



Here's an Idea!



This year we are asking you to recycle this seminar's delegate bag and use it to collect item's for a "Reverse Advent Calendar" to help those in need this Christmas?

Some of us are lucky enough to be able to spend December preparing for Christmas with happiness, not dread. Sure, we might be keeping more of an eye on what we're spending this year, or briefing beloved relatives to toe the line with the in-laws but when it comes down to it, Christmas is going to be a time for celebration.

This couldn't be further from the reality of many living in the UK today. While food bank use is on the rise throughout the year in the UK, the Trussell Trust typically sees a 45% spike in referrals for the three-day emergency food parcels in the two weeks before Christmas. There's already a concern food banks won't be able to meet this soaring need.

Increasingly, ideas such as the reverse advent calendar are gaining in popularity. It's a simple concept that encourages the public to give, not receive as they countdown to Christmas. People collect one food bank item each day and, before Christmas, the whole calendar is donated.

Here at the NACC North we thought it would be great as an association to help those in our community at this special time of year, as well as a great way to recycle the bags from our winter seminar.

If you would like to take part, we've put together a guide on the reverse of this sheet!



Reverse Advent Calendar Guide

1. Pick a charity, organisation or food bank you would like to donate to. An easy way to do this is to scan the QR Code below which will take you to the Trussell Trust Website to find you local food bank



www.trusselltrust.org/get-help/find-a-foodbank

2. Contact the organisation to find out what items they are most in need of and when you should drop them off. Typical Items usually consist of

- Cereal
- Soup
- Pasta
- Rice
- Tinned tomatoes/ pasta sauce
- Lentils, beans and pulses
- Tinned meat
- Tinned vegetables
- Tea/coffee
- Tinned fruit
- Biscuits
- UHT milk
- Fruit juice
- Toiletries
- Feminine Products
- Baby Supplies

3. Fill the delegate bag with an item each day in the run up to Christmas, you don't have to do it over 24 days, you could split it over 12.

4. Take your reverse advent calendar to your local food bank. It's best to try and get your parcel to the food bank at the latest a few days before Christmas to make sure it gets sorted and to where they are needed most in time.

