

Reverse Advent 24 DAYS OF GIVING 2023

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, bring the box to church so we can deliver to 4Saints.

<p>3</p> <p>First Sunday of Advent</p> 	<p>4</p> 	<p>5</p> 	<p>6</p> 	<p>7</p> 	<p>8</p> 	<p>9</p>
<p>10</p> <p>Second Sunday of Advent</p>	<p>11</p> 	<p>12</p> 	<p>13</p> 	<p>14</p> 	<p>15</p> 	<p>16</p> 
<p>17</p> <p>Third Sunday of Advent</p>	<p>18</p> 	<p>19</p> 	<p>20</p> 	<p>21</p> 	<p>22</p> 	<p>23</p>
<p>24</p> <p>Fourth Sunday of Advent</p> <p>Christmas Eve</p> <p>Remember to take your boxes with you to church</p>	<p>25</p> 	<p>26</p> 	<p>27</p> 	<p>28</p> 	<p>29</p> 	<p>30</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, but any box will do. Decorate it if you want or maybe even attach the December calendar we've provided.
- Add a food item to it daily. Our recommended list is below.
- On Christmas Eve, bring it back to church, or bring it when you can before Christmas Eve. 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
- 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: *Due to limited storage, please follow the size guidelines. Bigger is not better!*

- Canned vegetables & beans - 15 oz cans
- Canned fruit - 15 oz cans
- Canned soups - 10.5 oz (no Ramen please!)
- Canned chicken - 5 oz
- Canned tuna - 5 oz
- Cans or jars of spaghetti sauce
- Boxes of pasta - 16 oz (no bags)
- Rice, Beans - 1 or 2 lb bags
- Mac & cheese - boxed, 7.5 oz
- Boxed cereal 18 oz or less - no bags
- Peanut butter, smooth - 16-18 oz
- Diapers - all sizes
- Baby wipes
- Feminine products

Thank you for your Support & generosity!
"It's not how much we give, but how much love we put into giving." - Mother Teresa