

## Grocery List for the Holiday Hamper Program by JCI Edmonton

Food Item Suggestions	Small Family (2-3 people)	Medium Family (4-5 people)	Large Family (6-7 people)	XL Family (8+ people)
Turkey	Provided	Provided	Provided	Provided
Tinfoil Roasting Pan	Provided	Provided	Provided	Provided
Dried Lentils	Provided	Provided	Provided	Provided
Canned chickpeas or kidney beans	1 can	2 cans	3 cans	4 cans
Potatoes	5 lbs	10 lbs	10 lbs	15 lbs
Root Vegetable (yam, sweet potato, turnip)	Provided	Provided	Provided	Provided
Vegetables (canned)	2 cans	4 cans	5 cans	7 cans
Mandarin/Festive Oranges	12	18	24	24
Cranberry Sauce/Jelly	1 can	1 can	1 can	1 can
Soup (canned/dehydrated)	2 can/pkg	3 cans/pkg	5 cans/pkg	7 cans/pkg
Macaroni & Cheese	2 boxes	3 boxes	4 boxes	5 boxes
<u>Real</u> Fruit Juice	2 litre	3 litre	4 litre	5 litre
Baked Beans	1 can	2 cans	3 cans	4 cans
Chili or Stew	1 can	2 cans	3 cans	4 cans
Canned Fish	1 can	2 cans	3 cans	4 cans
Tea or Instant Coffee	250 g	250 g	250 g	500 g
Peanut Butter	1 kg	1 kg	1 kg	1 kg
Jam, Honey, or Marmalade	500 mL	500 mL	500 mL	2 x 500 mL
Fruit (canned)	1 can	2 cans	3 cans	4 cans
Christmas Pastry or Dessert	1 box	1 box	1 box	1 box
Christmas Chocolates or Nuts	500 g	500 g	750 g	750 g
Margarine or Butter	454 g	454 g	454 g	454 g
Stove-Top Dressing	1 box	1 box	2 boxes	3 boxes
Bread, Buns, or Crackers	1	1-2	2-3	3
Gravy Mix	1 pkg	1 pkg	2 pkgs	2 pkgs
Pasta or Rice	1 lbs	2 lbs	3 lbs	3-4 lbs
Pasta Sauce	1 jar	1 jar	2 jars	2 jars
<b>Approximate Cost</b>	<b>\$120</b>	<b>\$140</b>	<b>\$165</b>	<b>\$200+</b>

- Additional Proteins – Chicken, beef or fish. Dried or canned chickpeas/lentils.
- Ideas for Food Extras – Oatmeal, flour, cereal, granola bars, oil, eggs, cheese, infant food, fresh or frozen vegetables and fruits.
- Helpful Extras – Aluminum foil, baby wipes, soap (dish, laundry or hand/body), cleaning products, toiletries, feminine hygiene products, toilet paper, napkins and crockpot.
- Toys - Please include \$10-\$15 gifts for family members.
- Do Not Include: **Alcohol, homemade food items, opened food.**