



**THANK YOU!** Thank you for considering our 2019 Christmas Hampers for Low-Income Seniors Project! We could not possibly do this annual project without all the generous support of this community! There are several ways you can help.

**DONATE?** Donations of **cash, Grocery Store Gift cards, OR Non-perishable groceries – any amount, small or large** – can be dropped off at the Seniors Resource Centre, 721 Victoria Street, between 9 am and 3 pm weekdays until Tuesday December 10.

**SPONSORSHIPS?** **\$50 – cash or Grocery Store Gift card** -- will cover the perishable items for one hamper. Please do not donate perishable items as we do not have refrigeration for storage. We will purchase the necessary items just before delivery.

**\$150 – cash or Grocery Store Gift card** – will cover the non-perishable items for one hamper. Alternatively, your business, group or family might prefer **actually purchasing the Non-perishable items**. Sponsorships can be arranged at the Seniors Resource Centre, 721 Victoria Street, between 9 am and 3 pm weekdays until Tuesday December 10.

**SUGGESTED SHOPPING LIST?** To assist you with shopping ideas for donations or sponsorships, we have prepared a suggested shopping list that summarizes the contents of an average hamper for 1 or 2 people. (Most of our hamper recipients live in 1 or 2-person households.)

We are not specifying the product brands pictured – these are suggestions only, BUT we do appreciate you considering low sugar, no sugar and low-sodium/salt items wherever possible.

**IMPORTANT! PLEASE NOTE!** We will be packing non-perishable foods in boxes made specifically for these items and sizes. We cannot accept bulk items as they won't fit in our boxes, and Health Regulations do not allow us to repack large quantities into smaller packages.

We cannot accept home preserves or homemade food or candy due to Health Regulations.

**IMPORTANT DATES TO REMEMBER!** We can accept donations and sponsorships until Tuesday December 10. This cut-off date is necessary to allow enough time to prepare Hampers for December 16 and 17 delivery.

**THANK YOU AGAIN!**

**Prince George Council of Seniors**

Seniors Resource Centre













721 Victoria Street, Prince George, BC V2L 2K5

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[www.pgcos.ca](http://www.pgcos.ca)

# SUGGESTED SHOPPING LIST -- NON-PERISHABLE HAMPER ITEMS

(for one average hamper for 1 or 2 people)

- |   |  |   |
|---|--|---|
|    | 2 cans (398 ml) beans (pork'n'beans, chick peas, lentils, etc) | <input type="checkbox"/> <input type="checkbox"/> |
|    | 2 cans (540 ml) hearty soups or stews                          | <input type="checkbox"/> <input type="checkbox"/> |
|     | 2 cans (398 ml) tomatoes OR pasta sauce                        | <input type="checkbox"/> <input type="checkbox"/> |
|    | 2 cans (398 ml) vegetables                                     | <input type="checkbox"/> <input type="checkbox"/> |
|    | 2 cans (398 ml) fruit – unsweetened or packed in fruit juice   | <input type="checkbox"/> <input type="checkbox"/> |
|    | 1 jar (650 ml) Apple Sauce                                     | <input type="checkbox"/>                          |
|  | 2 cans meat or fish (250 to 350 g)                             | <input type="checkbox"/> <input type="checkbox"/> |
|   | 2 cartons (1 litre) milk or non-dairy milk – shelf stable      | <input type="checkbox"/> <input type="checkbox"/> |
|  | 1 carton (1 litre) real fruit juice – unsweetened              | <input type="checkbox"/>                          |
|  | 1 jar (500 g) Peanut Butter                                    | <input type="checkbox"/>                          |
|  | 1 box (200 – 300 g) crackers – whole or multi-grain            | <input type="checkbox"/>                          |
|  | 1 box (10 – 12 packets) instant Oatmeal                        | <input type="checkbox"/>                          |

→→→ LIST CONTINUES ON OTHER SIDE →→→



1 box or package (500 – 900 g) rice – plain



1 box or package (340 g) pasta – plain



1 box (120 g) Stuffing Mix



2 packages (25 – 30 g) Turkey gravy mix



1 can (348 ml) Cranberry Sauce



2 boxes (30 – 40 g) pudding mix (milk required)



1 small box (20 packets/box) tea   
OR 1 small jar (100 150 g) instant coffee



1 roll paper towel (individually wrapped if possible)



2 rolls Bathroom Tissue (individually wrapped if possible)



1 small box Facial Tissue



1 SMALL Christmas treat (box of Shortbread, OR chocolates, OR small fruitcake)

**Please do NOT include perishable items as we do not have refrigeration for storage. We will purchase the following items for each hamper just before delivery:**

- |                              |                                 |
|------------------------------|---------------------------------|
| 1 dozen eggs                 | 2 lbs. fresh carrots            |
| 5 lbs fresh potatoes         | 350 grams cheddar cheese        |
| 1 small box Mandarin oranges | 1 loaf bread                    |
| 375 grams sliced bacon       | 1 four-pack (100 g each) yogurt |
| 1 frozen turkey OR 1 ham     |                                 |

**Should you wish to include this in your donation or sponsorship, one \$50 grocery store gift card will cover the purchase of the above perishable items for one hamper**