



Much Needed Items for Christmas Food Hampers

Here is a list of suggested items and their size:

Food Items & Suggested Size	SINGLE	2/3	4/5	6+
Can - Vegetable - 398 ml	2	2	3	4
Can -Soup - 284 ml	3	4	4	5
Kraft Dinner Original	1	1	3	3
Can - Baked Beans - 398 ml	2	2	3	4
Can- Fish/Meat - 170 g	2	2	3	4
Peanut Butter - 500 gr	1	1	1	1
Stove Top Stuffing	1	1	2	3
Gravy Mix - TURKEY	1	1	2	3
Pasta - 500 g	1	1	1	3
Pasta Sauce - 650 ml	1	1	1	3
Rice - 907 grams	1	1	1	1
Sugar - 1 kg	1	1	1	1
Juice - 1 litre	1	1	2	2
Pancake Mix - 905 gram	1	1	1	1
Syrup - 750 ml	1	1	1	1
Jam - 500 ml	1	1	1	1
Can - Fruit - 398 ml	1	2	3	3
Jello - 85 g	1	1	1	1
Cranberry Sauce - 348 ml	1	1	1	1
Sidekicks - 133 g	1	1	2	3
Cookies	1	1	1	2