

Advent Giving Calendar

8
Tea
and
coffee

3
Rice

16
Your
favourite
condiment

5
UHT milk

23
Two jars
of spices

17
Lentils
or
beans

10
Shower
gel

19
Nappies

4
Shampoo

7
Pasta

12
Two jars
of dried
herbs

24
Chocolate

11
Tinned
meat
or fish

1
Cereal

9
Sugar or
honey

18
Tinned
sweet
corn

2
Tinned fruit
or
pudding

13
Any
nut
butter

6
Cooking
sauce

15
Biscuits

20
Detergent

22
Sanitary
products

21
Cooking oil

14
Deodorant









Advent Giving Calendar

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:



@CaritasWestminster





@CaritasWestm






@Caritas_Westminster



Not able to donate certain items?

-  Give what you can, or donate something that you would like to receive.
-  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.
-  Take a look at our map of projects around the Diocese of Westminster by visiting <http://www.caritaswestminster.org.uk/social-action-map.php> (Type in your location, select "food bank" in the filters, and press "search").

If you need support with food

-  The Trussell Trust run food banks throughout the UK and you can visit their website to find one near you: www.trusselltrust.org/get-help/find-a-foodbank
-  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:

cfc@rcdow.org.uk

www.caritaswestminster.org.uk

020 7931 6077



SCAN ME

Download the calendar here!