



REVERSE Advent Calendar

1
Can or
packet of
Tuna or
Salmon

5
Instant
pasta
dishes



Peanut butter
and jelly

3
Hot cereal
(instant
oatmeal,
cream of
wheat)



Toothbrush
and
toothpaste

6
Canned
beans
(kidney,
black
beans)

7
Juice
(64 oz
bottles)

8
Granola
bars or
breakfast
bars

9
Can or
packet
of
chicken



11
15
Mac and
cheese

14
Canned
chili or
baked
beans

16
Jellies and
jams

15
International
food-
Mexican

11
Canned
fruit

16
Condiments -
small
containers

17
Canned
vegetables

18
Snack
foods -
crackers,
cookies,
pretzels

12
Box of
cereal

19
Pancake
mix and
syrup



21
24
Pasta sauce
and pasta

25
Canned pasta
or ravioli

22
International
food - Indian

20
Cleaning
or laundry
supplies





Welcome Advent!

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.