



REVERSE ADVENT CALENDAR 2022



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|-------------------------------|---------------------------------|--------------------|
| 27 Toothbrush and toothpaste | 28 Canned Veggie (corn, peas or green beans) | 29 Paper towel | 30 Box of cereal | 1 Shaving Cream | 2 Can of beans | 3 Razors |
| 4 Canned Fruit (peaches, pears or applesauce) | 5 Kleenex | 6 Box of mac & cheese | 7 Shampoo | 8 Jar of spaghetti sauce | 9 Hand Soap (pump) | 10 Box of pasta |
| 11 Toilet Paper | 12 Canned tuna | 13 Laundry Soap | 14 Peanut Butter or Nut-free Butter | 15 Baby Wipes | 16 Can of chunky/hearty soup | 17 Dish Soap |
| 18 Canned Chicken | 19 Shampoo | 20 Can of Vegetables, Fruit or Beans | 21 Conditioner/Cream rinse for hair | 22 Instant Oatmeal packets | 23 Scrub brush or sponges | 24 Your choice |

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| 25 Your choice |
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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/

