



Reverse Advent Calendar

**\$1
EQUALS
3 MEALS**



Join **Phil the Food Drive Bag** in collecting one most-needed item per day leading up to Christmas in The Food Bank's **Reverse Advent Calendar!**

On the 25th day, pack up a box with all of the most-needed items and **donate** it at your local grocery store or at The Food Bank of Waterloo Region at 50 Alpine Court in Kitchener.

Don't forget to share your progress online by tagging **@FoodBankWatReg** and **#FeedWR!**



Cut out Phil the Food Drive Bag to keep track of which day you are on in the Reverse Advent Calendar!

01 Cereal	02 Peanut Butter	03 Juice	04 Boxed Potatoes	05 Macaroni & Cheese	06 Canned Fruit
07 Canned Vegetables	08 Canned Pasta	09 Canned Tuna	10 Granola Bars	11 Apple Sauce	12 Canned Sweet Potatoes
13 Canned Stew	14 Canned Beans	15 Box of Crackers	16 Box of Rice	17 Hot Cereal	18 Dry Pasta
19 Spaghetti Sauce	20 Chicken Noodle Soup	21 Tomato Soup	22 Canned Corn	23 Canned Carrots	24 Cookies