# Advent Giving Calendar

Caritas Westminster

1
Rice

24
Something festive

5
Cereal

23
Chocolate

7
Nappies or baby wipes

15
Biscuits

2
Pasta

20
Shower gel or soap

17
Sanitary products

22
Cooking sauce or condiment

11
Detergent

14
Deodorant

12
Lentils or beans

3
Shampoo

19
Sugar or honey

9
Cleaning product

4
Cooking oil

8
Dried herbs or spices

10
Tea and coffee

13
Long life milk

6
Tinned sweet corn

18
Nut butter or jam

21
Tinned meat or fish

16
Tinned fruit or pudding

Download the calendar here →

SCAN ME

# Advent Giving Calendar

Advent is a special season in the Church's year when we prepare to celebrate the coming of Christ. However, with the cost of living crisis, many in our communities are facing difficulties.

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 a food project in your church or school, or one local to you.

## How to use the Advent Giving Calendar

- Ask your church or school if they run a food bank, food collection, a community meal, or any other kind of food outreach, and if they would like some donations.
- If you are not sure, contact us at Caritas and we can help you find a food project near you. Our contact details can be found at the bottom of this page.
- Each day in Advent, find the corresponding snowman on the calendar, which will tell you what you need to buy to add to your collection. You could team up with others too, and share the collecting between you.
- Take the collected items to your chosen food project. You might want to take them in early, to make sure they are there in time to help people this Christmas.
- Join the Advent Giving Calendar community online. Spread the word about the calendar and share photos of your collecting on social media.

**Use the hashtag: #AdventGivingCalendar**

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.
- Ask your local food project what other help they may need. Perhaps you could volunteer this winter, or spread the word about what they do.

## If you need support with food

- Please do speak to your church or school and they can tell you what support there is in your area. You can contact Caritas too.

SCAN ME

## Who made this calendar?

This calendar was created by Caritas Westminster, the social outreach charity of the Diocese of Westminster. There are over 300 food projects in the diocese, including food banks and pantries, food collections, food sharing and giving, and community meal initiatives.
Almost all are run by volunteers, working tirelessly to end poverty and create connection and community through food. Use this calendar to help support their efforts this winter.

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

cfc@rcdow.org.uk www.caritaswestminster.org.uk 020 7931 6077