

# Make someone's New Year a happy one



luton  
**foodbank**  
advent calendar

## 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 the box.

After Christmas, drop your box at the address shown below.

**13**

Tinned veg

**23**

Instant mash

**9**

Dry pasta

**15**

Teabags

**4**

Spreads

**21**

Tinned fruit

**20**

Biscuits

**7**

Dry rice

**24**

Tinned beans

**10**

Tinned pasta

**2**

Tinned fish

**22**

Long-life milk

**14**

Instant coffee

**19**

Sugar

**17**

Breakfast cereal

**11**

Tinned custard

**6**

Tinned soup

**1**

Long-life juice

**12**

Pasta sauce

**3**

Tinned tomatoes

**16**

Pasta mugshots

**5**

Instant custard

**8**

Tinned meat

**18**

Rice pudding