



The Christmas Cheer Board is a registered charitable organization providing over 18,000 Christmas hampers annually.

Hamper recipients come from all areas of Winnipeg, reflecting diverse cultural backgrounds as do the thousands of volunteers that donate resources and time to help support the Cheer Board.

Community minded families, individuals, groups and businesses raise funds and donate food, toys, money and time.

Thousands sponsor individual families through the Feed-a-Family Program.

Without the warm support from Winnipeggers, the Cheer Board could not meet the needs of Winnipeg families over the holiday season.

The office/warehouse is open during November and December. Volunteers take hamper applications, wrap toys, sort food and pack hamper boxes. Helpline volunteers answer questions, and others map out delivery routes. School and businesses pack hampers delivered by volunteer drivers.

This is your opportunity to help people in need, at a time of the year when they need us most.

**Volunteer. Sponsor.
Donate.**

Contact Us

by phone

November 3 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

If you need a hamper.....

Income Assistance 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 – What's involved.....

1. Decide on the **size of family** you wish to provide a hamper for from a single person to a large family.
2. **Complete the Feed-a-Family Sponsor Request form** on our website www.christmascheerboard.ca or call to register as a sponsor 204-989-5680. Once registered and matched with a family, contact and family information will be provided to you as soon as possible.

All sponsors must respect family confidentiality, confirm receipt of family information, provide necessary food items, deliver the assembled hamper/gifts to the family and confirm delivery with the Cheer Board.
3. Review and purchase/assemble the hamper items for the family size requested. If you have collected too much food for your hamper, please contact us for an additional family or you can drop off food at the Cheer Board at the warehouse.
4. Please contact the family as early as possible to let them know you are sponsoring them and the expected delivery date. **Delivery must be made between December 14 and 21.**
5. Keep all receipts for hamper items purchased if you are requesting a tax receipt. Please complete FAF Tax Receipt Request form (found on website under Sponsor a Hamper) with **original receipts** and mail to the Christmas Cheer Board – must be post marked December 31 or earlier. Requests can also be made in person at the Cheer Board by December 29, 2023. **Sorry, scanned receipts are not acceptable.**
6. **Please request a signature of delivery and keep for your records.**

Hampers can include items below:		Family size (number of people in family) & Estimated Cost			
		Single	2 - 3	4 - 5	6 or more
		\$90	\$150	\$190	\$250
1	Juice - 100% fruit, 1 litre	1	2	3	4
2	Soup, canned* (lentil, pea, vegetable)	2	3	4	6
3	Vegetables, canned	1	2	4	5
4	Jelly powder	1 pkg	3 pkg	4 pkg	4 pkg
5	Fruit, canned (packed in own juice)	1	2	3	4
6	Macaroni & Cheese	1	3	5	6
7	Pasta (whole grain)		1	2	2
8	Spaghetti sauce*		1	1	1
9	Rice (brown, converted or parboiled)	1 pkg	2 pkg	2 pkg	3 pkg
10	Oatmeal (non-sweetened)	1 pkg	1 pkg	2 pkg	2 pkg
11	Tuna, canned (packed in water)	1	2	3	4
12	Peanut butter	1	2	2	2
13	Baked beans (no pork)	1			
14	Pancake mix		1	1	1
15	Pancake syrup		1	1	1
16	Stuffing mix		1 pkg	1 pkg	2 pkg
17	Jam	1	1	1	1
18	Cookies	1 pkg	1 pkg	2 pkg	2 pkg
19	Cake Mix		2	3	3
20	Candy		2	2	2
21	Gravy mix		1	3	3
22	Dried fruit		1	1	2
23	Sugar & Flour	1 kg	1 kg	4 kg	4 kg
24	Tea or coffee	1 pkg	1 pkg	1 pkg	2 pkg
25	Scalloped or mashed potatoes	1 pkg	2 pkg	2 pkg	2 pkg
26	Protein (beef, chicken, fish)				

* please choose brands with reduced sodium
 - suggested additional items – milk, fruit, eggs, vegetables, cheese slices, coffee, chocolate
If there are children age 14 years and under it is essential that a new wrapped toy/gift be included.

Suggested gift cost:
 baby to 6 yrs - \$25
 7 to 11 yrs - \$20 - \$30
 12 to 14 yrs - \$25 - \$35