



REVERSE ADVENT CALENDAR 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Oatmeal	4 Canned Veggie (corn, peas or green beans)	5 Paper towel	6 Box of cereal	7 Shaving Cream	8 Can of beans	9 Shampoo
10 Canned Fruit (peaches, pears or applesauce)	11 Kleenex	12 Box of mac & cheese	13 Toothbrush	14 Jar of spaghetti sauce	15 Hand Soap (pump)	16 Box of pasta
17 Toilet Paper	18 Canned tuna	19 Laundry Soap	20 Peanut Butter or Nut-free Butter	21 Baby Wipes	22 Can of chunky/hearty soup	23 Dish Soap
24 Canned Chicken	25 Your Choice					

ADDITIONAL INFO



- Check with your local Food Pantry/Bank about what items are most helpful and adjust as needed
- Don't get stuck! Skip a day (or a few) and pick it back up :)
- Make a copy and invite a neighbor or family member to participate too!
- If you have children, encourage them to help shop, put the items in your box, and take them to the food pantry.
- Some food pantries prefer monetary donations. Instead of purchasing the items for each day, make a donation to your pantry.
- Learn more about hunger and other ways that you can learn, take action, and advocate at: michiganumc.org/missions/childhungerresources/

