

1 SINGLE FOOD HAMPER

**\$60 can provide a hamper filled with essentials to
someone who cannot afford the very basics**



Giving Hope Today



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|-------------------------------|---------------------------|
| 1 Tetra Rice or Almond Milk | 1 box (500g) dry pasta |
| 1 small box of cereal | 2 cans pasta sauce |
| 1 small can-tetra pack coffee | 2 cans chicken |
| 1 box tea | 1 box 6 granola bars |
| 1 box portioned hot chocolate | 1 small jar peanut butter |
| 2 cans Chunky soup or stew | 1 pack quality chocolates |
| 5 packages instant oatmeal | 1- 6pack of toilet paper |

TO DONATE A HAMPER – or for more information please contact

Kim Hissink – Fundraising Coordinator

604.852.9305 ext. 138 or 604.832.2218-cell

khissink@sacascade.ca

www.centreofhope.net