



NAITSA FOOD CENTRE

HOLIDAY HAMPER IDEAS

Here are a few ideas and suggestions
to help your group organize a food
hamper for the Sponsor-A-Family
Holiday Hamper program.

- Donate your favourite non-perishable food items.
- Make sure that all donations are within the expiry date.
- You may want to include a gift certificate for perishable items (turkey, ham, fresh vegetables, buns, etc.)
- Choose food items that'll make a delicious Holiday meal.

BUILDING A HAMPER BASICS

- | | | |
|--------------------|-------------------|----------------------|
| • Pork & Beans | • Tea | • Cake Mix |
| • Kidney Beans | • Canned Fruit | • Muffin Mix |
| • Chilli | • Dry Fruit | • Cookie Mix |
| • Tuna | • Applesauce | • Pudding |
| • Salmon | • Fruit Cups | • Jello |
| • Canned Meat | • Peanut Butter | • Rice |
| • Stews | • Jam | • Stuffing |
| • Pasta | • Honey | • Shake & Bake |
| • Canned Pasta | • Mayo | • Instant Potatoes |
| • Pasta Sauce | • Ketchup | • Scalloped Potatoes |
| • Tomato Paste | • Mustard | • Soups |
| • Tomato Sauce | • Salad Dressing | • Crackers |
| • Hamburger Helper | • Pickles | • Chips |
| • Tuna Helper | • Cold Cereal | • Cookies |
| • Lipton Sidekicks | • Hot Cereal | • Snack Items |
| • Mac & Cheese | • Pancake Mix | • Canned Vegetables |
| • Fruit Juice | • Sugar | • You may want to |
| • Powdered Milk | • Flour | include a few treats |
| • Hot Chocolate | • Salt | as well. |
| • Coffee | • Baking Supplies | |

For more information, please email foodcentre@nait.ca
or call 780-491-3966