

# Family Hamper and Gift Guidelines 2011

## Food Hamper

The following *Food Hamper items*, MUST be included in the hamper (unless otherwise specified by your matched Family), as well as any other additions you would like to add. This food is meant to help them throughout the Christmas Season as well as provide a bountiful Christmas dinner.

*The sizes and portions of each food is optional, these are our suggestions.*

Food Hamper Items	Family 2-3	Family of 4-5	Family of 6-7
Turkey or	0-5 kg	5-7 kg	7-9 kg
Ham or	1 kg	1 kg	1 kg
Roast	1 kg	1 kg	1 kg
Mandarin Oranges	1 box	1 box	1 box
Jam or Honey	1 jar	1 jar	1 jar
Peanut Butter	1 kg	1 kg	1 kg
Margarine or Butter	1 brick	1 brick	2 bricks
Stove-Top Dressing	small package	400 g+	400 g+
Real Fruit Juice	2 L	3 L	4 L
Tea or Coffee or Hot Chocolate	250 g	250 g	250 g
Frozen Veggies	450 g	450 g	2 x 450 g
Yoghurt	650 g	2 x 650 g	3 x 650 g
Pickles/Olives	1 jar	1 jar	1 jar
Pancake Mix	905 g	905 g	905 g
Syrup	1 bottle	1 bottle	1 bottle
Lunch meat	300 g	400 g	500 g
Canned Tuna/Salmon	2 cans	4 cans	6 cans
Cereal	685 g (family size)	775g (family size)	775g (family size)
Fresh Fruit	300g +	400g +	500g +
Fresh Vegetables	300g +	400g +	500g +
Milk	2 L	4 L	4 L
Eggs	1 dozen	2 dozen	2 dozen+
Cheese	small block	medium size block	medium size block
Bread	1 loaf	2 loaves	2 loaves
A Dessert or Christmas Candy	Example: one pie	Example: one pie and candy canes	Example: one pie and ice-cream

# Gifts

Each sponsor is asked to provide the family members with gifts. These are the minimum guidelines:

**One major gift (\$50)** for each child (i.e. remote control car, hair straightener, etc.)

**One small gift or stocking stuffer (amount is up to you)** per child (i.e. book, small toy, movie pass, etc.)

We also ask for you to provide one small gift for each adult. The amount is up to you, something that can make them feel special and cared for as well.

- **Gift cards may be given for both food and gifts if you like**
- **All gifts MUST be new and unopened**
- **You may wrap the gifts if you like! Consider giving or telling the parent a list of gifts given to the children as some parents like to know (this is not mandatory).**

***Thank you for your generosity, and have fun shopping for your family!***

