

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**