



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.

Hamper Food Items	Size 6-7	Size 4-5	Size 2-3	Size 1
Turkey	7-9 kg	5-7 kg	Up to 5 kg	1kg Cryovac Ham or Cornish Hen
Potatoes	10 lb.	10 lb.	5 lb.	5 lb.
Vegetables (canned)	5x 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	2 x 250 grams	1 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	18	12	6
Fruit (canned)	3 x 398 ml	2 x 398 ml	1 x 398 ml	1 x 398 ml
Soup (canned or dehydrated)	5 x 284 ml	3 x 284 ml	1 x 284 ml	1 x 284 ml
Pasta (e.g. Spaghetti)	3 x 340 grams	2 x 340 grams	1 x 500 grams	1 x 340 grams
Tomato Sauce	4 x 650 ml	3 x 650 ml	1 x 650 ml	1 x 650 ml
Real Fruit Juice	4 liters	3 liters	2 liters	1 liter
Tea or Instant Coffee	250 grams	250 grams	250 grams	250 grams
Tin Roasting Pan	Yes	Yes	Yes	Yes