



The Christmas Cheer Board is a registered charitable organization providing about 17,500 Christmas hampers annually.

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

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

Thousands sponsor individual families through the Feed-a-Family Program and countless knitters provide hats, sweaters and mitts to include in gifts for children.

Without the gracious 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, complete data entry, wrap toys, sort food and pack boxes. Switchboard volunteers answer questions, and volunteers map out delivery routes. School classes pack hampers delivered by volunteer drivers.

This is your opportunity to help those less fortunate, those who are experiencing poor health, job loss or unavailability of work.

**We need your help and participation!**

## Contact Us

### **by phone**

November 4 to December 28

204-989-5680

Donations: 204-989-5693

Volunteer: 204-989-5696

### **by email**

Donations - [donations@christmascheerboard.ca](mailto:donations@christmascheerboard.ca)

Feed-a-Family - [feedafamily@christmascheerboard.ca](mailto:feedafamily@christmascheerboard.ca)

Volunteer - [volunteer@christmascheerboard.ca](mailto:volunteer@christmascheerboard.ca)

[www.christmascheerboard.ca](http://www.christmascheerboard.ca)

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

 [christmas cheer board](#)

 @ChristmasCheerB

### **If you need a hamper.....**

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 – 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](http://www.christmascheerboard.ca) or call to register for sponsorship 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 are required to agree to respect family confidentiality, confirm receipt of family information, provide all required food items, deliver the assembled hamper/gifts to the family and confirm its delivery to the Cheer Board.

3. Review and purchase/assemble the required 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 donate to the Cheer Board at the warehouse or any Safeway or Sobeys location.

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 as soon as possible 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 may also be made in person at the Cheer Board by December 28, 2021. **Sorry, scanned receipts are not acceptable.**

6. **Please request a signature of delivery and keep for your records.**

Hampers must include items below		Family size (number of people in family)			
		Single	2 - 3	4 - 5	6 or more
<b>Additional items may be added</b>					
<b>Approximate cost</b>		<b>\$90</b>	<b>\$132</b>	<b>\$168</b>	<b>\$237</b>
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	Beans in tomato sauce	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	Cranberry sauce		1	1	2
23	Sugar	1 kg	2 kg	4 kg	4 kg
24	Tea	1 pkg	1 pkg	1 pkg	2 pkg
25	Scalloped or mashed potatoes	1 pkg	2 pkg	2 pkg	2 pkg
26	Chicken	2.5kgs			
27	Turkey		3-5 kgs	15-7 kgs	7-9 kgs

\* please choose brands with less salt/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 - \$16  
 7 to 11 yrs - \$18 - \$21  
 12 to 14 yrs - \$22 - \$28