftar has been organised by Inspire FM, in association with Bedfordshire Police and Luton Borough Council.

Luton Foodbank, a local charity fighting food poverty in Luton, is one of the event's main partners. The foodbank will have a collection point in St George's

Square on the evening. Please bring along any spare long-life food items, such as tinned fruit and vegetables, tinned puddings, baked beans, etc. With your help, Luton Foodbank can bring relief to Luton's many

residents who are forced to choose between paying bills and eating.

This year's Big Iftar in Luton is sponsored by Bedfordshire and Luton Community Foundation.

Last year's event was a great success, and we hope you will join us this year. If you are feeling brave, do a FAST-A-THON beforehand and get your friends to sponsor you. Download a sponsorship form from lutonfoodbank.org.uk/fastathon/

We look forward to seeing you!



Due to the large numbers who came last year, you are asked to register so that organisers can make sure there's plenty of food to go around. A link to the registration page can be found at lutonfoodbank.org.uk/iftar Alternatively, use the QR code shown.



Food Drive at Asda

On 25 June, the Luton Foodbank collection team will be at Asda's Wigmore Lane store from 9am till 5pm. Your donations of food items will help us ensure no one goes hungry in Luton.

If you can, please put one or two of the following in your trolley and hand them to our volunteers after checking out.

- Fruit (tinned)*
- Baked beans (tinned)*
- Rice Pudding*
- Custard*
- Meat (tinned)*
- Vegetables (Tinned)*
- Fish (tinned)*
- Tomatoes (tinned)*
- Breakfast cereal*
- Pasta Sauce*
- Sugar (500g)*
- Tea Bags*
- Instant Coffee*
- Biscuits*

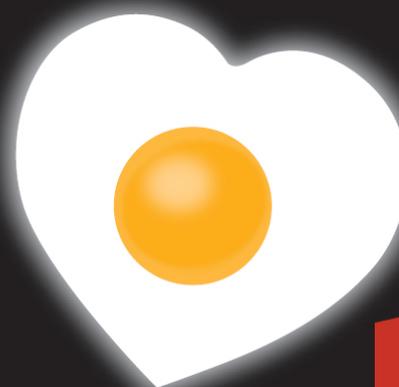
Bookmark our list of needed items on your phone by scanning the QR code below, and always have access to our up-to-date list.



Recipe Ideas—online!

We recently launched our YouTube channel, which has several videos showing simple recipe ideas using ingredients often found in our food parcels.

But you don't have to be a foodbank client to view the videos. We hope you'll visit and enjoy the dishes. Just search YouTube for "Luton Foodbank", or go to lutonfoodbank.org.uk/youtube



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no-one should be hungry