ST VINCENT DE PAUL CHRISTMAS HAMPERS

THE BASICS (suggested items for your hamper)

1 Christmas cake (900g)      1 tin of carrots (425g)
1 Christmas pudding (550g)   1 tin of peas (425g)
1 tin of ham (900g)          2 packets of jelly crystals
1 tin of fruit (large)       1 packet mixed nuts
1 tin of soup (440g)         1 packet cream biscuits
1 tin of potatoes (425g)     1 bag sweets
1 carton/plastic bottle (long life) fruit juice
1 carton long life cream or custard

• You may wish to add other things - for example, Christmas wrapping paper, bon bons, Christmas napkins, special treats (not too many!) or larger sizes of something.
• Do not include any perishable items e.g. fresh milk, custard, cream
• Please check that items are not past their 'use by' date.
• Please do not include any alcoholic beverages.
• Please do not include any "no frills" type brands.

Last year many families shopped with their children for the hamper items and found it a very positive experience. Allowing your children to accompany you on this expedition and helping select items promotes a real sense of involvement in this process.

It would be appreciated if you could pack your hamper in green enviro bags, obtained from supermarkets, using 2 bags for a medium hamper and 3 bags for a large hamper.