

1 FAMILY FOOD HAMPER

**\$200 can provide a hamper filled with essentials to
a family who cannot afford the very basics**



Giving Hope Today



- 1 large box cereal
- 1 box instant oatmeal
- 2 litre 100% fruit juice
- 2 box (500g) dry pasta
- 2 can pasta sauce
- 2 macaroni & cheese
- 2 cans hearty soup/stew
- 4 cans variety regular soup
- 1 box crackers (two back individual)
- 2 lbs Long grain rice
- 2 cans baked beans
- 2 cans diced tomatoes
- 4 cans variety vegetables
- 4 tins tuna or salmon or flaked chicken

PERISHABLES

- 1 3lb-Honey Ham or Turkey Roll**
- 1 can Cranberry Jelly**
- 1 5lb – Potatoes**
- 1 box Stuffing mix**

- 1 small jar real fruit jam – larger-(kids like peanut butter and jam)
- 1 peanut butter – 1kg size
- 4 cans fruit packed in juice
- 12 pack of snack juice tetra – for school lunch
- 1 500ml of applesauce
- 1 can hot chocolate
- 1 small jar of instant coffee and 1 box of tea or Apple Cider mix
- 1 litre canola/vegetable oil
- 1 box granola bars
- 1 Liter jar Mayonnaise
- 1 – 24 roll pack of toilet paper

1 2 kg Frozen Mixed Vegetables

1 box Chocolates

1 5lb box Mandarin oranges

1 box Candy canes & assorted candy

1 wicker basket to hold contents

1 Litre Tetra pack Milk