



Reverse Advent Calendar 2023

Food Barrel & Winter Relief

- December 3: Canned Vegetables (look for a low-sodium option)
- December 4: Band-aids (assorted sizes) - WINTER RELIEF
- December 5: Box of cereal
- December 6: Rice (brown has more fiber)
- December 7: Box of Crackers (look for a whole wheat option) - WINTER RELIEF
- December 8: Pair of Socks - WINTER RELIEF
- December 9: Applesauce (plastic container)
- December 10: Canned Beans
- December 11: Can of Stew - WINTER RELIEF
- December 12: Oatmeal
- December 13: Canned Chicken
- December 14: Granola Bars - WINTER RELIEF
- December 15: Cooking Oil (Olive or Canola)
- December 16: Bottles of Water - WINTER RELIEF
- December 17: Peanut Butter
- December 18: Toothbrush and 2 small toothpaste tubes - WINTER RELIEF
- December 19: Pasta (look for a whole wheat option)
- December 20: Canned Tomato Sauce
- December 21: Can of soup (look for a low-sodium option) - WINTER RELIEF
- December 22: Packaged Nuts (look for unsalted)
- December 23: Canned Fruit (packed in water or fruit juice, not syrup)
- December 24: Hand Sanitizer (travel size) - WINTER RELIEF

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 barrel items and then bring them to church.

Holy Trinity Lutheran Church

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