



Food Hamper Guidelines

We have set out these guidelines to what you should be looking to prepare for your hamper.

You should already be aware of any special dietary requirements for the family you have been matched with, so please take this into consideration when preparing a hamper.

Remember also the size of your family. Please try to ensure that there is enough to cater for the size and make-up of the family so they have the components of a Christmas lunch.

Due to concerns over allergy and health and safety, please do not include any home baked / home-made items.

Finally, please be aware of Best Before / Use By dates.

	Family Size			
Items	2	4	6	8
Fresh meat (e.g. turkey, chicken, gammon etc.)	1 sml	1 med	1 lge	2 med
Selection of fresh veg	1	1	1	1
Gravy granules	1	1	1	1
Sponge or Christmas pudding	1	1	1	2
Custard / white sauce	1	2	2	3
Cake (Christmas, choc log, choc rolls etc.)	1	1	1	2
Chocolates or sweets	1	1	1	2
Mince pies	1	1	1	2
Savoury snacks (e.g. crisps, nuts etc.)	1	1	1	1
Coffee	1	1	1	1
Tea	1	1	1	1
Squash, UHT fruit juice or fizzy non-alcoholic drink	1	1	2	2
Chocolate biscuits	1	1	1	2
Breakfast cereal (medium)	1	1	2	2
Jam, marmalade, choc spread or	1	1	1	1

	Family Size			
Items	2	4	6	8
peanut butter				
Part baked bread	1	1	1	2
Cooking sauce	1	1	2	2
Pasta	1	1	1	2
Tinned tuna/meat	1	2	2	3
Baked beans/tinned spaghetti	1	2	3	4
Soup	1	2	3	4
Tinned veg (e.g. sweetcorn, carrots)	2	3	3	4
Handwash	1	1	1	1
Shampoo	1	1	1	1
Shower gel	1	1	1	1

Unsuitable Items

Under no circumstances is it acceptable to include any of the following:

- Alcohol
- Tobacco or related products
- Money

Our hampers are food-orientated, so please do not include any non-food gifts or other items not on the list. Also, it is very tempting and easy to get carried away. Whilst your generosity is welcome, please also be sensitive that we try to provide similar hampers to all of our recipients. We don't want any of our families to feel disappointed if they are aware of anyone else who may have received a lot more than they have!