

During the month of December 2016, I completed a Reverse Advent Calendar that supported the organization End 68 Hours of Hunger. Over the course of the month, I collected \$110 worth of food to donate to the organization, which would then provide the food to children who rely on school-provided meals, and may not have access to much food over the weekends.

I wanted to collect items for End 68 Hours of Hunger because I believe that all children deserve to have the same access to food. Studies have shown that food has been shown to improve, or at least maintain, healthy learning endeavors in children throughout schools across the nation (and worldwide). Studies have also shown that a child who has limited access to food cannot perform at the same level as a child who has regular access to food. I continually strive to help those that are not able to get enough food for each weekend. No one should go hungry, especially children. But it can be difficult to have enough food for an entire family for an entire week when money and work may be slow for those who can generate an household income.

It can be even harder when you rely primarily on organizations that are only available for certain hours or days each week (i.e. schools providing breakfast and lunch for children, food banks open only a few days/nights a week, etc.). End 68 Hours of Hunger “Puts nourishing food in the hands of school children to carry them through the weekend. Each bag of food costs \$10 each week and provides two breakfasts, two lunches, and three dinners for a child, with some left over to share”.

(www.end68hoursofhunger.org)

A Reverse Advent Calendar has appeared more and more over various social media platforms over the last couple of months. The basic concept of a Reverse Advent Calendar is: For every day in the month of December, you collect one item or a monetary amount (i.e. \$1) per day to donate to your chosen charity/organization. At the end of the month, you deliver your collected items or money to your desired charity, charities or organization. I have seen many different charities supported by this type of donation, from pet shelters to food pantries to hospital wards.

For my Reverse Advent Calendar, I decided to support “End 68 Hour of Hunger”, a charity that supplies children who typically rely on school meals with a backpack full of food for the weekend (Friday night to Sunday night). During the month of December, I collected one item each day from their “Food Wish-List”. Over the course of the month, I spent \$110, which

goes to supply 11 children with food for one weekend. I was able to keep my costs low by scouting local grocery stores for sales and coupons towards the items on my weekly shopping list.

For the entire month, I made a calendar of the item that I would buy each day. Ideally, I would buy a “multi-pack” of each item, a 5-pack of macaroni-and-cheese would be one day’s item, and 4-pack of fruit cocktail would be another day, and so on. This multi-pack idea did increase my costs, but it also gave me the satisfaction of knowing that I was able to provide more food for children who really needed it.

The food items that I donated helps to provide the End 68 Hours of Hunger team with an extra 11 bags to be made for 11 different children. I donated my entire stock to the Barnstead, New Hampshire chapter of End 68 Hours of Hunger. This chapter does not receive as many donations or monetary help as other cities may receive, and therefore has struggled with meeting their goals and quotas to provide their children with adequate food needs. By providing my donation to Barnstead, I helped to make sure that their children would receive food for another week.

If you are interested in supporting this organization, there are a few ways you can help. Their website (www.end68hoursofhunger.org) has a list of regions that have branches setup to help children in need. You are able to donate food items, money, or even both. The End 68 Hours of Hunger organization has a list of food items that they ask for.

December 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Cereal	Cereal	Cereal
Cereal	Fruit Bars	Fruit Bars	Fruit Bars	Jelly	Jelly	Jelly
Granola Bars	Granola Bars	Granola Bars	Cereal	Cereal	Cereal	Mac & Cheese
Mac & Cheese	Mac & Cheese	Soup	Soup	Soup	Canned Fruit	Canned Fruit
Canned Fruit	Tuna	Tuna	Tuna	Chili Beans	Chili Beans	Chili Beans

The Buying Calendar



The food items that were donated