

Sponsor-a-Senior

2019



household size: 1-2

The minimum requirements for this household size will cost approximately \$150-\$250.



BEFORE SHOPPING...
Please call family to clarify food preferences below. Make notes to make shopping easier. Have Fun!



Hamper List

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

Call and ask questions regarding their food preferences to make shopping easier! Make notes

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



Dinner List

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

Food Items	Suggested Size	Notes on Senior'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	
Real Fruit Juice	1 L	
Stove-Top Stuffing	1 Box	
Cranberry Sauce	1 Can	
Dessert	Example: 1 Pie	



Gifts

We suggest a small thoughtful gift for each senior. Please don't feel obligated to spend more than \$25 per person.

Notes:



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



Feel free to wrap the gifts!



Please make sure all gifts are new and unopened.