

**BRANDON-WESTMAN CHRISTMAS CHEER ADOPT-A-FAMILY PROGRAM  
HAMPER CONTENT LIST –MEDIUM FAMILY (4-5 INDIVIDUALS)**

To ensure that hampers prepared by the Christmas Cheer Registry and our community and business partners through this program are equitable, all hampers must, at a minimum, adhere to the hamper content list provided by the registry for the various family sizes. If you have extra resources, additional items (within reason) can be included. If you are unable to fulfil this requirement, please contact our office for a different size of family or to make alternate arrangements.

**FOOD CONTENTS: each hamper must include**

- Breakfast Cereal – 1 box
- Juices – 2 liters
- Vegetables – 2 cans
- Fruit – 2 cans
- Snack Crackers – 1 box
- Peanut Butter (only if there are children)
- Jam or Jelly – 1 jar
- Tea Bags or Coffee
- Cookies – 1 bag
- Canned Meat or fish – 2 cans
- Pasta – 1 large box/package
- Pasta sauce – 1 jar/can
- Baby food – (0 to 9 months old)
- Soup – 2 cans
- Pork & beans – 2 cans
- Jelly powders or Puddings – 2 boxes
- Buns – 1 bag
- Christmas oranges
- Chicken or canned ham

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**If the applicant has selected canned ham as their protein choice:**

- Apple sauce – 1 jar
- Scalloped potatoes – 2 boxes

**If the applicant has selected poultry as their protein choice:**

- Cranberry sauce – 1 can
- Stuffing – 2 boxes
- Potatoes – 1 bag

**If you have additional resources:**

- Milk
- Pancake mix & syrup
- Rice
- Cake mix

**GIFT CONTENTS: Each hamper must include**

- New toy or gift for each child up to age 16- suggested toy cost \$20 - \$30
- One clothing article for each child (i.e. toque/hat, mitts, gloves, socks or scarf)
- Suitable book or coloring book & crayons for children up to age 10
- Stuffed toy for children up to age 10
- Candy bags – 1 per child ages 1 – 16
- Suggested gifts for teens include movie passes or fast food coupons