

Advent Giving Calendar

8
Tea and
coffee

3
Rice

16
Tin of
soup

5
UHT
milk

17
Lentils/
beans

19
Nappies

23
Sanitary
products

10
Shower
gel

4
Shampoo

7
Pasta

12
Washing
up liquid

11
Tinned
meat/
fish

24
Chocolate

1
Cereal

2
Tinned
fruit

9
Bag of
sugar

18
Tinned
veg

6
Pasta
sauce

22
Cooking
oil

21
Detergent

15
Biscuits

20
Tinned
pudding

14
Deodorant

13
Peanut
butter





Advent Giving Calendar

Advent is a special season in the Church's year when we prepare to celebrate the coming of Christ. However, for many people facing food poverty, Christmas can be a difficult time. Currently, 8.4 million people in the U.K. regularly do not get enough to eat. The Caritas Food Collective are a new project working to tackle food poverty in the Diocese of Westminster. This year, we have created an 'Advent Giving Calendar' to help use this season as a time when we think of those who might be struggling, and do our bit to help them in the run up to Christmas.

How to use the Advent Giving Calendar

- 1 Find a food bank or other local project to donate to. Make sure to check if there is a deadline for Christmas donations.
- 2 Each day in Advent, find the star on the calendar which will tell you what you need to buy that day to add to your collection. Then colour the stars in as you go!
- 3 Take your box to the collection point of your chosen project - you might want to take it early to make sure it is there in time to help families this Christmas!
- 4 Share a photo of you and your collection with us on Twitter, @CaritasFood, or by contacting us using the details found below.

How to find your local food project

- Your Catholic church or school can advise you of local projects they are involved with which distribute food to people who are struggling. They might already be collecting for one!
- Contact us at the Caritas Food Collective and we can help you find a local project. Our contact details can be found below.
- Have a look at our map of projects around the Diocese of Westminster by visiting www.caritaswestminster.org.uk/social-action-map.php
- The Trussell Trust run food banks throughout the UK and you can visit their website to find one near to you www.trusselltrust.org/get-help/find-a-foodbank
- Public service professionals such as social workers, job centre staff, and NHS staff can often provide information on food banks and other services for people struggling at this time of year.

“A better world can be built as a result of your efforts, your desire to change and your generosity.

Pope Francis, 2017

Get in touch

To find out more about the Caritas Food Collective and get involved, or if you would like to find out about food support in your area, contact us at:

