


Reverse Advent Calendar 2023

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Nov 26 Tinned or dried food</p> <p>Let us then lay aside the works of darkness and put on the armour of light</p> <p>(Romans 13:12)</p>	<p>27 Toiletries or feminine products</p> <p>Our help is in the name of the Lord, who made heaven and earth</p> <p>(Psalm 124:8)</p>	<p>28 Tinned or dried food</p> <p>I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth</p> <p>(Genesis 9:13)</p>	<p>29 Household items</p> <p>Heaven and earth will pass away, but my words will not pass away</p> <p>(Matthew 24:35)</p>	<p>30 Tinned or dried food</p> <p>Praise be to the LORD God, the God of Israel who alone does marvellous deeds</p> <p>(Psalm 72:18)</p>	<p>Dec 1 Baby supplies</p> <p>He will surely be gracious to you at the sound of your cry</p> <p>(Isaiah 30:19)</p>	<p>2 Tinned or dried food</p> <p>Every valley shall be lifted up, and every mountain and hill be made low</p> <p>(Isaiah 40:4)</p>
<p>3 Tinned or dried food</p> <p>May the God of hope fill you with all joy and peace in believing</p> <p>(Romans 15:13)</p>	<p>4 Toiletries or feminine products</p> <p>You yourselves have been taught by God to love one another</p> <p>(1 Thess 4:9)</p>	<p>5 Tinned or dried food</p> <p>I will open rivers on the bare heights, and fountains in the midst of the valleys</p> <p>(Isaiah 41:18)</p>	<p>6 Household items</p> <p>I am your shield; your reward shall be very great</p> <p>(Genesis 15:1)</p>	<p>7 Tinned or dried food</p> <p>Your people will be my people and your God my God</p> <p>(Ruth 1:16)</p>	<p>8 Baby supplies</p> <p>Bear in mind that our Lord's patience means salvation</p> <p>(2 Peter 3:15)</p>	<p>9 Tinned or dried food</p> <p>Blessed are those whose help is the God of Jacob, whose hope is in the LORD their God</p> <p>(Psalm 166:5)</p>
<p>10 Tinned or dried food</p> <p>He has filled the hungry with good things, and sent the rich away empty</p> <p>(Luke 1:53)</p>	<p>11 Toiletries or feminine products</p> <p>As a deer longs for flowing streams, so my soul longs for you, O God</p> <p>(Psalm 42:1)</p>	<p>12 Tinned or dried food</p> <p>Look forward to the mercy of our Lord Jesus Christ that leads to eternal life</p> <p>(Jude 21)</p>	<p>13 Household items</p> <p>Do not be afraid, but let your hands be strong</p> <p>(Zechariah 8:13)</p>	<p>14 Tinned or dried food</p> <p>I will make for you a great name, like the name of the great ones of the earth</p> <p>(2 Samuel 7:9)</p>	<p>15 Baby supplies</p> <p>So you are no longer a slave but a child, and if a child then also an heir, through God</p> <p>(Galatians 4:7)</p>	<p>16 Tinned or dried food</p> <p>Whoever believes in the Son has eternal life</p> <p>(John 3:36)</p>
<p>17 Tinned or dried food</p> <p>Restore us, O God; let your face shine, that we may be saved</p> <p>(Psalm 80:3)</p>	<p>18 Toiletries or feminine products</p> <p>God has brought laughter for me; everyone who hears will laugh with me</p> <p>(Genesis 21:6)</p>	<p>19 Tinned or dried food</p> <p>The Lord will judge the ends of the earth</p> <p>(1 Sam 2:10)</p>	<p>20 Household items</p> <p>Now you, my friends, are children of the promise</p> <p>(Galatians 4:28)</p>	<p>21 Tinned or dried food</p> <p>But there the Lord in majesty will be for us</p> <p>(Isaiah 33:21)</p>	<p>22 Baby supplies</p> <p>Thus your name will be magnified for ever</p> <p>(2 Samuel 7:26)</p>	<p>23 Tinned or dried food</p> <p>And His name will be called Wonderful, Counsellor, Mighty God, Everlasting Father, Prince of Peace.</p> <p>(Isaiah 9:6)</p>
<p>24 Tinned or dried food</p> <p>She gave birth to her firstborn son, wrapped him in bands of cloth, and laid him in a manger</p> <p>(Luke 2:7)</p>	<p>25 Christmas Chocolate or biscuits (no alcohol)</p> <p>To you is born this day in the city of David a Saviour, who is the Messiah, the Lord</p> <p>(Luke 2:11)</p>	 <p>The Diocese of Southwark</p>				

HOW TO USE

For the organiser: you will need to liaise with your local food bank to check any current needs or items that they don't want to receive, and amend the lists as appropriate. You will also need to arrange how to deliver items: do they want to receive them every week, or in one big delivery after Christmas?

For the user: find a large box or Bag for Life which you can use for your collection. Plan your shopping in advance and add some items for the food bank. The items listed for each day are just suggestions: feel free to donate other items that are needed in your area, or to make a financial donation if that is more convenient.

As part of your Advent prayer and reflection, read the line of scripture, pray for those in need and those who work to support them, and place any donation in the place you have prepared.

Check with your local foodbank what their current list of needs is. The BanktheFood app (<https://bankthefood.org/App>) allows you to check the up to date needs of your local food bank.

Ensure that all items are in date for at least 3 months (or as advised by your food bank) and do not contain alcohol. Cigarettes are also not accepted.

To find your local food bank:

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

<https://www.foodaidnetwork.org.uk/independent-food-banks-map>

<https://bankthefood.org/App>

The donation suggestions below are based on the Trussell Trust website but your local foodbank might have different needs so it is best to check with them first.

Tinned, dried or long-life food: tinned meat/fish/fruit/vegetables/soup, jars of pasta sauce, dried lentils, beans and pulses, pasta, rice, biscuits, long-life UHT milk, fruit juice, packets of cereal.

Toiletries or feminine hygiene products: soap, shower gel, shampoo, sanitary towels, tampons, toothpaste, toothbrushes, deodorant, hand sanitiser.

Household items: washing up liquid, laundry detergent, toilet paper, cleaning items

Baby supplies: nappies, baby wipes, jar or packet baby food, baby toiletries.