



REVERSE ADVENT CALENDAR 2021



This calendar has both donations and simple practices for Advent

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Pray for those who provide the food we eat	29 Canned Veggie (corn, peas or green beans)	30 Paper towel	1 Write someone a kindness note	2 Toilet Paper	3 Can of beans	4 Toothbrush and toothpaste
5 Pray for those who are sick	6 Kleenex	7 Box of mac & cheese	8 Call someone you haven't talked with in awhile	9 Peanut Butter or Nut-free Butter	10 Hand Soap (pump)	11 Box of pasta & jar of spaghetti sauce
12 Pray for those who take care of you	13 Canned tuna	14 Laundry Soap	15 Practice a random act of kindness today	16 Baby Wipes	17 Can of chunky/hearty soup	18 Dish Soap
19 Pray for those who are sad during this season	20 Shampoo	21 Box of cereal	22 Take a moment to be quiet and still and focus on God's presence today	23 Canned Fruit (peaches, pears or applesauce)	24 Scrub brush or sponges	25 Share the light of Christmas with a neighbor or friend

ADDITIONAL INFO



- Check with your local Food Pantry/Bank about what items are most helpful and adjust your calendar 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/

