



REVERSE

Advent Calendar

Can or packet of Tuna or Salmon

1

Toothbrush and toothpaste

3

Hot cereal (instant oatmeal, cream of wheat)

Peanut butter and jelly



Instant pasta dishes

5

Canned beans (kidney, black beans)

6

Juice (64 oz bottles)

7

Granola bars or breakfast bars

Can or packet of chicken

Hearty canned soup

10

9



Mac and cheese

15

Canned chili or baked beans

Jellies and jams

14

International food-Mexican

13

Canned fruit

11

12

Condiments - small containers

16

Canned vegetables

17

Snack foods - crackers, cookies, pretzels



Box of cereal

Pancake mix and syrup

20

19

Pasta sauce and pasta

24

Canned pasta or ravioli

23

International food - Indian

22

Cleaning or laundry supplies

21



Welcome to this beautiful season of Advent—a time of waiting and preparing for the celebration of Christ's birth. As we know, Christmas is so much more than giving and receiving, and this year we'd like to share a special way to practice generosity with our neighbors. In place of, or in addition to, a traditional Advent calendar, we invite you to try a **Reverse Advent Calendar**.

What Is a Reverse Advent Calendar?

Instead of opening a door for a treat, you add one item each day—such as food, toiletries, or other essentials—to a box that will be donated to those in need. By Christmas, your box will be filled with helpful items and daily reminders of how blessed we are. It's a meaningful way to practice kindness, gratitude, and generosity as a family.

How to Make One

- Choose a container. A simple box works great—keep it somewhere you'll see it each day.
- Add one item each day following the calendar recommendations, which lists items requested by HOPE. Talk with your kids about why these items matter.
- Make it fun (but not burdensome)! Buy a week's worth of donations at a time and let kids choose the item each day to add to the box.
- Reflect each Sunday of Advent. As you light your candle, discuss the week's word—Hope, Peace, Joy, or Love—and how you can share it with others.
- Deliver your box. Bring your filled box to church on Sunday, December 21, or to the Christmas Eve service. We will make sure all donations are delivered to HOPE (282 Boardman St, Middlebury).

We hope this becomes a meaningful and fun tradition for your family—a reminder that we share because we have been abundantly blessed.