

Sponsor-a-Family

2019



Family size: 2-3

The minimum requirements for this family size will cost approximately \$300-\$450.



Hamper List

The following items **MUST** be included in the hamper (unless otherwise specified by your matched family).

Call and ask questions regarding your sponsor family's food preferences to make shopping easier! Make notes in the spaces provided below.

Food Items	Suggested Size	Notes on Family's Preferences
Milk	4 L	
Cheese	1 Small Block	
Butter	1 Brick	
Eggs	1 Dozen	
Pancake Mix	905 Grams	
Syrup	1 Bottle	
Bread	1 Loaf	
Fresh Fruit	Example: 6 Apples and 1 Bunch of Bananas	
Peanut Butter	1 Jar	
Coffee or Tea	1 Package	
Canned Soup	4 Cans	
Canned Fish	3 Tins	
Canned Beans	3 Cans	
Pasta	400+ Grams	
Pasta Sauce	1 Large Can	
Rice	900 Grams	
Crackers	1 Box	
Cookies	1 Box	
Kraft Dinner	3 Boxes	
Cereal	1 Box	



Dinner List

The following items **MUST** be included in the hamper (unless otherwise specified by your matched family). Use the space below to record any food preferences or dietary concerns.

Food Items	Suggested Size	Notes on Family's Preferences
Turkey or	1-5 kg	
Ham or Roast	1 kg	
Mandarin Oranges	1 Box	
Frozen Vegetables	450+ Grams	
Fresh Vegetables	Example: 6 Carrots, 6 Potatoes, and 1 Head of Broccoli	
Real Fruit Juice	2 L	
Stove-Top Stuffing	1 Box	
Cranberry Sauce	1 Can	
Dessert	Example: 1 Pie	



Gifts

A large part of the excitement of Christmas is presents! We ask each sponsor to provide each family member with gifts. Please use the space below to record any gift details.

Children

- 1 Major Gift (\$50) for each child
- 2 Small Gifts (\$25) for each child
- 3 Stocking Stuffers (\$5) for each child

Parents

One Small Gift (\$20-\$30) for each adult

Notes:



Gift cards may be given for both food and gifts if you like.



Feel free to wrap the gifts! But please give a list of everything provided to the parents.



Please make sure all gifts are new and unopened.