Foodbank Lifeline Foundation

Reverse Advent Calendar 2026



One small tin.

A big lesson in kindness.

Our school is taking part in the Reverse Advent Calendar 2026.

A note for families, from Foodbank Lifeline Foundation.

Our school is taking part

A note for families



This Christmas, we're inviting our school community to help families across Malta and Gozo who are finding it difficult to put food on the table.

As parents, we know how much of caring for a child happens around food. Breakfast before school. Something packed for lunch. Knowing what we'll put on their plate at the end of the day. For a parent struggling to afford those everyday essentials, that simple reassurance can feel a long way away.

Through Foodbank Lifeline Foundation's Reverse Advent Calendar, your family can help. Even one tin of food is a contribution worth making. And choosing it together can teach your child something that lasts much longer than Christmas.



The idea

An advent calendar that gives back



Children know the excitement of opening an advent calendar and finding a little surprise inside. A Reverse Advent Calendar turns that tradition around: instead of taking something out, we put something in for someone else.

Throughout our school's collection period, pupils and families will contribute non-perishable food to our collection boxes. A tin of beans, a packet of pasta, a bag of rice: everyday items that Foodbank Lifeline can include in emergency food packs.

As the boxes fill, children can see something important happening: their contribution becomes part of a much bigger act of kindness.



How your family can take part

Choose an item together



Choose an item from the shopping list together and let your child bring it to school. You might add something to your usual shopping, choose a suitable unopened item from your cupboard or contribute a little over the collection period.

You do not need to buy everything on the list or send something in every day. **One item is welcome. Every contribution adds to the food available for someone who needs it.**

Your school will let you know where to bring donations and the final collection date. Foodbank Lifeline will then arrange collection with the school.

Please give only what feels manageable for your family. Taking part is voluntary, and kindness is never measured by how much someone brings.

A little giving.
A lot to learn.



We all want our children to grow up thoughtful, compassionate and aware of the people around them. This is a simple opportunity to put those values into practice.

Choosing a food item together can open a gentle conversation: everyone needs food, but sometimes a family goes through a difficult time and needs help. Illness, losing a job or an unexpected change can make everyday things harder to afford.

You could ask your child to think about a meal they enjoy and choose an item that could help another family make theirs. Let them carry it into school and place it in the collection box themselves. That small responsibility helps them understand that they have something to offer.



What children gain

Through taking part, children can

01 **Practise empathy**

begin to understand that other families may be facing difficulties they cannot see.

02 **Experience kindness through action**

discover what it feels like to help, rather than simply hear about generosity.

03 **See the value of small contributions**

watch individual tins and packets grow into a shared collection.

04 **Feel part of a community**

work alongside classmates, teachers and families towards something that matters.

05 **Discover another side of Christmas**

experience the happiness of giving as well as receiving.

The lesson is simple: you don’t have to be grown up, have lots of money or do something extraordinary to make a difference.

Who we are



Foodbank Lifeline Foundation provides emergency food assistance to individuals and families across Malta and Gozo who are referred to us by social workers.

Our support is generally provided for six weeks, helping people through an immediate crisis while they work with social workers and other services towards longer-term help.

Dedicated volunteers help collect and sort donations, prepare food packs and distribute them to the people who need them. Every school collection becomes part of that effort.



Why this help matters

Needing food assistance is something many people never imagined would happen to them. A parent may lose their job. Someone may become ill. A relationship may break down or rising costs may leave a working household unable to cover the essentials.

For a family already managing on very little, one change can be enough.

A food pack cannot solve every difficulty, but it can mean breakfast is there before school and there is something to prepare for dinner. It can give a parent a little breathing space and the reassurance that they do not have to face a difficult time alone.

The food collected at Christmas also helps us continue supporting people in the weeks that follow.

Your child's tin joins another child's packet of pasta, another family's bag of rice and a whole school's kindness. Together, they help put food on someone's table.

What to donate



Please choose from the accompanying shopping list. Donate unopened, in-date food, with no fresh or frozen items or catering-size packs. If an item has a short date, please mark it so we can prioritise it.

Your school will share the collection point and final date.

Thank you for helping your child discover how much a little kindness can mean.

A little H.O.P.E. goes a long way.

Helping Other People Eat

foodbanklifeline.com/rac

