

Reverse Advent Calendar

The commercialism surrounding Christmas is all too apparent - starting as early as September in the shops! The festive period is seen as a time of excess and indulgence, specifically in terms of eating and present buying and we can lose sight of its true meaning and the birth of Jesus. But for many people, this luxury is something they may only dream of. They live from day to day not knowing when their next meal will be or where it will come from. And with the continuing cost of living crisis, the need has never been greater, as you will see from the facts + figures that Diane Bennett from the Caring Hands food bank has provided.

The Reverse Advent Calendar is a way of getting involved and helping people with limited resources, specifically over this period and into the New Year. Each day, you collect the non-perishable food, household, toiletry or luxury item listed and these are all collected and taken to Caring Hands and this would be an ideal opportunity to support them once again in this way, especially when many people feel so vulnerable. It may be that you are only able to collect for a period of the time, but every little helps ... bring your donations to church and we will collect them all and deliver to Caring Hands. This year, we will **begin on Thursday 14th November and end on Sunday 8th December**, allowing Caring Hands to make good use of these provisions before Christmas as they prepare their Christmas hampers.

Day 1 (L)	Day 2 (F)	Day 3 (F)	Day 4 (H)	Day 5 (L)
Mince Pies / Christmas Cake / Christmas Pudding	Tin of Soup / Cup-A-Soup	Rice / Savoury Rice	Household Items (Washing Up Liquid / Cleaning Materials / Toilet Rolls)	Christmas Biscuits / Cheese Biscuits
Day 6 (F)	Day 7 (F)	Day 8 (F)	Day 9 (L)	Day 10 (F)
Tea / Coffee / Sugar	Tin of Meat / Tin of Fish	UHT Milk	Christmas Crackers	Jar of Jam / Jar of Marmalade
Day 11 (F)	Day 12 (F)	Day 13 (F)	Day 14 (L)	Day 15 (F)
Instant Noodles / Pot Noodles	Fruit Juice (Long Life) / Squash	Tin of Fruit	Pringles / Nuts	Pasta Sauce
Day 16 (F)	Day 17 (F)	Day 18 (T)	Day 19 (L)	Day 20 (F)
Tin of Spaghetti	Tin of Rice Pudding	Toiletries (Soap / Shower Gel / Shampoo / Tooth Brush / Tooth Paste / Deodorant)	Tubs of Chocolates / Tubs of Sweets / Selection Boxes	Tin of Vegetables
Day 21 (F)	Day 22 (F)	Day 23 (F)	Day 24 (L)	Day 25 (F)
Instant Mashed Potato	'Meals in a Tin' (Ravioli, Meatballs etc.)	Tin of Custard	Shloer (Sparkling Juice Drink)	Packet of Cereal
KEY	L - Luxury Item for Christmas Hampers	F - Non-Perishable Food Item	H - Household Item	T- Toiletry Item