



The One Can Trust is a food bank serving High Wycombe and South Buckinghamshire.

The food bank experiences high demand during the summer holidays because children don't have access to school meals.

The Summer Holiday Countdown calendar was started by the Second Marlow Bottom Brownies as a fun and easy way to help the One Can Trust to get enough food to stop local families from going hungry.

We're asking that you... your family, group, class, company... put aside a bag for life and, from the 1st day of July to the last day of term, pop an item or £1 coin in the bag and tick off the days on this poster. It's a fun way of encouraging children to help other people while getting really excited about the summer holidays.

For younger children, counting off the days and the tins can boost their numeracy. For older children, the Countdown Calendar is a way to start them thinking about issues to do with poverty, balanced diets and budgeting.

- Urgently needed items**
- tinned fish
 - tinned ham
 - rice
 - pasta /cooking sauce
 - tinned meat meals
 - reduced salt corned beef
 - tinned potatoes
 - tinned fruit
 - long-life milk
 - jams/spreads
 - toothpaste and toothbrushes
 - shampoo
 - shower gel

The One Can Trust warehouse in Duke St High Wycombe HP13 6EE will be open on Saturday 20 July from 10 until 1 and Wednesday 24 July from 10 until 4 to receive your donations. If your school or organisation expects to collect more than about 10 bags of food, please email GuidingRebeccaLewis@gmail.com to organise for a pick up by volunteers from Intel High Wycombe.

