

RECIPIENTS
REALLY
APPRECIATE
*'stick to your
ribs'* GOOD
NUTRITIOUS
FOODS!

CHRISTMAS HAMPERS FOR SENIORS

While large pkgs
seem more
economical, we
cannot divide
products into
smaller pkgs. Please
consider single
serving sizes.



Each year the Prince George Council of Seniors provides over 200 hampers to low-income seniors in Prince George. This project depends 100% on generous community donors – *we couldn't do it without YOU!*

NON-PERISHABLES WISH LIST

Vegetables & Fruit

- Canned vegetables
- Canned fruits packed in water or 100% juice
- Unsweetened fruit sauce (e.g. applesauce) or fruit juice

Grains

- Oatmeal or other hot cereals
- Rice or barley
- Pastas

Meat & Meat alternatives

- Canned fish or chunked chicken
- Canned ham or corned beef
- Peanut butter
- Canned or dry beans & lentils



WE CANNOT accept

- Personal gifts or toiletries
- Scented products
- Candles of any kind
- Home baking or preserves

Hearty Quick Meals

- Canned stews or soups

Milk & Milk alternatives

- Evaporated milk or milk powder
- Fortified plant-based beverages (e.g. rice, coconut)

Other goods

- Kleenex, toilet tissue, paper towels (INDIVIDUAL pkgs/rolls)

Cash OR Grocery Store Gift Certificates – charitable donation receipts available.

**DROP OFF DONATIONS AT SENIORS RESOURCE
CENTRE, 721 VICTORIA STREET WEEKDAYS BETWEEN
9 am AND 3 pm BY WEDNESDAY DECEMBER 12th.**