

Christmas Cheer Board Hamper Contents – 2019					
Family size (number of people in family)					
Hampers must include all items listed below		Single	2-3	4-5	6 or more
Approximate cost		\$86	\$126	\$160	\$226
1	Juice – 100% fruit, 1 litre	1	2	3	4
2	Soup, canned* (lentil, pea, vegetable)	2	3	4	6
3	Vegetables, canned tomatoes*	1	2	4	5
4	Jelly powder	1 pkg	3 pkg	4 pkg	4 pkg
5	Fruit, canned in own juices	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	2.5 kgs			
	Turkey		3-5 kgs	5-7 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 - \$13
 7 to 11 yrs - \$16 - \$19
 12 to 14 yrs - \$19 - \$25