Holiday Hamper Grocery List

Food Items	Small Family (2-3 people)	Medium Family (4-5 people)	Large Family (6-7 people)	XL Family (8-10 people)	XXL Family (11+ people)
Frozen Turkey or Fish	Provided	Provided	Provided	Provided	Provided
Foil Roasting Pan	Provided	Provided	Provided	Provided	Provided
Root Vegetables (carrots, potatoes, and other items)	Provided by local Farmer Partners	Provided by local Farmer Partners	Provided by local Farmer Partners	Provided by local Farmer Partners	Provided by local Farmer Partners
Dried Lentils or Split Peas	900g	900g	900g	900g	900g
Canned Beans (kidney, navy)	1 Can	2 Cans	3 Cans	4 Cans	5 Cans
Canned Green Vegetables	2 Cans	4 Cans	6 Cans	8 Cans	10 Cans
Oranges	12	18	24	24	30
Cranberry Sauce	1 Can	1 Can	1 Can	1 Can	1 Can
Soup	2 Cans	4 Cans	6 Cans	8 Cans	10 Cans
Mac & Cheese	2 Boxes	3 Boxes	4 Boxes	6 Boxes	8 Boxes
Real Fruit Juice	2L	2L	4L	6L	8L
Beans in Tomato Sauce	1 Can	2 Cans	3 Cans	4 Cans	5 Cans
Chili or Stew	1 Can	2 Cans	3 Cans	4 Cans	5 Cans
Canned Salmon or Tuna	1 Can	2 Cans	3 Cans	4 Cans	5 Cans
Tea or Instant Coffee	250g	250g	500g	500g	750g
Peanut Butter	500ml	500ml	500ml	500ml x 2	500ml x 3
Jam	500ml	500ml	500ml	500ml x 2	500ml x 3
Canned Fruit	2 Cans	4 Cans	6 Cans	8 Cans	10 Cans
Pastry or Dessert	1 Box	1 Box	2 Boxes	2 Boxes	3 Boxes
Chocolates or Treats	1 Box	1 Box	2 Boxes	2 Boxes	3 Boxes
Margarine or Butter	1 lb	2 lbs	3 lbs	4 lbs	5 lbs
Stuffing	1 Box	1 Box	2 Boxes	3 Boxes	4 Boxes
Bread, Buns, or Crackers	1 Pkg	2 Pkgs	3 Pkgs	4 Pkgs	5 Pkgs
Pancake Mix or Oats	1 Pkg	1 Pkg	2 Pkgs	2 Pkgs	3 Pkgs
Gravy Mix	1 Pkg	1 Pkg	2 Pkgs	2 Pkgs	3 Pkgs
Dry Pasta or Rice	1 Pkg	1 Pkg	2 Pkgs	2 Pkgs	3 Pkgs
Tomato Sauce (pasta)	1 Jar	2 Jars	3 Jars	4 Jars	5 Jars
Estimated Cost	$140	$180	$250	$300	$380

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 is suggested items that we know your family could benefit from.

Kitchen Staples
Infant or Baby Food
Flour & Sugar
Vegetable Oil
Cereal, Rice, or Grains
Eggs
Cheese
Powdered Milk
Fresh Fruit/Vegetables
Condiments
Aluminum Foil

Household Helpers
Toilet Paper
Shampoo & Conditioner
Body Wash / Bubble Bath
Toothbrushes & Toothpaste
Deodorant
Laundry Detergent
Dish Soap (liquid)
Feminine Hygiene Products
Cleaning Supplies
Paper Towel

Family Gifts
Board Games & Puzzles
Books & Colouring Books
Gingerbread House Kit
Winter Accessories: Mittens, Toques
Toboggan or Sled
Walmart Gift Cards

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.

