



St Cenydd



Reverse Advent Calendar

What is a **Reverse** Advent Calendar?

Between your form class, you give an 'item' a day starting from Friday 1st December which gets placed in your advent calendar box. Your form's box will then be donated to the Caerphilly foodbank just in time for Christmas! Feel free to decorate your box as you wish.

Christmas can be a difficult time for anyone, but for those already managing on a tight budget; the added expense can make this even more difficult for some families. The Caerphilly foodbank aims to provide three days of nutritionally balanced, non-perishable food. Some examples of items are shown below.

WHAT'S IN A FOOD PARCEL?



- Breakfast cereals- Urgent!
- Dried pasta- Urgent!
- Rice
- Pasta sauce
- Tinned beans
- Tinned meat
- Tinned vegetables
- Tinned fruit- Urgent!
- Tea or coffee – Urgent!
- Sugar
- Biscuits
- Snacks
- UHT Milk (1 litre)
- Longlife juice

