

# Advent Giving Calendar

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# Advent Giving Calendar

On 15th November we mark the fourth annual World Day of the Poor. Pope Francis has given us the theme 'Stretch forth your hand to the poor'. This Advent Giving Calendar gives you a way to reach out to those going hungry by following along each day and making up a food parcel. During the pandemic, this act of generosity will be needed more than ever, as we prepare for a Christmas like no other.

As social distancing continues, we also invite you to think about the other ways you can 'stretch forth your hand'. How can you reach out to those who are isolated and lonely? Could you send a Christmas card or message of hope to someone living alone, or buy a present for someone who may not receive one otherwise? Have a think, and look at the resources on our website for more inspiration.

## How to use the Advent Giving Calendar

- 1 Find a food bank or another local project to donate to. Make sure to check they are currently accepting donations and how to do so safely in time for Christmas.
- 2 Each day in Advent, find the bauble on the calendar which will tell you what you need to buy to add to your collection.
- 3 Take your box to the drop off point of your chosen project - you might want to take it in early to make sure it is there in time to help families this Christmas. Make sure to follow Government Coronavirus safety guidance when dropping off your donation.
- 4 Share a photo of you and your collection with us on Twitter, @CaritasFood, or by contacting us using the details below.

## How to find your local food project

- Your Catholic church or school can advise you of local projects they are involved with which distribute food to people who are struggling. They might already be collecting for one!
- Have a look at our map of projects around the Diocese of Westminster by visiting [www.caritaswestminster.org.uk/social-action-map.php](http://www.caritaswestminster.org.uk/social-action-map.php) or contact us using the details below and we can help you find a local project
- The Trussell Trust run food banks throughout the UK and you can visit their website to find one near to you [www.trusselltrust.org/get-help/find-a-foodbank](http://www.trusselltrust.org/get-help/find-a-foodbank)
- Public service professionals such as social workers, job centre staff, and NHS staff can often provide information on food banks and other services for people struggling at this time of year.

**“Now is a good time to recover the conviction that we need one another, that we have a shared responsibility for others and the world.**

*Pope Francis, World Day of the Poor, 2020*

## Get in touch

To find out more about the Caritas Food Collective and get involved, or if you would like to find out about food relief in your area, contact us at:

