



Thank you for sponsoring the Christmas Cheer Board Feed-A-Family program!

Feed-A-Family sponsors are vital to the Christmas Cheer Board.

With rising costs of inflation and an increased need, we anticipate distributing over 20,000 hampers in 2024. With your help, the Cheer Board will get more hampers into the hands of families in need across Winnipeg this holiday season!

What are your next steps?

1. Determine the shopping list for the family size you have selected (suggested contents for each hamper can be found in the table attached).
2. Contact your family and speak to a parent or guardian in the household to determine if there are any dietary concerns or if you have any questions on gifts for the children.
3. Purchase and assemble the hamper items for your Feed-A-Family.
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 - **895 Century St.** 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 5 - 23, 2024***

Gifts should also be included for each child/youth in the home.

Suggested cost per gift:

- Infant – 5 yrs - \$20
- 6-11 yrs - \$25
- 12 – 14 yrs - \$25-\$30

** If you would like to provide a gift for children in the home ages 15 - 17, we suggest gift cards.*

In addition to the groceries on this list, you may wish to include: dairy or non-dairy options, meat or fresh fruit and vegetables in your hamper. Please speak with a parent or guardian from your hamper household to discuss these items before purchasing.

If you would like a tax receipt, please submit all original receipts from your purchases. Complete the [form](#) and submit it by mail to **PO Box 4206Q, Winnipeg, MB R3J 3X7**, or drop off in person at the Cheer Board.

All receipts must be postmarked no later than **December 31, 2024** in order to receive a tax receipt.

****Please note: Tax receipts will be issued at a maximum rate of \$100 per family member (including food).***



Required hamper contents by family size				
Estimated cost	\$90	\$150	\$190	\$250
Item	Single	Family of 2-3	Family of 4-5	Family of 6+
Protein (discuss with applicant)	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 lg pkg
Rice	1 sm bag	1 reg bag	1 reg bag	1 lg bag
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 lg box	1 lg box
Crackers	1 box	1 box	1 box	2 boxes
All purpose flour	1 2kg bag	1 2kg bag	1 4kg bag	1 4kg bag
Mashed or scalloped potatoes	1 box	2 boxes	2 boxes	3 boxes
Pancake mix		1 box	1 box	1 box
Sugar	1 2kg	1 2kg	1 4kg	1 4kg
Pancake syrup	1	1	1	1
Fruit spread/jam	1 sm jar	1 med jar	1 med jar	1 lg jar
Jelly powder	2 pkg	2 pkg	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 be sure to include a gift for each child in the hamper.