

## Non-Perishable Hamper Items

	Quantities				Hamper Item
	Family of 1	Family of 2-3	Family of 4-6	Family of 7+	
	5	8	10	12	Soup, canned
	2	4	6	7	Vegetables, canned
	2	3	4	5	Fruit, canned
	2	3	5	7	Beans, in tomato sauce
	1	2	4	6	Chili/Stew
	2	3	4	5	Tuna/Ham/Salmon, canned
	1	2	3	4	Pasta Sauce
	1	1	1	2	Juice 1L, Coffee/Tea
	1	1	1	1	Peanut Butter
	1	1	1	1	Jam
	1	1	1	1	Pancake Syrup
	1	1	1	1	Pancake Mix
	3	5	10	14	Macaroni & Cheese
	2	4	6	8	Instant Side Dishes (Sidekicks/Hamburger Helper/Rice a Roni)
	1	1	1	2	Instant Potatoes
	1	1	1	1	Cereal ie. Cheerios, oatmeal
	2	3	6	8	Instant Noodles
	1	2	3	4	Pasta
	1	1	1	1	Crackers
	1	1	2	3	Granola Bars/Cookies/School snacks
					EXTRAS

\* These items and quantities are what we aim to put into the Christmas Hamper, but all is donation dependent