

**SMALL HAMPER – 1 person**

1 Cereal  
1 Litre juice  
3 cans soup  
2 cans vegetables  
2 pork & beans/chilli/stew etc.  
2 cans tuna/salmon/meat  
3 ichiban  
2 kraft dinner  
1 pasta  
1 pasta sauce  
1 peanut butter  
1 stuffing mix/ Scallop potatoes  
1cranberry sauce

ADD

1 package frozen fries  
1 margarine  
1 unit meat  
1 dozen eggs  
1 chicken/ham  
1 bag potatoes  
1 jar pickles/beets  
1 goodie bag  
1 choice of coffee/tea/hot choc.

**MEDIUM HAMPER – 2-3 people**

1 Cereal  
1 Litre juice  
4 cans soup  
3 cans vegetables  
3 pork & beans/chilli/stew etc.  
2 cans tuna/salmon/meat  
4 ichiban  
3 kraft dinner  
1 pasta  
1 pasta sauce  
1 peanut butter  
1 stuffing mix/ Scallop potatoes  
1 cranberry sauce

ADD

1 package frozen fries  
1 margarine  
1 unit meat  
1 dozen eggs  
1 turkey/ham/chicken  
1 bag potatoes  
1 goodie bag  
1 jar pickles/beets  
1 choice of coffee/tea/hot choc.

**LARGE HAMPER – 4-6 people**

1 Large Cereal  
2 Litre juice  
5 cans soup  
4 cans vegetables  
4 pork & beans/chilli/stew etc.  
2 cans tuna/salmon/meat  
5 ichiban  
4 kraft dinner  
2 pasta  
2 pasta sauce  
1 peanut butter/jam/honey  
2 stuffing mix  
1 cranberry sauce

ADD

1 package frozen fries  
1 margarine  
2 unit meat  
1 dozen eggs  
1 turkey  
1 bag potatoes  
1 goodie bag  
1 jar pickles/beets  
1 choice of coffee/tea/hot choc.