

Sponsor-a-Family



Family size: 4-5

The minimum requirements for this family size will cost approximately \$500-\$750.

Remember to call before your shop!

Hamper List



Please include the following items (unless otherwise specified by your matched family).

Ask your family questions regarding 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 Medium Block	
Butter	1 Brick	
Eggs	2 Dozen	
Pancake Mix	905 Grams	
Syrup	1 Bottle	
Bread	2 Loaves	
Fresh Fruit	Example: 12 Apples and 2 Bunches of Bananas	
Peanut Butter	1 Jar	
Coffee or Tea	1 Package	
Canned Soup	6 Cans	
Canned Fish	4 Tins	
Canned Beans	4 Cans	
Pasta	700+ Grams	
Pasta Sauce	2 Large Cans	
Rice	1.8 kg	
Crackers	2 Boxes	
Cookies	2 Boxes	
Kraft Dinner	4 Boxes	
Cereal	2 Boxes	



Dinner List

Please include the following 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 Ham or Roast	5-7 kg	
Mandarin Oranges	1 Box	
Fresh Vegetables	Example: 1 Bag of Carrots, 1 Bag of Potatoes, and 2 Heads of Broccoli	
Real Fruit Juice	2 L	
Stove-Top Stuffing	2 Boxes	
Cranberry Sauce	1 Can	
Dessert	Example: 1 Pie and 1 Pail of Ice-cream	



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.



Please wear Personal Protection Equipment when delivering food and gifts.



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.