

Christian Family Life

Ministry to Families

A Project to help needy families.....

* start this month so you can donate mid-December!!!

Advent will soon be upon us, December 3rd. One of the ways I like to celebrate the season of Advent is to do a Reverse Advent Calendar.

I usually do mine in the month of November, starting around mid-month, so I can donate it to a food bank in December prior to the Christmas season to help families over Christmas.

A Reverse Advent Calendar is a great way to show that Christmas is about giving as well as receiving. It works much like an advent calendar but each day, instead of getting an item, there is an item to donate – you simply fill a box full of much needed food, toiletries and household products, one item every day. Then it is gifted to a family in need at Christmas.

Here's a couple of samples but you can put in anything you want.



Reverse Advent Calendar

Each day add an item from this list to a box. After the holidays, donate the entire box to your local food pantry!

- December 1** - Box of healthy cereal
- December 2** - Peanut butter
- December 3** - Container of ground coffee
- December 4** - Toilet paper
- December 5** - Diapers and wipes
- December 6** - Women's period products
- December 7** - Dry pasta & jar of pasta sauce
- December 8** - Box of Crackers
- December 9** - Canned fish or chicken (ideally with a pop top)
- December 10** - Canned vegetables (ideally with a pop top)
- December 11** - Canned fruit (ideally with a pop top)
- December 12** - Dry spices/seasoning
- December 13** - Kids pantry snack items
- December 14** - Jars/pouches of baby food
- December 15** - Toothbrushes & toothpaste
- December 16** - Box of tea bags
- December 17** - Shampoo and conditioner
- December 18** - Deodorant
- December 19** - Jar of applesauce
- December 20** - Canned or powdered milk
- December 21** - Canned and dry soups
- December 22** - Baking mix that requires only water
- December 23** - Loaf of bread
- December 24** - Bag of oranges or apples



REVERSE ADVENT CALENDAR

EACH DAY ADD AN ITEM TO A BOX.
ON CHRISTMAS EVE DONATE THE CONTENTS TO A FOOD BANK.

- December 1 - box of cereal
- December 2 - peanut butter
- December 3 - stuffing mix
- December 4 - boxed potatoes
- December 5 - macaroni and cheese
- December 6 - canned fruit
- December 7 - canned tomatoes
- December 8 - canned tuna
- December 9 - dessert mix
- December 10 - jar of applesauce
- December 11 - canned sweet potatoes
- December 12 - cranberry sauce
- December 13 - canned beans
- December 14 - box of crackers
- December 15 - package of rice
- December 16 - package of oatmeal
- December 17 - package pasta
- December 18 - spaghetti sauce
- December 19 - chicken noodle soup
- December 20 - tomato soup
- December 21 - can corn
- December 22 - can mixed vegetables
- December 23 - can carrots
- December 24 - can green beans

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The first Corporal Work of Mercy is to “feed the hungry”.

Please consider to do a reverse advent calendar and fill a box to help those in need!

.....Submitted by Betsy Currier, OPC Christian Family Life Chairperson