



REVERSE ADVENT CALENDAR 2022



This calendar has both donations and simple practices for Advent

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 Pray for those who provide the food we eat	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 Pray for those who are sick	5 Kleenex	6 Box of mac & cheese	7 Shampoo	8 Jar of spaghetti sauce	9 Hand Soap (pump)	10 Box of pasta
11 Pray for those who take care of you	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 Pray for those who are sad during this season	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

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 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/

