



Item Complete	Non-Perishable Hamper Item	Individual 1 person	Small Family 2-3 people	Medium Family 4-6 people	Large Family 7+ people
	Soup, canned	5	8	10	12
	Vegetables	2	4	6	7
	Fruit	2	3	4	5
	Beans in tomato sauce	2	3	5	7
	Chili/Stew/Chunky Soup	1	2	4	6
	Tuna/HamChicken/Salmon	2	3	4	5
	Pasta Sauce	1	2	3	4
	Juice/Coffee/Tea	1	1	1	2
	Peanut Butter	1	1	1	1
	Jam	1	1	1	1
	Syrup	1	1	1	1
	Pancake Mix	1	1	1	1
	Macaroni & Cheese	3	5	10	14
	Instant Side Dishes	2	4	6	8
	Instant Potatoes	1	1	1	2
	Cereal/Oatmeal	1	1	1	1
	Instant Noodles	2	3	6	8
	Pasta	1	2	3	4
	Crackers	1	1	1	1
	School Snacks	1	1	2	3
	Extras	Dependant upon donation amounts			

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