

Nicola Valley and District Christmas Hamper Program

2016

We thank you for your interest in sponsoring a family through this program. In an effort to ensure that this is a positive experience for yourself as a sponsor and that each adopted family benefits we encourage you to review the items that we will be providing to those accepting a hamper through our society and use these as a guideline when preparing your hamper.

Single	Family
Meat	Meat
Vegetables	Vegetables
<ul style="list-style-type: none"> • Potatoes • Carrots • Onions 	<ul style="list-style-type: none"> • Potatoes • Carrots • Onions
Canned Vegetables	Canned Vegetables
Margarine	Stuffing Mix
Cookies	Cranberries
Juice	Ingredients to make gravy or
Dessert	canned gravy
Holiday sweets	Margarine
Coffee or tea	Cookies
Personal Hygiene Items	Juice
<ul style="list-style-type: none"> • Soap 	Dessert
<ul style="list-style-type: none"> • Toothpaste 	Holiday sweets
<ul style="list-style-type: none"> • Deodorant 	Coffee or tea
	Laundry Soap
A gift for the holiday	Personal Hygiene Items
	<ul style="list-style-type: none"> • Soap
	<ul style="list-style-type: none"> • Toothpaste
	<ul style="list-style-type: none"> • Deodorant
Items in the hamper are not limited to this list. Some additional items to consider are: Seasonal Vegetables, Eggs, Bread or Buns, Oatmeal or Cereal, Soup, canned meat and Crackers.	A gift each member of the family for the holiday
	Items in the hamper are not limited to this list. Some additional items to consider are: Seasonal Vegetables, Eggs, Bread or Buns, Oatmeal or Cereal, Soup, canned meat and Crackers.

Any questions please contact our office Tuesday, Wednesday or Thursdays 10-1

@ Phone: 250-378-2282