



## 2021 CHRISTMAS HAMPER CONTENTS

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 and the need of the family.

<b>Hamper Food Items</b>	<b>Size 6-7</b>	<b>Size 4-5</b>	<b>Size 2-3</b>	<b>Size 1</b>
Turkey	7-9 kg	5-7 kg	Up to 5 kg	1.7 kg Cryovac Ham
Potatoes	10 lb.	10 lb.	5 lb.	5 lb.
Vegetables (canned)	5 x 398 grams	4 x 398 grams	2 x 398 grams	1 x 398 grams
Butter or Margarine	454 grams	454 grams	454 grams	250 grams
Stove Top Dressing	3 x 250 grams	2 x 120 grams	1 x 120 grams	
Turkey Gravy	3 pkgs	3 pkgs	2 pkgs	
Cranberry sauce or Jelly (canned)	2 x 398 ml	2 x 398 ml	1 x 398 ml	1 x 398 ml
Christmas Cake or Cookies	600 grams	600 grams	600 grams	250 grams
Christmas Candy or Nuts	454 grams	454 grams	454 grams	250 grams
Mandarin / Festive Oranges	24	16	16	8
Fruit (canned)	3 x 398 ml	2 x 398 ml	1 x 398 ml	1 x 398 ml
Soup (canned or dehydrated)	3 x 284 ml	2 x 284 ml	2 x 284 ml	1 x 284 ml
Pasta (e.g. Spaghetti)	3 x 340 grams	2 x 340 grams	1 x 340 grams	1 x 340 grams
Tomato Sauce	2 x 650 ml	2 x 650 ml	1 x 650 ml	1 x 650 ml
Real Fruit Juice	4 liters	4 liters	2 liters	2 liters
Tea or Instant Coffee	250 grams	250 grams	250 grams	250 grams
Tin Roasting Pan	Yes	Yes	Yes	Yes