

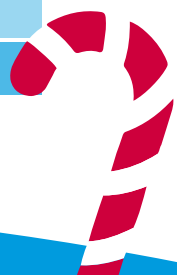


# Holiday Hamper Grocery List



Food Items	Small Family (2-3 people)	Medium Family (4-5 people)	Large Family (6-7 people)	XL Family (8+ people)
Frozen Turkey or Fish	Provided	Provided	Provided	Provided
Foil Roasting Pan	Provided	Provided	Provided	Provided
Dried Lentils or Split Peas	900g	900g	900g	900g
Canned Beans (kidney, navy)	1 Can	2 Cans	3 Cans	4 Cans
Potatoes	5lbs	10lbs	10lbs	15lbs
Root Vegetables (carrots, yam, sweet potato, squash)	5lbs	10lbs	10lbs	15lbs
Canned Green Vegetables	2 Cans	4 Cans	6 Cans	8 Cans
Oranges	12	18	24	24
Cranberry Sauce	1 Can	1 Can	1 Can	1 Can
Soup	2 Cans	4 Cans	6 Cans	8 Cans
Mac & Cheese	2 Boxes	3 Boxes	4 Boxes	6 Boxes
Real Fruit Juice	2L	2L	4L	6L
Beans in Tomato Sauce	1 Can	2 Cans	3 Cans	4 Cans
Chili or Stew	1 Can	2 Cans	3 Cans	4 Cans
Canned Salmon or Tuna	1 Can	2 Cans	3 Cans	4 Cans
Tea or Instant Coffee	250g	250g	500g	500g
Peanut Butter	500ml	500ml	500ml	500ml x 2
Jam	500ml	500ml	500ml	500ml x 2
Canned Fruit	2 Cans	4 Cans	6 Cans	8 Cans
Pastry or Dessert	1 Box	1 Box	2 Boxes	2 Boxes
Chocolates or Treats	1 Box	1 Box	2 Boxes	2 Boxes
Margarine or Butter	1 lbs	2 lbs	3 lbs	4 lbs
Stuffing	1 Box	1 Box	2 Boxes	3 Boxes
Bread, Buns, or Crackers	1 Pkg	2 Pkgs	3 Pkgs	4 Pkgs
Pancake Mix or Oats	1 Pkg	1 Pkg	2 Pkgs	2 Pkgs
Gravy Mix	1 Pkg	1 Pkg	2 Pkgs	2 Pkgs
Dry Pasta or Rice	1 Pkg	1 Pkg	2 Pkgs	2 Pkgs
Tomato Sauce (pasta)	1 Jar	2 Jars	3 Jars	4 Jars
Estimated Cost	\$150	\$175	\$225	\$300+

We kindly ask that you **DO NOT** include  alcohol or  homemade,  opened, or  expired food or drinks.





# Welcomed Extras

## Feel like being even more generous?

You can add extra cheer to your holiday hamper with more kitchen staples, household helpers, and family gifts. The following list is **not mandatory** and are suggested items that we know your family could benefit from.

Kitchen Staples	Household Helpers	Family Gifts
Infant or Baby Food	Toilet Paper	Board Games & Puzzles
Flour & Sugar	Shampoo & Conditioner	Books & Colouring Books
Vegetable Oil	Body Wash / Bubble Bath	Gingerbread House Kit
Cereal, Rice, or Grains	Toothbrushes & Toothpaste	Winter Accessories: Mittens, Touques
Eggs	Deodorant	Toboggan or Sled
Cheese	Laundry Detergent	Walmart Gift Cards
Powdered Milk	Dish Soap (liquid)	
Fresh Fruit/Vegetables	Feminine Hygiene Products	
Condiments	Cleaning Supplies	
Aluminum Foil	Paper Towel	

# Special Dietary Considerations

Some of our families have specific dietary restrictions. Please respect and follow the instructions provided to you when you receive your family information.



### Vegetarian

Provide a meat-free hamper. Milk, cheese, eggs, and products made with these ingredients CAN be included.



### Vegan

Provide a hamper that is 100% plant-based. No meat or animal-based products should be included.



### No Pork

Provide a hamper with no pork or pork-based products. This includes gelatin and lard - watch the ingredients list.



### Gluten-Free (Celiac)

Gluten is a protein found in wheat and several other grains. Check labels to ensure that all non-whole foods are gluten free.



### No Nuts

Provide a hamper that is 100% nut free - watch ingredient lists for certain oils/preservatives.

