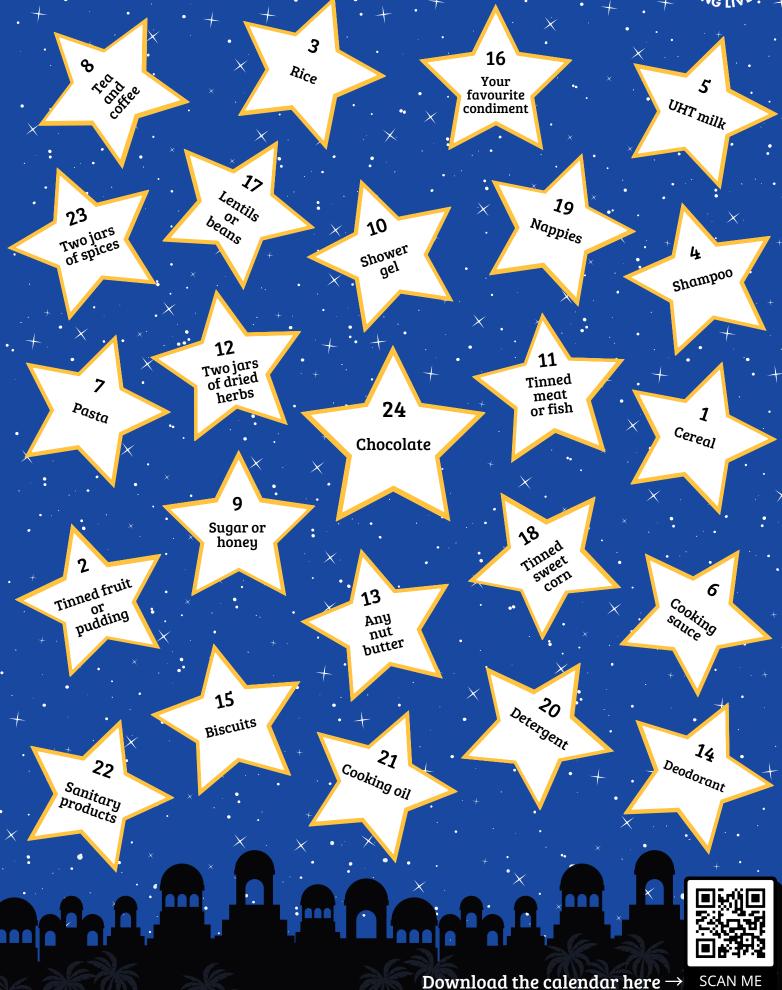
# **Advent Giving Calendar**







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Advent is a special season in the Church's year when we prepare to celebrate the coming of Christ. However, for people experiencing poverty, Christmas can be a difficult time. And with the Cost of Living crisis, many in our communities are facing food insecurity.

This Advent Giving Calendar is designed for you to use this season as a time to think about those who might need some extra support this Christmas. You can follow along each day and make up a food parcel that you generously donate to your local food project.

### How to use the Advent Giving Calendar



Search for a local food project, and make sure to check they are currently accepting donations.



Each day in Advent, find the corresponding star on the calendar which will tell you what you need to buy to add to your collection.

Take your food parcel to the drop off point of your chosen project - you might want to take it in early to make sure it is there in time to help people this Christmas.

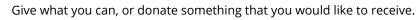
Share a photo of you and your collection on social media and tag us:







#### Not able to donate certain items?



You could also consider donating your time instead, by volunteering. Or if you are talented at knitting, maybe you could make a blanket to help keep others warm? Or if you like to share online, perhaps post about a local food project, so others can read about them too.

# How to find your local food project



Your Catholic church or school can advise you of local projects they are involved with, or run themselves, which distribute food.



Contact us at the Caritas Food Collective and we can help you find a local project. Our contact details can be found at the bottom of this page.



## If you need support with food



Speak to your Catholic church or school and they can advise about local food projects.

#### What is the Caritas Food Collective?

We are network of over 200 volunteer-led food projects across the Diocese of Westminster, serving communities. Projects include food banks and pantries, food collections, food sharing and cooking initiatives, all to tackle poverty and create connection through cuisine.

#### If you would like to find out more, please contact us below:

<u>cfc@rcdow.org.uk</u>

SCAN ME

Download the calendar here!