



Reverse Advent Calendar 2020

Food Barrel Edition

- December 1: Box of cereal
- December 2: Canned Fruit (packed in water or fruit juice, not syrup)
- December 3: Canned Beans
- December 4: Boxed Potatoes
- December 5: Macaroni and Cheese
- December 6: Canned Vegetables (look for a low-sodium option)
- December 7: Spices
- December 8: Canned Fish (Tuna or Salmon)
- December 9: Can of Chili
- December 10: Can of soup (look for a low-sodium option)
- December 11: Applesauce (plastic container)
- December 12: Can of Stew
- December 13: Canned Beans
- December 14: Can of Soup (look for low sodium option)
- December 15: Box of Crackers (look for a whole wheat option)
- December 16: Oatmeal
- December 17: Canned Chicken
- December 18: Granola Bars
- December 19: Rice (brown has more fiber)
- December 20: Cooking Oil (Olive or Canola)
- December 21: Donate peanut butter to the Food Barrel**
- December 22: Pasta (look for a whole wheat option)
- December 23: Canned Tomato Sauce
- December 24: Packaged Nuts (look for unsalted)

Check the expiration dates before donating food from home. If possible, look for canned food with pop tops so a can opener is not needed. Do not donate items in glass containers. Collect all the food barrels items and then bring them to church..

Holy Trinity Lutheran Church

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