

Reverse Advent Calendar



CAMROSE
helps

Dried
Beans

Cereal

5

Jam

Peanut
Butter

Baking
Soda

3

2

6

Rice

7
Tomato
Paste

White
Sugar

9
Granola
Bars

10
Oil

15

One
Spice

Mayonnaise

14
Dried
Lentils

13
Canned
Fish

11
Raisins

Tea

16

17
Tomato
Sauce

Pasta

10
Baking
Powder

Dates

Brown
Sugar

24

All Purpose
Flour

25

Coffee

22

One
Spice

21

Thank you for participating in this meaningful tradition!

Give Back During Advent

Advent is a season of preparation and giving. Our Reverse Advent Calendar is a simple way to participate: each day, put one item in a giving box to help others in our community who are facing hardship.

All collected items go directly to the Cultural Food Hub a program of Camrose Helps. The Hub provides food that meets the cultural and dietary needs of local families, ensuring everyone can gather with dignity. Our community's generosity makes this vital work possible.

How It Works:

1. Shop Early!

Use the Shopping List, on the right, to buy the items.

2. Daily Giving

Starting on December 1, use the calendar, on page 2, to identify the item for that day, then place it into your giving box.

3. Drop Off

After Christmas, drop off your filled giving boxes for delivery to the Cultural Food Hub. Drop off locations are:

Camrose & District FCSS, 4821-51 St.

- Open after Christmas: December 29-31
- Regular hours resume on January 5
- Mon. - Thurs. 9am-12pm & 1-4pm; Fri. 9am-12pm

Wild Rose Foodservice Distributors, 3823-44 Ave.

- Open after Christmas: December 29-31
- Regular hours resume January 2
- Mon. - Fri. 8am-5pm

Thank you for participating and making a difference in the lives of local families!

Alternative Giving

If gathering 24 items is too much, please feel free to fill a smaller box with any amount of non-perishable food or essential items from the list. Every donation helps!

Shopping List

- ☐ Dates
- ☐ All Purpose Flour
- ☐ White Sugar
- ☐ Brown Sugar
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Oil
- ☐ Peanut Butter
- ☐ Jam
- ☐ Mayonnaise
- ☐ Tomato Sauce
- ☐ Tomato Paste
- ☐ Rice
- ☐ Dried Lentils
- ☐ Dried Beans
- ☐ Cereal
- ☐ Granola Bars
- ☐ Spice x 2
 - Choose from cumin, turmeric, coriander, garlic, paprika, ginger, salt, pepper, or chilies
- ☐ Coffee
- ☐ Tea x 1
 - Choose from green, rooibos, or orange pekoe
- ☐ Pasta
- ☐ Canned Fish
 - Tuna or Salmon
- ☐ Raisins



www.camrosehelps.ca