



DONATE A HAMPER

To donate a Christmas Hamper, please contact the St. George's Christmas Hamper Co-Ordinator Linda Murphy, who will answer any questions you may have and will match you up with a family in need.

Linda will ask you the following questions when you are ready to proceed:

- Your name
- Best phone number to reach you at in 2023
- Best email to reach you at in 2023
- What size of family you would like to sponsor
- Are you able to deliver your hamper directly to your family in need?

Linda can be reached at the following email address:

murphy linda@rogers.com





Contents of a St. George's 2023 Christmas Hamper:

- A couple of gifts for each child ≤ 17
- A gift card and small gift for children 13 – 17
- For parents, children 18+, a token gift
- A food hamper which consists of:

Breakfast

- Cereal
- Pancake mix and syrup
- Peanut Butter
- Jam
- Coffee and tea
- Hot chocolate

Lunch & Dinner

- Kraft Dinner
- Rice
- Canned vegetables
- Pasta & Sauce
- Canned soup(s)
- Canned tuna/ham/chicken

Special Items

- Cookies
- Chocolates
- Candy
- Popcorn
- Xmas napkins

- A grocery gift card \$100 for a family up to 4, \$150 for a family of 5 +

Note: A detailed family wish list, gift card preferences and any food allergies will be provided to the sponsoring family/group by the middle of November, approximately 4 weeks prior to the Christmas hamper delivery. Other information such as the family's contact information, timing of the hamper delivery, etc. will also be provided to the sponsor.

