

December 2023



Sun

Mon

Tue

Wed

Thu

Fri

Sat



					1 pasta	2 cereal
3 canned fruit	4 peanut butter	5 jam	6 soup	7 pasta	8 cereal	9 canned fruit
10 peanut butter	11 jam	12 soup	13 pasta	14 cereal	15 canned fruit	16 peanut butter
17 jam	18 soup	19 pasta	20 cereal	21 canned fruit	22 peanut butter	23 jam
24 soup	25	26	27	28	29	30
31						

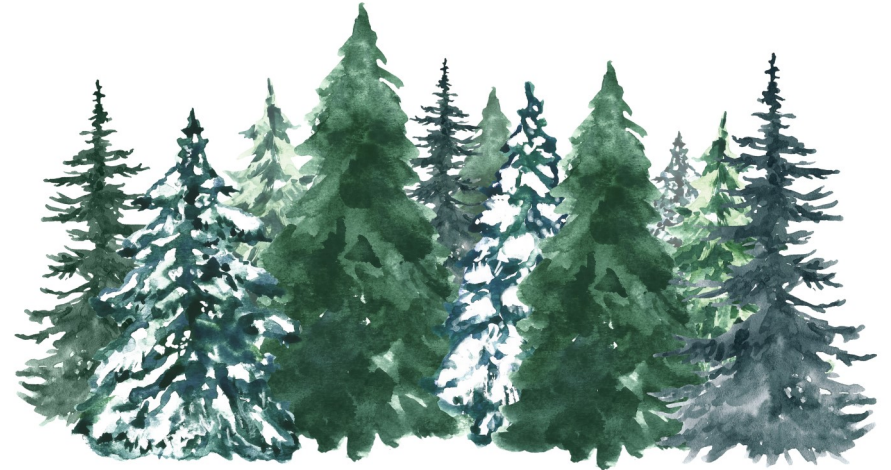
Note: Please do not contribute expired food stuffs as they can not be passed on to the food bank clientele.

Reverse Advent Calendar

REVERSE ADVENT CALENDAR Prayer

Our Father in heaven, holy is your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins, as we also have forgiven those who have sinned against us. And lead us not into temptation but deliver us from the evil one.

Father, I have food enough to eat. Thank you. Bless whoever receives the food I am donating through THE LANGLEY FOODBANK so that they would not just eat the food but also see that You are the One who provided it. I am blessed to be your hands and feet in this way. Amen.



**SOUTH
LANGLEY
CHURCH**



INSTRUCTIONS FOR REVERSE ADVENT CALENDAR

1. BUY the 6 most needed food items X 4 = 24 grocery items altogether. You can do this progressively or all at once. You can do this on your own or split the shopping with someone else.
2. BOX or BAG food items. You can bring them to the church at any time through December to add them to our REVERSE ADVENT CALENDAR collection zone. Just make sure the church is open!
3. PRAY the REVERSE ADVENT CALENDAR *Prayer* every day between December 1 and 24 – keeping in mind the food items you have donated and the people who need them.