

# 2017 CHRISTMAS HAMPER PROGRAM



**BARRHAVEN FOOD  
CUPBOARD**

## NEIGHBOURS HELPING NEIGHBOURS

Thank you for sponsoring a family for Christmas!

**Q: How do we register as a recipient for a Christmas Hamper or how do we register as a donor of a Christmas Hamper?**

A: Contact us as 613-823-5323 and our coordinator will return your call.

**Q: Can we build our own Christmas Hampers?**

A: Yes, we ask that you provide food for a full Christmas Dinner, as well as some extra food items. For a family of four, suggested items could include:

15 lb turkey	1 bag milk (4 litres)
1 box of dressing	1 box of cereal
10 lb potatoes	2 loaves of bread
5 lb carrots	1 lb margarine or butter
Fruit e.g. Clementine's or apples	Candy canes or dessert
1 can cranberries	1 lb cheese
2 cans vegetables	Drinks (coffee, tea, juice)
2 cans soup or stew	Foil baking dish (for turkey)

**Q: Can I just donate money and the Barrhaven Food Cupboard (BFC) complete the Christmas Hamper?**

A: Yes, our volunteers will be more than happy to shop, assemble and deliver a Christmas Hamper. We are holding a Hamper Packing Day on Dec 16<sup>th</sup> so if you would like to participate, please call 613-823-5323.

**Q: If we choose to donate, is there a recommended amount?**

A: While we are grateful for any amount that we receive, we recommend a donation of \$100 for the contents of the Christmas Hamper.

**Q: Do I have to deliver the Christmas Hamper to the recipient?**

A: That is an individual choice on a case by case basis. Some donors prefer to donate a Christmas Hamper and deliver it themselves while others choose to deliver it to the BFC for distribution. If you would prefer us to deliver it, you will need to do so on Dec 16<sup>th</sup>.

**Q: Can all of my family members take part in delivering the Christmas Hamper to family?**

A: Unfortunately no. Due to privacy issues, we ask that only adults (not children and teens) take part in this delivery as the client may have children/teens that are in the same social/sports groups, school or even class as your children.

**Q: What information will I be provided with when registering as a donor?**

A: You will be provided with the name of your family during the first two weeks of December and will be asked to contact them no later than Dec 15<sup>th</sup> to arrange for delivery. In some cases, the client will ask that their names and addresses be kept confidential; in such cases only the coordinator will know the family name, and you will not find out who you are sponsoring. While it is always nice to know who you are helping, please remember that these are families living in our community who have requested help.

**Q: When and how do I contact the family?**

A: You should call during the first two weeks of December to arrange a delivery date. If you are having trouble reaching them, please contact the coordinator for assistance.

**Q: What about delivery?**

A: In most cases you will be expected to deliver your hamper directly to your sponsored family on a mutually agreed date (sometime between Dec. 18 and Dec. 23). If you are unable to deliver yourself, the coordinator may be able to help you. Here are some other useful hints for a smooth delivery:

- Have no more than two people deliver the hamper. **Children and teens are not to help with the delivery.** It happened one year that when a young boy and his dad delivered a hamper, the young boy's classmate answered the door. It was embarrassing and upsetting for both children and their parents. Your children can participate by helping with grocery shopping for the family and packing the hamper, instead.
- Please do not deliver hampers at night alone. Take a friend or a neighbor along!
- Empty cardboard boxes from the grocery store are the easiest way to pack all the food. Alternatively you may wish to pack the food in a laundry basket or grocery bin that the family can keep.

**I enjoyed participating in the Christmas Hamper program. Can I volunteer to do more?**

Yes. Barrhaven runs a Food Cupboard all year round. Call 613-825-4505 for more information.

Thank you.

Barrhaven Food Cupboard