



Holiday Hamper Shopping List

Standard Hamper 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
Tin-foil Roasting Pan	Provided	Provided	Provided	Provided
Dried Lentils, or Split Peas	900 g	900 g	900 g	900 g
Canned Beans (kidney, navy) or Chickpeas	1 can	2 cans	3 cans	4 cans
Potatoes	5 lbs	10 lbs	10 lbs	15 lbs
Root Vegetables (carrot, yam, sweet potato, turnip)	5 lbs	10 lbs	10 lbs	15 lbs
Canned Green Vegetables (peas, green beans, asparagus)	2 cans	4 cans	5 cans	7 cans
Oranges	12	18	24	24
Cranberry Sauce	1 can	1 can	1 can	1 can
Soup (canned or dehydrated)	2 can/pkgs	3 cans/pkgs	6 cans/pkgs	8 cans/pkgs
Macaroni & Cheese	2 boxes	3 boxes	4 boxes	5 boxes
Real Fruit Juice	2 litres	3 litres	4 litres	5 litres
Beans in Tomato Sauce	1 can	2 cans	3 cans	4 cans
Chilli 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	250 g	250 g	250 g	500 g
Peanut Butter	1 kg	1 kg	1 kg	1 kg
Jam or Marmalade	500 mL	500 mL	500 mL	2 x 500 mL
Canned Fruit (pears, peaches, apricots)	1 can	2 cans	3 cans	4 cans
Pastry or Dessert	1 box	1 box	1 box	1 box
Chocolates or Nuts	500 g	500 g	750 g	750 g
Margarine or Butter	454 g	454 g	454 g	454 g
Stuffing	1 box	1 box	2 boxes	3 boxes
Bread, Buns, Crackers or Biscuits	1 loaf/pkg	2 loaves/pkgs	3 loaves/pkgs	4 loaves/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 lbs	2 lbs	3 lbs	3-4 lbs
Pasta/Tomato Sauce	1 jar	1 jar	2 jars	2 jars
Approximate Cost	\$130	\$150	\$175	\$200+

We kindly ask that you **DO NOT** include alcohol or homemade, opened, or expired food. Please include a wrapped gift for every child, and, if you like, a gift for adults as well. For more helpful tips, refer to the next page.





Welcomed Extras

Add extra cheer to your holiday hamper with more kitchen staples, household helpers, and family gifts. We ask that if you want to add extras, that they not be extra toys.

Kitchen Staples

Infant or baby food
Flour and Sugar
Vegetable oil
Dry cereal, rice, or grains
Popcorn
Eggs
Cheese
Powdered milk
Fresh/frozen fruit/Vegetables
Condiments

Household Helpers

Toilet paper
Shampoo
Deodorant
Laundry detergent
Dish soap (liquid, not for dishwashers)
Feminine hygiene products
General cleaning supplies
Aluminum foil

Family Gifts

Board games, books, or art/colouring kits
Winter accessories like toques, mittens, and scarves
Toboggan or sled
Cupcake kit (cake mix, frosting, muffin pan, and sprinkles)
Gingerbread House Kit
Pre-paid grocery, or Wal-Mart cards

Healthy Hampers

Healthy Hampers is a special initiative; whereby, local farmers, businesses, and volunteers come together to provide a boost of nutrition and fresh produce to every Holiday Hamper. On delivery day, be sure to stop by the Healthy Hampers table to pick up a reusable bag of locally grown goodies to bring to your adopted family.

**Thank you for your generosity.
See you on delivery day!**





Instructions for Families with Dietary Needs:

Vegetarian

Families should receive a meat-free hamper. Milk, cheese, and eggs, or products made with these ingredients, may be included.

Vegan

Families need a hamper that is 100% plant-based with no meat or animal-based foods or products.

NO PORK

Families require a hamper with no pork or pork-based products including: bacon, ham, gelatin and lard.

Cereals, grains, vegetables, fruits, nut butters, beans, peas and lentils are great options for vegetarian, vegan and no pork hampers.

If you have questions about shopping for your hamper family, please email:

elfhelp@holidayhamper.ca

