



Holiday Hampers



Give Back
this **HOLIDAY SEASON**

THERE ARE 3 WAYS TO BE INVOLVED THIS HOLIDAY SEASON!

1. BUY A HAMPER

Provide the funds to supply a small, medium, or large hamper.

2. DONATE FOOD

We welcome any donations, to the collection bin in 101 UMSU University Centre.

3. DONATE TOYS

We welcome toys for UMSU's toy drive!

All hampers and donations go to help University of Manitoba students. The list of items for the hampers can be found on our website UMSU.ca.

Any questions about how to get involved can be sent to vpce@umsu.ca



Holiday Hampers



GET INVOLVED! - HAMPER DETAILS

1. BUY A HAMPER

Provide the funds to supply a small, medium, or large hamper.
UMSU will compile the items and coordinate delivery to recipients!

Small Hamper: \$200

Medium Hamper: \$350

Large Hamper: \$500

OR

Help collect financial donations through various means.
Ex. bake sale & socials from students within your faculty or constituency.

2. DONATE FOOD

Have a donation station in your faculty to collect items for a hamper. UMSU will provide a list of items.

*Bring your donations to UMSU Council Chambers on December 5 & 6.
After the collection period UMSU will compile the items into a complete hamper and coordinate delivery to the recipients.*

3. DONATE TOYS

Have a donation station in your faculty to collect toys for UMSU's toy drive!

We will gladly also accept wrapping paper or gift wrapping supplies!

Feel free to email vpce@umsu.ca for more information,
or to volunteer your council/group!



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Give Back
this **HOLIDAY SEASON**

THE UMSU HOLIDAY PROGRAM IS A GREAT WAY TO GIVE BACK THIS HOLIDAY SEASON!

How to get involved:

BUY A HAMPER

Provide the funds to supply a small, medium, or large hamper. UMSU will compile the items and coordinate delivery to recipients!

Small Hamper: \$200

Medium Hamper: \$350

Large Hamper: \$500

All sponsors will be thanked in at least 1 Social Media post for their contributions to the program.

All hampers and donations go to help University of Manitoba students. The list of items for the hampers can be found on our website UMSU.ca.

If you are interested in sponsoring a hamper this holiday season or have questions they can be sent to vpce@umsu.ca.



Holiday Hampers



Packing List for Holiday Hampers

ITEM	SMALL	MEDIUM	LARGE
Juice 1 Litre (100% Fruit)	1-2	3	5
Cans of Soup (Vegetarian)	2	3	5
Cans of Vegetables (including tomatoes)	1-2	3	4
Jelly Powder	1 pkg	2	3 pkg
Cans of Fruit (packed in own juice)	1-2	3	4
Macaroni & Cheese	1-2 pkg	3	5 pkg
Pasta - Whole Grain (eq. Spaghetti, rotini etc.)	1	3	4
Spaghetti Sauce	1	2	3
Rice (Brown, converted or parboiled)	1 pkg	2	3
Oatmeal (non-sweetened)	1 pkg	2	3
Canned Tuna (packed in water)	2	3	4
Peanut Butter	1	2	3
Beans and Tomato Sauce	1	2	4
Pancake Mix	1	1	2
Syrup	1	1	1
Stuffing	1 pkg	1	2 pkg
Jam	1	1	2
Cookies	1 pkg	1	2 pkg
Cake Mix	1	1	2
Icing Sugar	1	1	2
Gravy Mix	1	2	3
Cranberry Sauce	1 can	1	2 cans
Sugar	1 kg	2	4 kg
Tea	1 pkg	1	2 pkg
Crackers	1	2	3
Granola Bars	1 pkg	2 pkg	3 pkg
Chicken	5 lbs	--	--
Turkey	--	10-13 lbs	10-13 lbs
Potatoes	2-5 lbs	7 lbs	10 lbs

SUGGESTED ADDITIONS & ALTERNATIVES

Oil, Canned Chili/Stew, Flour, Baby Food, Cereal, Coffee, Cleaning Products



Holiday Hampers



HAMPER CONTEST PACKING LIST

ITEM = 2 POINTS

- Juice 1 Litre (100% Fruit)
- Cans of Soup (Vegetarian)
- Cans of Vegetables (including tomatoes)
- Jelly Powder
- Cans of Fruit (packed in juice)
- Macaroni & Cheese
- Whole Grain Pasta (Spaghetti, rotini etc.)
- Spaghetti Sauce
- Oatmeal (non-sweetened)
- Canned Tuna (packed in water)
- Beans and Tomato Sauce
- Pancake Mix
- Syrup
- Stuffing
- Jam
- Cookies
- Cake Mix
- Icing Sugar
- Gravy Mix
- Cranberry Sauce
- Tea
- Crackers
- Granola Bars
- Canned Chili/Stew
- Oil

ITEM = 5 POINTS

- Rice (Brown, converted or parboiled)
- Peanut Butter
- Jam
- Sugar
- Flour
- Baby Food
- Cleaning Products
- Coffee
- Shampoo
- Conditioner
- Soap
- Tooth Paste
- Cereal
- Toys

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UMSU'S ANNUAL HOLIDAY HAMPER TOY DRIVE

UMSU invites you to drop off your new or gently used toys to 101 UMSU University Centre for our annual holiday hamper program!



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UMSU's Annual Holiday Hamper program and Toy Drive assists students and student families in need over the Holiday season with a food hamper. Last, year the program assisted over 150 students and their families.

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Thank you for your support! If you have any questions about the Holiday Hamper program or Toy Drive, please email vpce@umsu.ca.

