

Deliveries should be made between Dec 14-21

This will simplify your/our delivery process

Suggested Hamper List

Family Sizes

	Single	2 or 3 people	4 or 5 people	6 or 7 people	8 or more people
Juice (100% fruit juice), 1 litre	1	2	3	4	4
Cans of Soup* (lentil, pea, vegetable)	2	3	4	6	6
Cans of Vegetables (including tomatoes*)	1	2	4	5	5
Jelly powder	1 pkg	3 pkg	4 pkg	4 pkg	4 pkg
Cans of Fruit (packed in own juice)	1	2	3	4	4
Macaroni & cheese	1 pkg	3	5	6	6
Pasta-whole-grain(eg spaghetti, rotini, etc)		1	2	2	2
Spaghetti sauce*		1	1	1	1
Rice (brown, converted or parboiled)	1 pkg	2 pkg	2 pkg	3 pkg	3 pkg
Oatmeal (non-sweetened)	1 pkg	1 pkg	2 pkg	2 pkg	2 pkg
Canned Tuna (packed in water)	1	2	3	4	4
Peanut Butter	1	2	2	2	2
Beans and Tomato Sauce	1				
Pancake Mix		1	1	1	1
Syrup		1	1	1	1
Stuffing		1 pkg	1 pkg	2 pkg	2 pkg
Jam	1	1	1	1	1
Cookies	1 pkg	1 pkg	2 pkg	2 pkg	2 pkg
Cake Mix		2	3	3	3
Candy		2	2	2	2
Gravy Mix		1	3	3	3
Cranberry Sauce		1 can	1 can	2 cans	2 cans
Sugar	1 kg	2 kg	4 kg	4 kg	4 kg
Tea	1 pkg	1 pkg	1 pkg	2 pkg	2 pkg
Chicken	5 lbs				
Turkey		8 lbs	10 lbs	13 lbs	15 lbs
Scalloped Potatoes	1 pkg	2 pkg	2 pkg	2 pkg	2 pkg

*choose brands with less salt/sodium

Suggested Additions: Milk, Potatoes, Oranges, Apples, Eggs, Frozen Vegetables, cheese slices, cereal, coffee, nuts, chocolate/candy

It is essential that a new toy/gift be included for each child age 14 years and under

(suggested toy cost by age: Baby to age 6 = \$10, 7 to 11 yrs = \$12 to \$15, 12 to 14 yrs = \$15-\$20)

Contact Info:

Please note our new mailing address is:

Christmas Cheer Board, PO Box 51089, Wpg, MB R2X 3C6

Tel: (204)-669-5369

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