

St. Vincent DePaul Adopt a Family



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Please consider starting with the St Vincent's' hamper minimum contents:

- Turkey or Ham (with aluminum baking pan) – we suggest that you ask the family if they have room in their freezer for a turkey and if they have a pan in which to cook it when you talk to them. Some may prefer a ham.
- 4 litre (minimum) fresh milk, eggs, margarine or butter
- Bread, cereal, pancake mix, and syrup
- Sugar, oatmeal, pasta, peanut butter, and jam
- Coffee, tea, and hot chocolate
- Canned vegetables, soup, macaroni & cheese – things that kids can make
- Potatoes, carrots, onions
- Stove top stuffing, rice
- Meal in a can (pork & beans, ravioli, etc)
- Juice (liquid or powder)
- Gifts for all family members (with a focus on the children)

And may we suggest:

- Paper products (bathroom tissue, paper towels, kleenex)
- Personal care products (shampoo, soap etc)
- For babies include diapers, formula etc
- Special Christmas items such as pickles, cheese, meats, crackers, egg nog
- Snack items like chocolates, chips and dip, mandarin oranges
- Desserts, meats, baking supplies
- **When you contact your family, ask for allergies and dietary concerns, and you can get a feel for their needs**
- Does your family have a pet? Maybe include food or treats?



NOTE: Sometimes the parent(s) would like to gift wrap the presents themselves and 'pretend' that the gifts came from them or from Santa. Please have compassion and understand the place that they may be coming from and the humility & feelings they may have during this process. Each family is different and we suggest that you ask their preference ahead of time. Often most prefer that you wrap the presents so that it is a surprise for them as well on Christmas morning.

REMEMBER, you are only limited by your budget and imagination!