

Spruce Grove & East Parkland

CHRISTMAS HAMPERS

Here are some ways you can help us reach our goals
and support our community this Christmas:

1. Monetary donations or gift cards

- Any monetary contribution is greatly appreciated and enables us to fulfill the hamper requirements to the best of our abilities
- Local grocery store gift cards are also ideal and will go towards perishables for the family
- Toys for children/retail gift cards for children are appreciated

2. Donating items specific to the hamper requirements

- Below is a list of non-perishable hamper items that would assist a family during the Christmas season. The emphasis of the hampers will be food.

NON-PERISHABLE ITEMS:

Soup, Vegetables, Fruit- canned

Beans, in tomato sauce

Chili/Stew

Tuna/Ham/Salmon, canned

Pasta Sauce and Pasta

Macaroni and Cheese

Instant Side Dishes (Sidekicks, Hamburger Helper, Rice a Roni)

Instant Noodles

Instant Potatoes

Cereal ie. Cheerios, Oatmeal

Pancake Mix and Syrup

Peanut Butter and Jam

Granola Bars/Cookies/Crackers

Juice 1L, Coffee/Tea

Thank you for supporting this important, local cause!