

SUGGESTIONS FOR CHRISTMAS HAMPERS

The Christmas Bureau offers the following suggestions for inclusion in Christmas Hampers:
 Your best buy is Grade B young turkey because it supplies more meat and roasts better.
 The quantity of food can be varied according to the ages of the children.
 This list was submitted by the Alberta Agriculture Department.

Hamper Food Items	Family of 6-7	Family of 4-5	Family of 2-3	Single Person
Turkey	7-9 kg	5-7 kg	0-5 kg	Can ham or small hen
Ham (cryovac)	1 kg	1 kg	1 kg	
Potatoes	10 lb	10 lb	5 lb	5 lb
Vegetables (canned)	5 x 398 gm	4 x 398 gm	2 x 398 gm	398 gm
Mandarin/festive Oranges	24	18	12	6
Cranberry sauce or jelly	398 ml	398 ml	398 ml	0
Soup (Canned or dehydrated)	5 x 284 ml	3 x 284 ml	284 ml	284 ml
<u>Real</u> fruit juice	4 litres	3 litres	2 litres	1 litre
Tea or instant coffee	250 gm	250 gm	250 gm	250 gm
Peanut Butter	1 kg	1kg	1 kg	500 gm
Jam, honey or marmalade	500 ml	500 ml	500 ml	250 ml
Fruit (canned)	3 x 398 ml	2 x 398 ml	398 ml	398 ml
Christmas Pudding, cake or cookies	600 gm	600gm	600 gm	250 gm
Christmas candy or nuts	750 gm	500 gm	500 gm	250 gm
Margarine or butter	454 gm	454 gm	454 gm	250 gm
Stove-Top dressing	2 x 250 gm	120 gm	120 gm	
Tin Foil Roasting Pan	1	1	1	