



Box 2, Corte Real, 57 Allandale Road, St. John's, NL A1B 3S7

## Christmas Hamper 2018

This year the Campus Food Bank expects to give out at least 200 Christmas hampers and we are seeking your assistance in filling them. All non-perishable donations are greatly appreciated, but if your family or department would like to donate a full hamper, the items required for an average size family are given below.

Please contact Anne Sinnott ([asinnett@mun.ca](mailto:asinnett@mun.ca)) by November 30, 2018 if you are interested in donating a hamper. **Registration** with us is very important, so that we can plan our food needs as well as food collection details. We will be receiving hamper donations on December 5 and will be able to inform signed-up donors in early December of the pickup/drop-off details. Our hampers go out late in the week following receipt of your donations, so being ready for us on December 5 is most helpful. Thank you in advance for your support!

1	Cereal – any kind	1	Savoury
1	Cheese Whiz – any size	6	Soup, canned
1	Cooking oil – 946 ml bottle	1	Split peas - bag
2	Corn, canned, whole kernel, 341ml	1	Sugar
1	Crackers – any kind	1	Tea – orange pekoe OR instant coffee
1	Cranberry sauce	2	Tomato <b>paste</b> , small cans
1	Dream Whip – small box	2	2 items from this list, not 2 each - Cookies, chips, cheezies, candy, chocolates
2	Green peas, canned		
2	Jelly powder	\$30	For perishables including milk, eggs, margarine, fresh fruit, fresh vegetables, bread crumbs, bread
2	Juice – apple or orange, 1 litre container		
2	Milk, canned		
1	Miracle Whip – any size	\$30	OPTIONAL – Although we expect to have some of our turkeys donated, we may be short for total need. We also substitute other choices if a turkey isn't suitable for dietary reasons
2	Mixed vegetables, canned		
1	Peanut Butter - any size		
1	Pickles – any flavor		
1	Purity Syrup, any flavour		
1	Rice or macaroni or spaghetti – if rice is given, plain long grain is the preferred style		

Monetary Donations – A typical hamper costs approximately \$150 and is made up of \$90 for non-perishables, \$30 for perishables and \$30 for a turkey. If you wish to donate that amount in lieu of collecting the items, that would also be a welcome donation. While we do get some donated turkeys, we don't anticipate receiving enough. Therefore, your donation helps defray costs.

Tax receipts can be issued for cash donations if donor names are specified. Receipts will be sent to the department so home addresses are not needed.

If donations are in excess of what is needed for the Christmas Hampers, they will be used to stock shelves for regular operations in 2019.

**Note: Please do not donate perishable items as part of the Christmas hamper. Due to the large volumes of food involved in preparing the hampers, it is difficult for us to sort and appropriately store these items in advance. Thank you for your cooperation and generosity!**