

# CareNet Reverse Advent Calendar



**Tips:**  
Choose brands you or  
your family like.

Involve your whole family

Have fun with it

Christmas is a difficult time of year for many families and this year has been particularly tough. By joining in our Reverse Advent Calendar Adventure you will bring some Christmas cheer and relief to families experiencing hardship.

Unlike a traditional advent calendar, a reverse advent calendar focuses on giving not receiving. The items you put together will create a hamper that will be gifted to a family doing it tough in our community.

The rules are simple. For the 20 days, place a non-perishable item into the grocery bag provided. Feel free to follow the list or get creative.

When you are done, your hamper can be returned to the location you picked it up from or delivered to CareNet in Templestowe. The hampers collected will be distributed throughout food relief program to support people in need this festive period.

We hope you enjoy this twist on a well loved tradition, we know that the families who receive them will be incredibly grateful.

For more information about CareNet visit:

- <https://www.carenet.org.au/reverse-advent-calendar/>

Blessing,  
Kellie Wishart  
CareNet Manager  
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## THANK YOU



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- |                                     |                                    |                          |                            |                                  |
|-------------------------------------|------------------------------------|--------------------------|----------------------------|----------------------------------|
| 1.<br>Box of<br>breakfast<br>cereal | 2.<br>1 litre<br>long life<br>milk | 3.<br>Canned<br>fruit    | 4.<br>Canned<br>Corn       | 5.<br>Canned<br>Tomatoes         |
| 6.<br>Canned<br>Tuna                | 7.<br>2 minutes<br>Noodles         | 8.<br>Muesli<br>Bars     | 9.<br>Jar of<br>Passata    | 10.<br>Meal<br>Base<br>(Kantong) |
| 11.<br>Bag of<br>Chips              | 12.<br>Soup                        | 13.<br>Sweet<br>Biscuits | 14.<br>Savoury<br>Crackers | 15.<br>Pasta                     |
| 16.<br>1kg Rice                     | 17.<br>Instant<br>Coffee           | 18.<br>Jar of<br>Jam     | 19.<br>Sugar               | 20.<br>Something<br>Special      |

**THANK YOU**