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

Cost approximately $175.00:

Turkey- 5.5 – 7 kg Cranberry sauce, stuffing mix, canned gravy
Potatoes 10lbs
Carrots 3 lbs
Peas, Corn or Green Beans (include at least 2 cans)
Bread 2 loaves white or whole wheat bread (preferably whole wheat)
Margarine 907g soft tub non-hydrogenated such as Becel or Celeb
Eggs 1 dozen
Tea bags 72 bags, Instant coffee 100g, hot chocolate 750g
Fruit Juice 100% Juice or apple cider 2.5 liter
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
Fresh Clementines1.5 lb bag, Apples 4lb bag, Bananas 3 lb bunch
2% Milk 4 Litres
Peanut Butter 1 Kg. and or Jam 500ml, Cheese Whiz 450g (as some folks have peanut allergies)
2 large bottles of soda such as Ginger ale
Canned Tuna 120g, salmon 213g soup284 ml – 540ml, pasta 900g bag & pasta sauce
Oatmeal1 Kg, Cheerios 725g box
Granola bars 120g box

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

Cost approximately $150.00:

Turkey- 5 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 907g soft tub non-hydrogenated such as Becel or Celeb
Eggs 1 dozen
Tea bags 72 bags Instant coffee 100g, hot chocolate 750g
Fruit Juice 100% Juice or apple cider 2.5 L jugs
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
Fresh Clementines 1.5 lb bag, Apples 4 lb bag, Bananas 3 lb bunch
2% Milk 4 Litres
Peanut Butter 500 gm. & or Jam 500 ml, Cheese Whiz 450g jar (as some folks have peanut allergies)
2 large bottles of soda such as Ginger Ale
Canned Tuna 120g, salmon 213g, soup 284ml – 540ml, Pasta 900g & pasta sauce 650ml
Oatmeal I kg, Cheerios 725mg box
Granola bars 120g box

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. We also urge you if at all possible, to contact your Family in advance to determine their preferences etc.