Holiday Hamper Program

BGC Ottawa Basic Holiday Hamper Ideas

bgc Ottawa

Supported by Loblaws

Food items	Small family (4-5 people)	Medium family (6-8 people)	Large family (8+ people)
Gift card (to purchase protein, milk, eggs, bread)	$50	$75	$100
Storage bin or basket	1	1	1
Foil roasting pan	1	1	1
Potatoes	5 lbs.	10 lbs.	10 lbs.
Root vegetables (carrots, sweet potatoes, squash, onions)	5 lbs.	10 lbs.	10 lbs.
Oranges / Apples	3 lbs.	5 lbs.	10 lbs.
Canned vegetables (peas, green beans, corn)	2 cans	4 cans	6 cans
Canned fruit (peaches, pears, fruit cocktail)	2 cans	4 cans	6 cans
Soup (Halal preferred)	2 cans	4 cans	6 cans
Chili / Stew (Halal preferred)	1 can	2 cans	3 cans
Baked beans	1 can	2 cans	3 cans
Salmon or tuna	1 can	2 cans	3 cans
Crackers	2 boxes	2 boxes	3 boxes
Stuffing	1 box	1 box	2 boxes
Gravy mix	1 can / package	2 cans / packages	2 cans / packages
Cranberry sauce	1 can	1 can	2 cans
Dry pasta	1 package	2 packages	2 packages
Pasta sauce (tomato)	1 jar / can	2 jars / cans	2 jars / cans
Rice	1 box / package	1 box / package	2 boxes / packages
Cereal	1 box	2 boxes	2 boxes
Pancake mix	1 box	1 box	2 boxes
Syrup	1 bottle	1 bottle	2 bottles
Peanut butter	1 jar (500mL)	1 jar (1kg)	1 jar (1kg)
Jam / Preserves	1 jar (250mL)	1 jar (250mL)	1 jar (500mL)
Tea / Instant coffee	1 box / tin (250g)	1 box / tin (250g)	1 box / tin (500g)
Hot chocolate	1 box / can	1 box / can	2 boxes / cans
Cake, cookie or muffin mix	1 box	1 box	2 boxes
Frosting	1 can	1 can	2 cans
Hand soap	1 bottle	1 bottle	2 bottles
Dish soap (liquid)	1 bottle	1 bottle	2 bottles
Shampoo and conditioner	1 bottle	1 bottle	2 bottles
Body wash / Soap	1 bottle / bar	1 bottle / 2 bars	2 bottles / 2 bars
Toothbrushes and toothpaste	4 or 5 / 1 tube	6 or 8 / 1 tube	8+ / 2 tubes
Toilet paper	12 rolls	24 rolls	36 rolls
Paper towel	2 rolls	4 rolls	6 rolls
Cleaning supplies (bathroom / kitchen cleaner, sponges, brushes, cloths)			

Other items to consider giving

Kitchen / Household supplies

Aluminum foil
Flour
Sugar
Oats
Vegetable oil
Powdered milk
Infant or baby food
Condiments
Laundry detergent
Deodorant
Feminine hygiene products

Family gifts

Board games / Puzzles
Books / Colouring books
Gingerbread house kit
Toboggan / Sled
Gift cards

