

# help for hunger

## Christmas Hamper Campaign



Helping those who would otherwise go without.

**DROP OFF DATE TUESDAY 2ND DECEMBER**

**The Intimate Theatre, N13**

- 1- Sign up to create a hamper tailored towards the specific families needs.
- 2- Donate money towards a hamper and the on going work we do in the community to support the families.
- 3- Get your school or business to help raise funds, do a hamper, cake sales, own clothes day, fun runs.

**<https://portal.helpforhunger.co.uk>**

# help for hunger

## What goes in the food hamper?



Think of it as a large food shop with some tinned food meals, sanitary products, cleaning products with treats thrown in. Please note the below is a rough guide for a family of 4. Please adjust according to your family size.

### Food

- X2 tins of tuna
- x2 tins of chopped tomatoes
- x4 tins of beans
- x2 tins of soup
- x2 pots of dolmio stir in sauce
- x2 bags of pasta
- Mince pies
- multi pack of crisps
- box of heroes/celebrations
- x2 boxes cereal
- x1 jam/custard/rice pudding
- x2 tins passata
- x1 coffee
- x1 tea bags

\* if theres a baby in the family please provide age appropriate baby food.

### Cleaning/sanitary products

- x1 cleaning wet wipes
- x1 washing powder
- x1 toothpaste
- x4 toothbrushes
- x1 pack of tampons
- x1 cleaning spray
- x1 pack of toilet rolls
- ( if a baby in the family please provide nappies for the age provided)

# help for hunger

## Checklist

Food	Non food items
tinned Beans	Washing up Liquid
tinned tomatoes	Dish Cloths
tinned fruit/veg	Disinfectant Spray/Bleach
soup	Anti-bacterial wipes
Passata	Shampoo/Conditioner
Pasta/noodles	Toothbrush/Toothpaste
stir in sauce	Soap/Body Wash
crisps	Baby toiletries
jam	Nappies/wipes/cream (if applicable)
custard	washing powder/capsules
rice pudding	
cereal	
coffee	
tea bags	
hot chocolate	
baby food ( if applicable	

**You can download this list on our website or email for the link.**

# help for hunger

## Preparing your hamper

- 1- We only accept bags for life - NO CARDBOARD BOXES PLEASE
- 2- Please consider how heavy your bags get, if you cannot lift it neither can we.
- 3- Please DO NOT use VERY big bags unless these have gifts in them, they tend to tear due to weight.
- 4- CARDBOARD GIFT BAGS, although these look lovely please refrain from using them as they tend to get ruined/damp/tear upon delivering.

### Sturdy bags for life



### Thin plastic bags





# help for hunger

For a general rule, please allow one bag per person in the family  
(with an extra bag if needed)

eg. Family Dynamic: HPC1 - Mum, Dad, Boy 8 years, Girl 4 years -  
4 or 5 bags ONLY



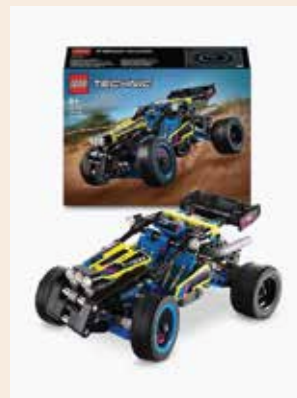
Dad



Mum



Boy 7



Girl 5



If you are collecting as a group and have lots of donations, please consider asking for an extra family or donate the items for the extra families which are nominated late.

# help for hunger

All the families we deal with live in severe deprivation. Most if not all cannot afford heating. We ask that over a gift you provide them with a hooded blanket, hats, gloves or warm socks as a gift. If you can afford a toy/gift for the children as an extra then thats wonderful but warmth comes first.



# help for hunger



**Please make sure you label your bags clearly.  
Please envisage over 5,000+ bags in the hall.**

**HPC1 - bag 1 of 5**

**HPC1 - bag 2 of 5....etc**

