



2022

WELCOME TO THE CHRISTMAS CHEER BOARD OF WINNIPEG!

16,000+ hampers

Each and every year the Cheer Board distributes over 16,000 hampers to Winnipeggers in need.

300+ dedicated volunteers work long hours to ensure food and toy hampers are put together and ready for distribution.

Over **25,000 toys** are lovingly donated by Winnipeggers, selected by our volunteers and wrapped as gifts for children across Winnipeg.

We believe in making the holidays a bit brighter and less stressful for families facing economic challenges over the holidays.

The Christmas Cheer Board is non-denominational, supporting families across all cultures and beliefs.

We need your help and participation!

Special thanks to Shelter Canadian Properties Ltd. for our warehouse space.

Contact Us

by phone

November 1 to December 29

204-989-5680

Donations: 204-989-5693

Volunteer: 204-989-5696

by email

Donations -

donations@christmascheerboard.ca

Feed-a-Family -

feedafamily@christmascheerboard.ca

Volunteer -

volunteer@christmascheerboard.ca

www.christmascheerboard.ca



<https://www.facebook.com/CCBWPG>



[christmas_cheer_board](#)



@ChristmasCheerB

If you need a hamper.....starting November 7:

Employment Income Assistance (EIA) applicants

Please call 204-948-2022 to apply.

Low, income, unemployed, student, pension applicants

Please call 204-989-5683 to apply.

Help the Christmas Cheer Board this holiday season.....

- donate toys or money
- volunteer your time
- sponsor a hamper through our **Feed-a-Family Program**

Feed-A-Family sponsors are vital to the Christmas Cheer Board. With the rising costs of inflation and an increased need, we anticipate distributing over 18,000 hampers in 2022. With your help, the Cheer Board can get more hampers into the hands of families in need across Winnipeg this holiday season! Next steps:

1. Determine the shopping list for the family size you have selected.
2. Contact your family to determine if there are any dietary needs or if you have any questions on gifts for the children.
3. Purchase and assemble the hamper items.

Don't forget - if you happen to collect too much for one family, we are happy to assign you a 2nd family OR you are welcome to drop off the extra food at our warehouse – 1821 Wellington Ave. We'll gladly redistribute the extra food to other families in need!

4. Contact the family to confirm a delivery date.
Deliveries can be made between December 10th – 20th.

If you would like a tax receipt, please keep and submit your original receipts from all purchases. Complete the FAF Tax Receipt form and submit it by mail or in person to the Cheer Board. All receipts must be received by December 31, 2022 to receive a tax receipt.

Christmas Cheer Board Feed-a-Family Program

Estimated cost		\$90	\$132	\$168	\$238
Required Hamper Item		Single person	Household of 2-3 people	Household of 4-5 people	Household of 6+ people
1	Protein (turkey, ham, etc)	1-2 portions	2-3 portions	4-5 portions	6+
2	Canned vegetables	2	2	3	4
3	Canned fruit	2	2	3	4
4	Crushed or diced tomatoes	1	1	2	2
5	Canned or package soup	1 tin	2 tins	3-4 tins	4-6 tins
6	Canned or dried beans	1 pkg	1 pkg	2 pkg	2 pkg
7	Peanut butter	1 jar (small)	1 jar (small)	1 jar (large)	1 jar
8	Canned tuna	2 tins	2 tins	3 tins	4 tins
9	Quick oats	1 pkg	1 pkg	1 pkg	1 pkg
10	Pasta	1 pkg	1 pkg	2 pkg (small or 1 large pkg)	1 large pkg
11	Rice	1 small bag	1 regular bag	1 regular bag	1 large
12	Pasta sauce	1 jar	2 jars	2 jars	3 jars
13	Macaroni and cheese	2 boxes	2 boxes	3 boxes	4 boxes
14	Boxed cereal	1 box small	1 box	1 large box	1 large
15	Crackers	1 box	1 box	1 box	2 boxes
16	All purpose flour	1 - 2 kg bag	1 – 2 kg bag	1 – 4 kg bag	1 – 4 kg
17	Mashed or scalloped	1 box	2 boxes	2 boxes	3 boxes
18	Pancake mix		1 box	1 box	1 box
19	Sugar	1 – 2 kg	1 – 2 kg	1 – 4 kg	1 - 4 kg
20	Pancake syrup		1	1	1
21	Fruit spread/jam	1 small jar	1 medium jar	1 medium jar	1 large jar
22	Jelly powder	2 pkg	2 pkg	4 pkg	4 pkg
23	Cookies	1 pkg	1 pkg	2 pkg	2 pkg
24	Candy	1 pkg	2 pkg	2 pkg	2 pkg
25	Gifts (new, wrapped) for each child/youth should be included	Suggested cost per gift: <ul style="list-style-type: none"> • Infant – 5 yrs - \$20 • 6 - 11 yrs - \$25 • 12 – 17 yrs - \$25-\$30 			

In addition to the groceries on this list, you may wish to include dairy or non-dairy options, fresh fruit and vegetables. Please speak with recipient from the hamper household prior to purchasing.