

2023 Edmonton Base Chapels Annual Christmas Hamper Outreach

With your help, you can make a difference. Some of our Military families both Regular Force or Reserve and DND Employees, are in need this season.

Extend a helping hand; Give Hope.

Units, Sections or individuals can either **Adopt-a-Family, collect & donate food, provide gift items or all three.**

Donations can be any or a combination of the following:

- Non-perishable items in original packaging.
- New unwrapped gifts only please.
- Gift Cards (with gift receipts).
- *We regret that we cannot accept homemade items.*

** Tax receipts issued for monetary donations (upon request) with your complete name and address. **

Looking for inspiration? Ideas of food items include but not limited to:

- Juice (tetra packs all sizes)
- Pre-made and powdered Jello / Pudding
- Granola and fruit bars
- Kraft Dinner / Mac & Cheese
- Chicken, Beef, Vegetable broth
- Rice
- Hamburger Helper or Sidekicks (flavoured pasta / rice mixes)
- Tuna / Ham / Turkey / Chicken – canned
- Cereal (Cold & Hot)
- Cookies
- Gluten free items
- Jam / Nut butters
- Pancake Mix & Syrup
- Christmas items (chocolate, candy canes, etc)
- Flour – no larger than 5 Kg
- Sugar – no larger than 2 Kg
- Canned Vegetables / Brown Beans / Tomatoes / Lentils
- Canned Pasta / Stew Chili / Soups
- Soup Crackers
- Pasta Sauce – all varieties / flavours
- Pasta (all varieties)



Family Adoption/Sponsorship

Contact the Chapel office for information.

Are you in need this Christmas?

Talk to your Chaplain or contact the Chapel Office to register now!

All requests are strictly confidential.

Base Chapel Office

Tel: 780-973-4011 ext 4999

Edm.chapels@forces.gc.ca

Monday to Thursday 0800-1500 hrs

Share your blessings, share hope!

***Thank You for your support,
Your Chaplain Team!***

**Registration & Family Adoption closes
on the **4th** of December!**