

# UMSU

# Holiday Hampers



## 1) ADOPT A HAMPER

Purchase the items for either a **small hamper** (1-3 persons, about \$150-200) or **large hamper** (4-7 persons, about \$400-\$500), and compile and drop off the hamper at the UMSU office

\*Feel free to personalize your hamper with a holiday greeting card!

## 2) SPONSOR A HAMPER

*You can...*

Provide the funds to supply a small or large hamper; Small \$200 and Large \$500

*or*

Provide and compile the items for a small or large hamper and UMSU will coordinate hamper delivery to the student/family

## 3) DONATE TO A HAMPER

*You can...*

Have a donation station in your faculty to collect items for the hampers. UMSU will provide the list of needed items. After the collection period, UMSU will compile the items into a complete hamper and coordinate delivery to the recipient(s).

*or*

Collect toys for our Toy Drive!

*or*

Help collect financial donations through various means, eg. Bake sale, socials, and collecting in-kind donations from students within your faculty

We will also be collecting Toys for our Annual Toy drive as mentioned within the options listed. Along with toys, we will also gladly accept wrapping paper or gift wrapping supplies!

Feel free to email [vpa@umsu.ca](mailto:vpa@umsu.ca) for more information, or to volunteer your council!

UMSU



# Holiday Hampers



## PACKING LIST

ITEM	SMALL	LARGE
Juice 1 litre (100% fruit)	1-2	3-4
Cans of Soup (lentil, pea, vegetable)	2	4
Cans of Vegetables* (including tomatoes)	1-2	4
Jelly Powder	1-3 pkg.	4 pkg.
Cans of Fruit (packed in own juice)	1-2	3-4
Macaroni & Cheese	1-2 pkg.	5 pkg.
Pasta - Whole Grain (e.g. Spaghetti, rotini etc.)	1	2
Spaghetti Sauce	1	1
Rice (Brown, converted or parboiled)	1 pkg.	2 pkg.
Oatmeal (non-sweetened)	1 pkg.	2 pkg.
Canned Tuna (packed in water)	1-2	3-4
Peanut Butter	1	2
Beans and Tomato Sauce	1	2
Pancake Mix	1	1
Syrup	1	1
Stuffing	1 pkg.	1-2 pkg.
Jam	1	1
Cookies	1 pkg.	2 pkg.
Cake Mix	1	2
Gravy Mix	1	3
Cranberry Sauce	1 can	2 cans
Sugar	1-2 kg.	4 kg.
Tea	1 pkg.	2 pkg.
Chicken	5 lbs.	--
Turkey	--	10-13 lbs.
Potatoes	2-5 lbs.	5-10 lbs.

### Suggested Additions

milk, oranges, apples, eggs, frozen vegetables, cheese slices, cereal, coffee, nuts, chocolate/candy

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## UMSU'S ANNUAL HOLIDAY HAMPER TOY DRIVE

UMSU invites you to drop off your new or gently-used toys or financial donations at 101 UMSU University Centre for our annual holiday hamper program!



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UMSU's annual Holiday Hamper program and Toy Drive assists students and student families in need over the Holiday season with a food hamper. Last year, the program assisted over 150 students and their families.

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Thank you for your support!  
If you have any questions about the Holiday Hamper program or Toy Drive, please email [vpa@umsu.ca](mailto:vpa@umsu.ca).

