

The Salvation Army  
Abbotsford & Mission

**FAMILY HAMPERS**

- 1 large box cereal
- 1 box instant oatmeal
- 2 boxes (500g) dry pasta
- 2 cans pasta sauce - 2 cans sauce
- 2 boxes of macaroni & cheese
- 2 cans hearty soup/stew
- 4 cans variety soup - 1 box crackers
- 2 lbs. Long grain rice-2 cans baked beans
- 2 cans diced tomatoes
- 4 cans of vegetables
- 1 jar real fruit jam & 1kg peanut butter
- 4 cans assorted fruit in juice
- 2 Liters 100% fruit juice
- 1 500ml of applesauce
- 1 box of granola bars
- 1 can hot chocolate-1 Liter jar Mayonnaise
- 1 Liter canola/vegetable oil
- 1 – 24 roll pack of toilet paper
- 12 pack of juice tetra – for school lunch
- 4 tins tuna/salmon/flaked chicken/ham/turkey
- 1 jar of instant coffee or tea or Apple Cider mix

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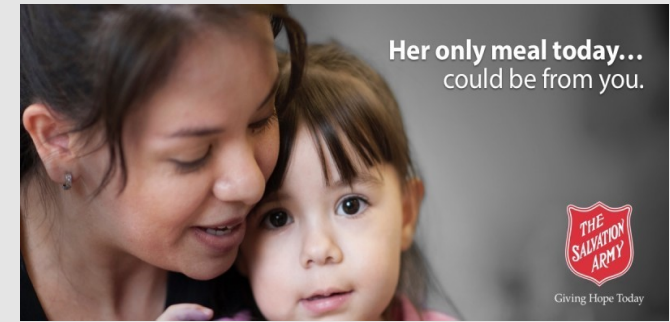
**SINGLE HAMPERS**

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

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**PERISHABLES for a Holiday Meal**

- 1 3lb-Honey Ham or Turkey Roll or large chicken
- 1 can Cranberry Jelly
- 1 - 5lb bag of Potatoes
- 1 box of stuffing mix
- 1 box of Chocolates
- 1 - 2 kg Frozen Vegetables
- 1 - 5lb box Oranges
- 1 box Candy canes
- 1 Litre Tetra pack Milk



**The Salvation Army - Centre of Hope**  
34081 Gladys Avenue, Abbotsford, BC V2S 2E8  
604.852.9305



[www.centrefhope.net](http://www.centrefhope.net)

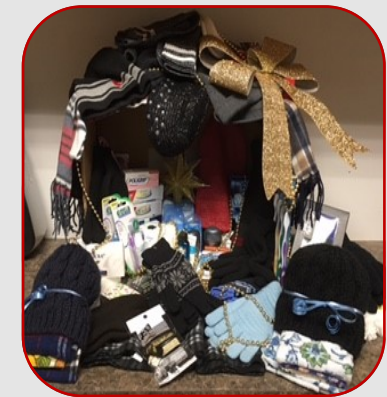
The Salvation Army  
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**SPRING / SUMMER**  
Shelter Donations

Men's NEW Underwear – Medium  
Women's NEW brief underwear – XS – M  
Men's & Women's NEW regular socks  
(no ankle socks)  
Men's jeans & shorts – Sizes 28-36  
Men's T-shirts, long sleeves – Sizes S-XL  
Men's & Women's  
practical shoes & sandals  
Light jackets & coats  
Gently used or new baseball caps  
Men's & Women's pajamas  
(practical pajama pants & shirts only)  
Men's shaving razors  
Spray on sunscreen



The Salvation Army  
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**FALL / WINTER**  
Shelter Donations

Men's & Women's NEW warm socks  
Men's Jeans—Sizes 28-36  
Men's shirts, long sleeves,  
sweaters - SM-XL  
Men's & Women's  
practical shoes & boots  
**Heavy jackets & Coats – Rain Gear**  
such as jackets, pants, umbrellas, etc.  
Scarfs, toques, gloves, mittens  
**Hot Hands** warmers  
Men's NEW Underwear - Medium  
Women's NEW brief underwear - XS – M  
Men's & Women's pajamas  
(practical pajama pants & shirts only)  
Men's shaving razors



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