

# Reverse Advent Calendar

Reverse Advent Calendar						Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	26 Dec
27 Dec Jar of peanut butter	28 Dec Chicken noodle soup, low sodium	29 Dec Can of fruit, no added sugar	30 Dec Can of turkey or chicken	31 Dec Jar of spaghetti sauce	01 Jan Dry pasta, whole grain	02 Jan Can of mixed vegetables
03 Jan Whole grain cold breakfast cereal	04 Jan Can of beef stew, low sodium	05 Jan Jar of applesauce, unsweetened	06 Jan Can of diced tomatoes	07 Jan Instant mashed potatoes	08 Jan Box of granola or muesli	09 Jan Package of brown rice
10 Jan Box of macaroni and cheese	11 Jan Can of tuna, packed in water	12 Jan Jar of olive oil	13 Jan Can of green beans	14 Jan Dessert mix (custard, cake, etc.)	15 Jan Box of instant oatmeal packets	16 Jan Boxed dinner (e.g., Hamburger Helper)
17 Jan Can of 100% juice, no added sugar	18 Jan Can of corn or carrots	19 Jan Can of tomato soup	<b>REVERSE:</b> it starts after Christmas and you're giving, not receiving. Start with an empty box and add items each day. When the box is full, donate it to a food bank.			

**NO-NOs:** fresh fruit or veggie, frozen food, home-canned, junk food, past sell-by date, any amount of alcohol, ingredients not listed in English.

**HELPFUL:** plastic container instead of glass, pop-top cans that don't need an opener, items that are easy to prepare.



**Alternatives:**

Box of crackers, whole grain	Can of beets	Bag of unsalted nuts	Jar of honey
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