

Christmas Hampers

Suggestions for a family of 4

ITEM	SUGGESTED SIZE
Baked beans	2 x 420g cans
Beetroot	1 x 420-425g can
Biscuits – savoury	2 packets
Biscuits – sweet (not chocolate)	2 packets
Cake mix (or pancake mix)	1 packet & 1 bottle
Carrots (and peas)	2 x 420g cans
Cereal	2 packets
Chips	4 x 170g packets
Christmas Supplies – plates, bon bons	1 packet of each
Christmas cake	large
Christmas Pudding/s	large
Coffee (or tea or Milo)	Sachets/tea bags/can
Cordial	2 litre
Corn	1 x 420g can
Custard - long life	
Fruit juice	2 litre bottle
Fruit in juice	2 x 410g cans
Honey (or jam)	500g
Jelly crystals	2 packets
Lollies (no chocolate)	2 packets
Milk – long life	2 x 1 litre
Pasta + Bolognese sauce	1 packet+ 1 bottle
Nuts	1 packet
Rice (Fried)	1 x 250g packet
Salmon	2 x 425g cans
Sauce – Barbeque or tomato	375 - 500ml
Soft drink	2 x 1.125 litres
Spaghetti	1 x 420g can
Tuna	1 x 425g can
Vegemite	380g

Christmas Hampers

Suggestions for a family of 5

ITEM	SUGGESTED SIZE
Baked beans	2 x 420g cans
Beetroot	1 x 825g cans
Biscuits – savoury	2 packets
Biscuits – sweet (not chocolate)	2 packets
Cake mix (or pancake mix)	2 packets & 2 bottles
Carrots (and peas)	2 x 420g cans
Cereal	2 packets
Chips	5 x 170g packets
Christmas Supplies – plates, bon bons	1 packet of each
Christmas cake	large
Christmas Pudding/s	large
Coffee (or tea or Milo/Quik)	Sachets/tea bags/can
Cordial	2 litre
Corn	2 x 420g cans
Custard - long life	
Fruit juice	2 litre bottle
Fruit – canned	2 x 410g cans
Honey (or jam)	500g
Jelly crystals	2 packets
Lollies (no chocolate)	2 packets
Milk – long life	3 x 1 litre
Pasta + Bolognese sauce	1 packet+ 2 bottles
Nuts	2 packets
Rice (Fried)	2 x 250g packets
Salmon (or tuna)	3 x 425g cans
Sauce – Barbeque or tomato	375 - 500ml
Soft drink	3 x 1.25 litres
Spaghetti	2 x 300g cans
Vegemite	560g
Zooper Doopers	24 pack