Foodbank Lifeline Foundation

Reverse Advent Calendar 2026



One tin from you.

Something bigger from all of us.

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

A note for colleagues, from Foodbank Lifeline Foundation.

Our workplace is taking part

A note for colleagues



This Christmas, we're coming together to support Foodbank Lifeline Foundation and help people across Malta and Gozo who are struggling to put food on the table.

We're inviting colleagues to contribute everyday food essentials to our workplace collection. A tin of beans, a packet of pasta or a bag of rice may seem like a small gesture. But alongside the contributions of the people we work with, it becomes practical help for someone facing a difficult time.



The idea

An advent calendar that gives back



Most advent calendars offer something to receive each day. A Reverse Advent Calendar turns that idea around: instead of taking something out, we put something in for someone else.

Throughout our collection period, we'll add non-perishable food to our workplace collection boxes. Foodbank Lifeline will use these donations in emergency food packs for individuals and families referred by social workers.

One item at a time, our shared collection will grow.



How to join in



Choose something from the accompanying shopping list and bring it to our workplace collection point.

You might pick up an extra item during your usual shopping, bring in a suitable unopened item from home or contribute a little over several weeks. You can take part individually or encourage your team to collect together.

There is no need to donate every day or buy everything on the list. **Even one tin helps.** Participation is entirely voluntary, and everyone should give only what feels comfortable for them.

Our workplace organiser will share the collection point and deadline and coordinate getting the donations to Foodbank Lifeline.



A shared purpose this Christmas



Taking part gives us a simple way to do something useful together, beyond our everyday work.

As the boxes fill, we'll be able to see what our contributions add up to. Each item represents someone taking a moment to think about another person: someone we may never meet, but who lives in the wider community we share.

There is no competition over who gives the most. The value lies in coming together and making room for others in our Christmas.



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.

Support is generally provided for six weeks, helping people through an immediate crisis while longer-term assistance is explored.

Volunteers help collect donations, organise supplies, prepare food packs and distribute them to the people who need them. Donations from workplaces, schools and individuals make that work possible.



Why people need our help



Food insecurity can happen suddenly. Losing a job, becoming ill, facing unexpected expenses or going through a family breakdown can leave someone struggling to afford basic food.

It can also build gradually. Rent, bills and everyday costs rise until a household that was just managing no longer can. Having a job does not always mean having enough to cover everything.

For many people, asking for food assistance is something they never expected to do.

What our food packs mean

Dignity, every time



Our food packs offer immediate, practical support while people work through those wider difficulties. They mean there is something in the cupboard, a meal can be prepared and food is one less worry that day.

We treat the people we support with dignity and respect their privacy. They are members of our community going through a difficult period.



Help that lasts beyond Christmas



The need for food does not end when the decorations come down. Donations collected through the Reverse Advent Calendar help sustain Foodbank Lifeline's work into the weeks that follow, when families may still be facing the same pressures.

That is why everyday essentials matter so much. They help us keep preparing food packs and responding when someone needs support.

We may never meet the person who receives the food we donate. But we can still help make their day a little easier.

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 workplace organiser will share the collection point and final date.

Thank you for being part of our collection and helping put food on someone else's table.

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

Helping Other People Eat

foodbanklifeline.com/rac