


Hamper location:

Food Description	Quantity	Please check if you have filled the donation requirement 
Juice (100% fruit juice), 1L	3	
Cans of Soup* (lentil, pea, vegetable)	4	
Cans of Vegetables* (including tomatoes)	3	
Jelly Powder i.e. Jell-O	3	
Cans of Fruit (packed in own juice)	4	
Macaroni & Cheese	4	
Pasta-whole-grain i.e. spaghetti, rotini etc.	2	
Spaghetti sauce*	1	
Rice (brown, converted or parboiled)	2	
Oatmeal (non-sweetened)	2	
Canned tuna (packed in water)	3	
Peanut Butter	2	
Pancake mix	1	
Syrup	1	
Stuffing	1	
Jam	1	
Cookies	2	
Cake Mix	3	
Gravy Mix	2	
Cranberry sauce (can)	1	
Sugar	2-4 kg	
Tea	1	
Turkey	8-10 lbs	
Scalloped Potatoes	2	
*choose brands with less salt/sodium		
<b>Suggested Additions:</b>		
Coffee	1 can	
Cereal	1 box	
Chocolate/Candy	1 pkg	
Potatoes	2 lbs	
<b>Other items?</b>		
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_____		
_____		
<b>Gifts:</b> When we find out the age of the children in our family, we will have to buy a gift for each child. Stay tuned for details!		
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