Imagine Christmas without presents, decorations, or special food: this is a reality for many people today.

You can make a difference this year and bring a bit of sparkle into homes which have so little.

### How you can be involved

 Put together hampers of Christmas goodies which will then be distributed to those in need. The recipients will include single parents, families in temporary accommodation, people living alone with health problems, the elderly and refugees.

#### Ideas for your hamper

- It is lovely when hampers include a range of items from basics to Christmas luxuries.
   The shopping list on the next page may give you a few ideas as to what you might like to put in.
- We recommend a large, strong re-usable supermarket shopping bag which can then be decorated with a Christmas decoration.
   Alternatively, a low fruit tray (available from supermarkets) can be used and decorated with Christmas paper.
- You may wish to make:
  - ... a hamper for a family
  - ... a hamper for a single person

## Food items

It's especially lovely if some items are from the luxury range rather than the value range.

Christmas cakes Mince pies

Biscuits Chocolates & sweets

Chocolate Tree Decorations

Crisps Party Snacks

Fizzy Drinks Sparkling Fruit Juices

Soups Cereals (eg. selection packs)

Pasta Sauces
Tinned Food Fruit juices

Honey Jam

Tea and coffee Hot chocolate Cranberry jelly Stuffing mix

Please do not include alcohol, perishable or home-made items

## Household items

Luxury Soaps and Shower Gel Washing powder Washing up Liquid

#### Christmas decorations

Candles (battery) Baubles

Napkins Paper table cloth

Crackers (suggested 4)

Note: We are not able to take Toys or Toy Vouchers this year

# Please return this form with your hamper

Your name (or title of group):	
Address:	
Tel:	
Email :	

Church: