

Suggested Holiday Hamper Items

Personal Care Items

- Toothpaste
- Toothbrushes
- Shampoo & Conditioner
- Body Wash
- Soap
- Deodorant
- Feminine Hygiene Products
- Lotion
- Tissues
- Laundry detergent (small size)
- Dish Soap

Gift Cards

- \$25 Walmart
- \$25 Food basics
- \$25 Giant Tiger
- \$25 Fortinos
- \$25 Amazon
- \$25 Shoppers Drug Mart
- \$25 Subway
- \$10-\$25 Tim Hortons
- \$25 McDonalds

Family Comfort Items

- Mittens/Gloves
- Winter hats
- Scarves

- Socks
- Small board games
- Puzzles

Non-Perishable Food Items

- Pasta or rice
- Pasta sauce
- Canned vegetables (corn, peas, carrots, etc.)
- Canned fruit
- Canned soup or chili
- Canned chicken or tuna
- Kraft dinner/ boxed mac & cheese
- Instant potatoes or stuffing mix
- Boxed pancake mix/ syrup
- Breakfast cereal or oatmeal
- Crackers
- Granola Bars/ Snack Bards
- Juice boxes
- Baking items (cake mix, cookie or muffin mix, sugar, flour)
- Holiday treats (cookies, chocolates, etc.)