

## CHRISTMAS IS FOR EVERYONE

This is the time of year when each person in our community gives some thought to those less fortunate, those who have hit upon hard times due to illness, loss of job or inability to work. At this time of year their plight is that much more desperate and we need your help and participation in bringing Christmas to these families.

The goal of the Community Christmas Hamper Program is to see that all families are able to celebrate Christmas with joy and thanksgiving.

Through the cooperation of the community, businesses, schools, organizations, and our individual citizens, the hampers are filled and distributed to families in need.

Please consider helping us to reach our goal of providing Christmas Cheer to those less fortunate in areas north of the city of Winnipeg.

If you are in need of a  
Christmas Hamper

Please call to register between  
November 12—December 13, 2017

to

Abundant Life Lutheran Church  
3486 Raleigh St., E. St. Paul, MB

Christmas Hamper Line  
204-390-1396

Food, toys and financial donations needed.

Donation Deadline

December 12, 2017

## COMMUNITY CHRISTMAS HAMPER PROGRAM



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SHOW YOUR CARING  
SPIRIT THIS CHRISTMAS

Facilitated by  
**ABUNDANT LIFE LUTHERAN  
CHURCH**

3486 Raleigh Street  
East St. Paul, MB R2E 1B9  
Email: [allife@mymts.net](mailto:allife@mymts.net)  
For more information call:  
204-390-1396 (hamper line)

## WAYS TO HELP

**DONATE** food, money, toys, or gift cards

**VOLUNTEER** your time to help pack, wrap, or organize a hamper from your workplace

**DONATION DEADLINE:  
DECEMBER 12, 2017**

If you wish to provide a hamper yourself, here's how:

1. Decide on the size of family you wish to provide for.
2. Phone Abundant Life Lutheran Church Hamper Line at 204-390-1396 after December 4, 2017 to receive the name of a family in need.
3. **CONFIDENTIALITY IS ESSENTIAL.**
4. Refer to the list of contents on the opposite page.
5. Either drop your hamper off at the church December 13, 2017 or make arrangements with the family to confirm a delivery date and time.
6. Get a signature on the delivery sheet sent out with the hamper.
7. Return the delivery sheet to the church.

**DELIVERY BETWEEN DECEMBER 16th & DECEMBER 20th IS RECOMMENDED.**

## SUGGESTED HAMPER LISTS

### HAMPER LIST FOR SINGLES:

1 litre of juice  
2 cans soup  
1 can fruit  
1 can vegetables  
2 cans beans or stew  
2 cans salmon or tuna  
1 can cranberry sauce  
1 pkg stuffing  
1 pkg cereal or oatmeal  
1 pkg rice or pasta  
1 pasta sauce  
1 pkg jello/pudding  
1 pkg tea/coffee/hot chocolate  
1 pkg Christmas candy/cookies  
1 loaf of bread  
1 jar peanut butter  
5 lbs of potatoes  
Roasting chicken  
Optional Items

### HAMPER LIST FOR FAMILY (2 OR 3)

1 litre of juice  
4 cans of soup  
3 cans of fruit  
2 cans of vegetables  
3 cans of beans or stew  
2 cans of salmon or tuna  
1 can cranberry sauce  
1 pkg stuffing  
1 pkg cereal or oatmeal  
1 pkg. rice or pasta  
1 jar/can pasta sauce  
1 pkg. jello or pudding  
1 pkg tea/coffee/hot chocolate  
1 pkg of Christmas candy/cookies  
1 loaf of bread  
2.27 kg (5 lb) of potatoes  
Turkey or Chicken (approx. size 3 - 4 kg)  
Optional Items

### HAMPER LIST FOR LARGE FAMILY (4+)

2 litres of juice  
6 cans of soup  
4-6 cans of fruit  
4-6 cans of vegetables  
4-6 cans of beans or stew  
2 cans salmon or tuna  
1 can cranberry sauce  
1 pkg stuffing  
1 or 2 pkg cereal or oatmeal  
1 or 2 pkg rice or pasta  
2 jars/cans of pasta sauce  
4 pkg of macaroni & cheese  
2 pkg jello/pudding  
1 pkg tea/coffee/hot chocolate  
1 pkg Christmas candy/cookies  
2 loaves of bread  
5 lbs of potatoes  
Turkey—(family size to determine size 5 - 7 kg)  
Optional Items

### OPTIONAL ITEMS COULD INCLUDE:

Oranges	Gravy	Sugar
Mixed Nuts	Cake Mixes	Jam
Pancake Mix	Syrup	Crackers
Cheese	Canned Meat	Cheez Whiz
Margarine	Perogies	Sour Cream
Ham	Bacon	Eggs

**IT IS ESSENTIAL THAT:** a new toy or gift be included for each child under 16 years of age OR a gift which would be suitable for family members to share.



**Thank You For  
Showing Your  
Caring Spirit  
This Christmas**