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 Instant coffee
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.