













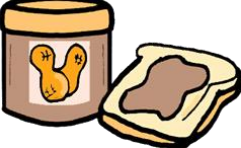











# December 2017

## 24 DAYS OF GIVING



Please join the parishes of 4Saints Episcopal Food Pantry as we collect non-perishable food items for the pantry this Advent. Daily, place one of these items in a box at your home. On Christmas Eve or Christmas Day, bring the box to your church so we can deliver to 4Saints.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Have some fun &amp; mix it up! Here's some suggestions of what to donate!</b></p> <ul style="list-style-type: none"> <li>• Canned vegetables &amp; beans</li> <li>• Canned meats</li> <li>• Canned fruit</li> <li>• Canned soups</li> <li>• Cans or jars of pasta sauce</li> <li>• Noodles</li> </ul>	<ul style="list-style-type: none"> <li>• Rice, Rice-a-roni</li> <li>• Mac &amp; cheese</li> <li>• Instant potatoes</li> <li>• Boxed dinners</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>• Flour</li> <li>• Sugar</li> <li>• Peanut butter &amp; jelly</li> <li>• Boxed cookies &amp; crackers</li> <li>• Olive or vegetable oil</li> <li>• Corn bread mix</li> </ul>			<b>1</b>	<b>2</b>
<p><b>3 First Sunday of Advent</b></p> 	<p><b>4</b></p> 	<p><b>5</b></p> 	<p><b>6</b></p> 	<p><b>7</b></p> 	<p><b>8</b></p> 	<p><b>9</b></p> 
<p><b>10 Second Sunday of Advent</b></p> 	<p><b>11</b></p> 	<p><b>12</b></p> 	<p><b>13</b></p> 	<p><b>14</b></p> 	<p><b>15</b></p> 	<p><b>16</b></p> 
<p><b>17 Third Sunday of Advent</b></p> 	<p><b>18</b></p> 	<p><b>19</b></p> 	<p><b>20</b></p> 	<p><b>21</b></p> 	<p><b>22</b></p> 	<p><b>23</b></p> 
<p><b>24 Fourth Sunday of Advent</b></p>  <p><b>Christmas Eve</b></p>	<p><b>25 Christmas Day!</b> Remember to take your boxes with you to church</p> 					

## 24 Days of Giving Food: reverse Advent calendar makes a positive difference

If you're looking for a meaningful Christmas tradition for yourself or your family, here is an idea that keeps the focus on the needs of others. An Advent calendar is a traditional way to count the days to Christmas, creating a sense of excitement and anticipation. This Advent calendar invites you to *put one item of non-perishable food aside each December day before Christmas as a gift for people served by [4Saints Episcopal Food Pantry](#)*.

### Here's what you do:

- Get a box. Wine or liquor boxes with cardboard compartments work well; any box will do. Decorate it if you want. Maybe attach the December calendar we've provided.
- Add a food item to it daily. Our recommended list is below.  
On or after Christmas Eve, bring it back to church, or bring it next time you're at church or school. Put it with the larger 4Saints collection box in the back of the church.

### Get kids involved with:

- Decorating the box
- Planning items to purchase
- Shopping & selecting items
- Putting an item in the box every day
- Praying
- Coloring in or marking off the calendar
- Making a Christmas card to be included for the clients of 4Saints
- Remembering to bring the box to church!

### Add some prayer!

- Pray daily for people who need food assistance; Pray to see and serve other needs in our community

### Suggested non-perishable items:

*Sizes are what the pantry typically stocks, which makes it easy for them to store. They will accept any in-date and unopened food items!*

- Canned vegetables & beans - 15 oz cans
- Canned fruit - 15 oz cans
- Canned soups - 10.5 oz
- Canned chicken broth - 14 oz
- Canned meats
- Cans or jars of spaghetti sauce
- Boxes of pasta - 16 oz
- Rice, Beans- 1 lb bags
- Mac & cheese - boxed, 7.5 oz
- Boxed cornbread mix, 8.5 oz
- Instant potatoes
- Boxed dinners
- Boxed cereal & oatmeal
- Flour & Sugar - 2-4 lb
- Peanut butter, smooth - 18 oz
- Jelly
- Cooking oil - 48 oz
- Boxed crackers & cookies