

# Sponsor-a-Senior Hamper Guideline

## Food

The following *Food Hamper items*, MUST be included in the hamper (unless otherwise specified by your matched Senior), 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.*

Hamper Food Items	Senior Hamper
Turkey/Chicken or	Small hen or roasted chicken
Ham or	1 kg
Roast or	1 kg
Canned Tuna/Salmon	3-4 cans
Christmas Oranges	1 box
Jam or Honey	1 jar
Peanut Butter	500 g
Margarine or Butter	1 brick
Stove-Top Dressing	small package
Real Fruit Juice	1 L
Tea or Coffee or Hot Chocolate	250 g
Chunky Soup	2 x 284ml
Pasta	375 g
Pasta Sauce	680 ml
Boost	6 pack (237 ml)
Frozen Veggies	454 g
Canned Veggies/Fruit	4 x 15 oz
Sugar	2.5 kg
Cereal	340 g
Fresh Fruit	200g +
Fresh Vegetables	200g +
Milk	1 L
Eggs	1 dozen
Cheese	small block
Bread or Buns	1 loaf/12 buns
A Dessert or Christmas Candy	Example: one pie



## Gifts

We also ask for you to provide one small gift for each senior. 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

