

## **We suggest the following items for a Food Basket for a Family of Four (4)**

### **Cost approximately \$120:**

Turkey- 5.5 – 7 kg Cranberry sauce, stuffing mix, canned gravy  
Potatoes 10lbs  
Carrots 5 lbs  
Peas, Corn or Green Beans (include at least 2 cans)  
Bread 2 loaves white or whole wheat bread (preferably whole wheat)  
Margarine 2lbs soft tub non-hydrogenated such as Becel or Celeb  
Eggs 1 dozen  
Tea bags, Instant coffee, hot chocolate  
Fruit Juice 100% Juice or apple cider  
Sugar (white) 1 Kg  
Christmas cookies or squares, cake mix & icing  
Canned Peaches, Pears or Fruit Cocktail packed in juice or water (not heavy syrup) Apple Sauce  
Tangerines, Apples, Bananas  
2% Milk  
Peanut Butter 500 gm. and or Jam, Cheese Whiz (as some folks have peanut allergies)  
2 large bottles of soda such as Ginger ale  
Canned Fish, soup, pasta & pasta sauce  
Oatmeal, Cheerios  
Granola bars

## **We suggest the following items for a Food Basket for a Family of Two or Three**

### **Cost approximately \$100:**

Turkey- 5.5 – 7 kg Cranberry sauce, stuffing mix, canned gravy  
Potatoes 5 lbs  
Carrots 2 lbs  
Peas, Corn or Green Beans (include at least 2 cans)  
Bread 1 loaf white or whole wheat bread (preferably whole wheat)  
Margarine 1lb soft tub non-hydrogenated such as Becel or Celeb  
Eggs 1 dozen  
Tea bags, Instant coffee, hot chocolate  
Fruit Juice 100% Juice or apple cider  
Sugar (white) 1 Kg  
Christmas cookies or squares, cake mix & icing  
Canned Peaches, Pears or Fruit Cocktail packed in juice or water (not heavy syrup) Apple sauce  
Tangerines, Apples, Bananas  
2% Milk  
Peanut Butter 500 gm. and or Jam, Cheese Whiz (as some folks have peanut allergies)  
2 large bottles of soda such as Ginger Ale  
Canned Fish, soup, Pasta & pasta sauce  
Oatmeal, Cheerios  
Granola bars

**NOTE: One or two of the following items may be considered to make the baskets more festive: Christmas Napkins or Table Cloth, Candies, Crackers, Cheese, Dried Fruits ( such as raisins, dates), Nuts, Candy Canes or chocolates.**