

What is a reverse advent calendar?

Reverse advent calendars work by filling them every day with items of food or clothing that can then be taken to a food bank or charity to help those less fortunate that are struggling.

Gather helpful items during Advent, and return them to the church (preferably) for the Family service at 4:00 o'clock Christmas Eve. Note that we will be sorting and distributing **after** Christmas, so not Christmas specific items, please.

Not only is this a fun thing for the family to do together, from creating the advent calendar structure itself to picking the goodies to go in it, it more importantly reminds us of the importance of helping others and seeing the bigger picture at Christmas.

Follow these four simple steps to start this tradition with your family:

Step 1:

Start either 24 or 12 days before Christmas.

Step 2:

Pick something to collect your advent calendar gifts in. This year the senior Sunday School class has Christmas wrapped some boxes to help you get started!

Step 3:

Every day choose something from your own supplies or from a store with your family to donate to your reverse advent calendar

Step 4:

Take time to reflect and imagine who you might be helping by starting this special tradition and ask everyone to share a blessing from their life this Christmas.

Food Bank Requests

The CRFB is on the lookout for high protein, whole grain, lower sodium (salt) and lower sugar items:

Canned fish or meats	Canned beans, kidney, black bean, chickpeas
100% nut butters	Pasta and rice
Canned vegetables, pasta sauces	Canned fruit, packed in its own juice or water
Whole grain breakfast cereals	Hearty soups, stews and chili

There is also a shelf at the Food Bank, which has personal items from which clients may take one item. Shampoo, toothpaste, lotions, etc. are most welcome.

Transition House Requests

Hair brushes/elastics	Finger or Toe nail clippers
Shampoo/Conditioner	Pens, notebooks
Socks (children and women's)	Toothpaste/toothbrushes (children's and adult)
Deodorant	Moisturizers
Lip balm	Clear nail polish, small bottles of polish remover

Please note, there are many other charitable organizations in town, these are just two we were able to connect with and confirm their needs.

Thankyou, The Sunday School Teachers