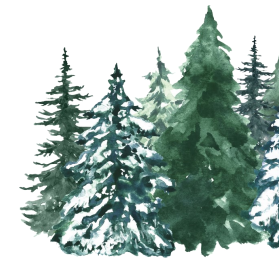


December 2024



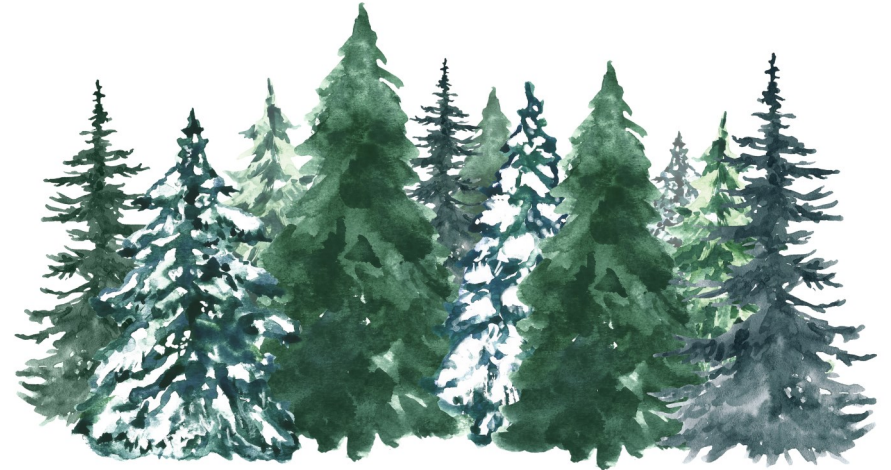
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 cereal	2 canned fruit	3 peanut butter	4 jam	5 soup	6 pasta	7 cereal
8 canned fruit	9 peanut butter	10 jam	11 soup	12 pasta	13 cereal	14 canned fruit
15 peanut butter	16 jam	17 soup	18 pasta	19 cereal	20 canned fruit	21 peanut butter
22 jam	23 soup	24 pasta	25	26	27	28
29	30	31				
<p>Note: Please do not contribute expired food stuffs as they can not be passed on to the food bank clientele.</p>						

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.