

**BRANDON-WESTMAN CHRISTMAS CHEER ADOPT-A-FAMILY PROGRAM
HAMPER CONTENT LIST – INDIVIDUAL RECIPIENT**

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 – 1 liter
- Vegetables – 1 can
- Fruit – 1 can
- Snack Crackers – 1 box
- Jam or Jelly – 1 jar
- Tea Bags or Coffee
- Cookies – 1 bag
- Canned Meat or fish – 1 can
- Pasta – 1 box/package
- Pasta sauce – 1 jar/can
- Soup – 1 can
- Pork & beans – 1 can
- Individual pudding cups – 2
- Small container of margarine
- Buns – 1 bag
- Christmas oranges
- Fryer chicken or canned ham

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

- Apple sauce – 1 jar
- Scalloped potatoes– 1 box

If the applicant has selected poultry as their protein choice:

- Cranberry sauce – 1 can
- Stuffing – 1 box
- Instant mashed potatoes – 1 package
- Gravy packet – 1 package

If you have additional resources:

- Milk
- Pancake mix & syrup
- Rice
- Canned stew or mushrooms, Kraft dinner, eggs, or fresh fruit or vegetables