



REVERSE ADVENT CALENDAR 2023



This calendar has both donations and simple practices for Advent

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Pray for those who provide the food we eat	4 Canned Veggie (corn, peas, or green beans)	5 Paper towel	6 Box of cereal	7 Shaving Cream	8 Can of beans	9 Oatmeal
10 Pray for those who are sick	11 Kleenex	12 Box of mac & cheese	13 Shampoo	14 Jar of spaghetti sauce	15 Hand Soap (pump)	16 Box of pasta
17 Pray for your neighbors	18 Canned tuna	19 Toilet Paper	20 Peanut Butter or Nut-free Butter	21 Baby Wipes	22 Can of chunky/heartly soup	23 Canned Fruit (peaches, pears, or applesauce)
24 Share the light of Christmas with a neighbor or friend	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/

