Advent Giving Calendar

Nativity beneath the olive tree

Caritas Westminster

4 Cooking oil

14 Deodorant

24 Something festive

5 Cereal

23 Chocolate

3 Shampoo

1 Rice

15 Biscuits

17 Sanitary products

10 Tea and coffee

13 Long life milk

11 Detergent

19 Sugar or honey

2 Pasta

20 Shower gel or soap

12 Lentils or beans

21 Tinned meat or fish

8 Dried herbs or spices

7 Nappies or wipes

22 Cooking sauce or condiment

6 Tinned sweet corn

9 Cleaning products

18 Nut butter or jam

16 Tinned fruit or pudding

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Caritas Westminster

Registered Charity No. 233699



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Advent Giving Calendar

Nativity beneath the olive tree

Advent is a special season in the Church's year when we prepare to celebrate the coming of Christ. However, with the ongoing cost of living crisis, many in our communities are facing difficulties.

This Advent Giving Calendar is designed for you to use this season as a time to think about those who might need some extra support this Christmas. You can follow along each day and make up a food parcel that you generously donate to a food project in your church or school, or one local to you.

How to use the Advent Giving Calendar

- Ask your church or school if they run a food bank, food collection, a community meal, or any other kind of food outreach, and if they would like some donations.
- If you are not sure, contact us at Caritas Westminster and we can help you find a food project near you. Our contact details can be found at the bottom of this page.
- Each day in Advent, find the corresponding dove on the calendar, which will tell you what you need to buy to add to your collection. You could team up with others too, and share the collecting between you.
- Take the collected items to your chosen food project. You might want to take them in early, to make sure they are there in time to help people this Christmas.
- Spread the word about the calendar and share photos of your collection on social media.

Use the hashtag: #AdventGivingCalendar2026

and tag us:

@CaritasWestminster @CaritasWestm @Caritas_Westminster

Not able to donate certain items?

- Give what you can, or donate something that you would like to receive.
- Ask your local food project what other help they may need. Perhaps you could volunteer this winter, or spread the word about what they do?

If you need support with food

- Please do speak to your church or school and they can tell you what support there is in your area. You can contact Caritas Westminster too.

Who made this calendar?

This year's design *"Nativity beneath the olive tree"* was created by Caritas Westminster, the social outreach agency of the Diocese of Westminster. There are over 300 food projects in the diocese, including food banks and pantries, food collections, and community meal initiatives. Almost all are run by volunteers, working tirelessly to end poverty and create connection and community through food. Use this calendar to help support their efforts this winter.

If you would like to support the Advent Giving Calendar campaign but are not able to donate goods, ***please make a donation via our website.*** We will turn your gift into life-changing support for people needing an extra hand this Christmas. You can donate securely online via our website at: caritaswestminster.org.uk/donate/advent-giving-calendar or by scanning the adjacent QR code.
Thank you!

If you would like to find out more, please contact us below:

caritaswestminster@rcdow.org.uk **www.caritaswestminster.org.uk** **020 7931 6077**