





luton foodbank

reverse advent calendar



 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 Dried pasta
 12 Breakfast cereal	 3 Tinned tomatoes	 16 Tinned fish	 5 Long-life fruit juice	 8 Sugar	 18 Baked beans

no-one should be hungry at Christmas

Each day of Advent, check the calendar, and place the named item in a bag.

Drop your filled bags at Luton Foodbank after New Year's Day. Find directions at lutonfoodbank.org.uk/advent - Thank you.

