



Place one item from the below list in a box every day, from the 1<sup>st</sup> to the 24<sup>th</sup> December.  
 When your box is ready, kindly bring it over to one of our drop-off points.  
 For the full list of drop-off points, please visit [foodbanklifeline.com/RAC](http://foodbanklifeline.com/RAC)  
 Every box you donate will help us provide food for families in crisis.

**Here are some ideas of the kind of food you can donate, not necessarily in the below date order:**



<b>1<sup>st</sup> Dec</b> Milk (UHT)	<b>2<sup>nd</sup> Dec</b> Evaporated Milk	<b>3<sup>rd</sup> Dec</b> Fruit Juice	<b>4<sup>th</sup> Dec</b> Tinned Tomatoes
<b>5<sup>th</sup> Dec</b> Baked/Tinned Beans	<b>6<sup>th</sup> Dec</b> Kunserva/Tomato Paste	<b>7<sup>th</sup> Dec</b> Passata	<b>8<sup>th</sup> Dec</b> Tinned Vegetables
<b>9<sup>th</sup> Dec</b> Tinned Meat	<b>10<sup>th</sup> Dec</b> Tinned Fish	<b>11<sup>th</sup> Dec</b> Rice	<b>12<sup>th</sup> Dec</b> Couscous
<b>13<sup>th</sup> Dec</b> Noodles	<b>14<sup>th</sup> Dec</b> Soup (tinned or packet)	<b>15<sup>th</sup> Dec</b> Breakfast Cereal	<b>16<sup>th</sup> Dec</b> Biscuits/Snack Bars
<b>17<sup>th</sup> Dec</b> Tea Bags	<b>18<sup>th</sup> Dec</b> Instant Coffee	<b>19<sup>th</sup> Dec</b> Jam/Honey	<b>20<sup>th</sup> Dec</b> Pesto/Cooking Sauce
<b>21<sup>th</sup> Dec</b> Crackers	<b>22<sup>th</sup> Dec</b> Dry Pasta	<b>23<sup>th</sup> Dec</b> Mashed Potatoes	<b>24<sup>th</sup> Dec</b> Stock Cubes/Yeast Extract



Please remember not to donate expired food or fresh/frozen items.  
 Also, please do not donate catering sized boxes of food as we are not allowed to open and re-package them. Thank you.

**Foodbank**  
*Lifeline* Foundation

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 FoodbankLifeline

[www.foodbanklifeline.com/RAC](http://www.foodbanklifeline.com/RAC)

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