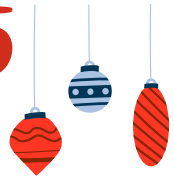
3rd Annual

Reverse Advent Calendar

in support of the Cultural Food Hub

CAMROSE helps

1  Tomato Sauce	2  Rice	3  Tea	4  Brown Sugar	5  Pasta	6  One Spice
7  Jam	8  Dried Lentils	9  Granola Bars	10  Cereal	11  Baking Soda	12  Dates
13  One Spice	14  Peanut Butter	15  Baking Powder	16  Tomato Paste	17  Dried Beans	18  Canned Fish
19  White Sugar	20  Oil	21  Raisins	22  Coffee	23  Mayonnaise	24  All Purpose Flour

Thank you for participating in this yearly tradition!

Give Back During Advent

Advent is a season of preparation and an opportunity to give back. 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 need support.

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 to identify the item for that day, then place it into your giving box.

3. Drop Off Off

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

Camrose Helps, 4821-51 St. (shared space with CDFCSS)

- Open after Christmas: December 28-30
- Regular hours resume on January 4
- Mon. - Thurs. 9am-12pm & 1-4pm; Fri. 9am-12pm

Wild Rose Foodservice Distributors, 3823-44 Ave.

- Mon. - Fri. 8am-5pm

Save-On-Food Camrose, 4820-66 St.

- 7 days a week, 7am-10pm

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

CAMROSE helps

www.camrosehelps.ca

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