Required Hamper Contents by Family Size				
GROCERY Cost (estimated)	$100	$150	$190	$250
ITEM	**Single**	**Family of 2-3**	**Family of 4-5**	**Family of 6+**
Protein (discuss with family)	1-2 portions	2-3 portions	4-5 portions	6+ portions
Canned vegetables	2	2	3	4
Canned fruit	2	2	3	4
Crushed or diced tomatoes	1	1	2	2
Canned or package soup	1 tin	2 tins	3-4 tins	4-6 tins
Canned or dried beans	1 pkg	1 pkg	2 pkg	2 pkg
Peanut butter	1 jar (sm)	1 jar (sm)	1 jar (lg)	1 jar (lg)
Canned tuna	2 tins	2 tins	3 tins	4 tins
Quick oats	1 pkg	1 pkg	1 pkg	1 pkg
Pasta	1 pkg	1 pkg	2 pkg (sm) or 1 pkg (lg)	1 pkg (lg)
Rice	1 bag (sm)	! bag (reg)	1 bag (reg)	1 bag (lg)
Pasta sauce	1 jar	2 jars	2 jars	3 jars
Macaroni and cheese	2 boxes	2 boxes	3 boxes	4 boxes
Boxed cereal	1 box (sm)	1 box (med)	1 box (lg)	1 box (lg)
Crackers	1 box	1 box	1 box	2 boxes
All purpose flour	1 bag (2kg)	1 bag (2kg)	1 bag (4kg)	1 bag (4kg)
Mashed or scalloped potatoes	1 box	2 boxes	2 boxes	3 boxes
Stuffing	1	1	2	3
Canned or packaged gravy	1	1	2	3
Pancake mix	1 box	1 box	1 box	1 box
Sugar	1 bag (2kg)	1 bag (2kg)	1 bag (4kg)	1 bag (4kg)
Pancake syrup	1	1	1	1
Juice	1L	1L	2L	3L
Fruit spread / jam	1 jar (sm)	1 Jar (med)	1 Jar (med)	1 jar (lg)
Jelly powder	2 pkg	2pkg	4 pkg	4 pkg
Cookies	1 pkg	1 pkg	2 pkg	2 pkg
Cake mix	1 pkg	2 pkg	2 pkg	2 pkg
Candy	1 pkg	2 pkg	2 pkg	2 pkg
Please choose brands with reduced sodium				
Suggested additional grocery items: milk, fruit, eggs, vegetables, cheese and chocolates				
GIFTS (suggested cost)	**Infant - 5 years**	**6 - 11 years**	**12 - 14 years**	
	$25	$20 - $30	$25 - $35	