



Sponsor A Hamper Program Guidelines

Through our Sponsor-a-Hamper Program, you make a meaningful impact by giving a family in our community the means to share a special holiday meal with loved ones. Without your support, many of our families would not have an enjoyable Christmas to remember. Thank you; we could not do it without you!

HOW IT WORKS:

- 1) Register to be a sponsor by filling out and returning both the Sponsor Registration Form and the Confidentiality Agreement or by completing the online form.
- 2) If you register for the Sponsor A Hamper Program **BEFORE** Monday, November 27, 2025, you will be notified via email about the family(ies) you will be sponsoring on Monday, December 03, 2025.

If you register for the Sponsor A Hamper Program **AFTER** November 27 2025, you will be notified via email about the family(ies) you will be sponsoring **within 5 business days**.

You will receive the following information in a password protected document:

- A. Contact Name
 - B. Address
 - C. Phone Number
 - D. Number of Children; Adults and Seniors
 - E. Names; Genders; and Ages of All Children; Adults; and Seniors
- 3) We ask that you follow the Sponsor A Hamper Guidelines when sponsoring your family(ies).

If you are able to provide MORE than the Sponsor A Hamper Guidelines, please consider sponsoring an additional family for a festive hamper. The more families you help – The more Christmas spirit you share!

- 4) **Contact your family early** (we recommend by Tuesday, December 16, 2025) to arrange a mutual date and time for hamper delivery:
 - A. Identify yourself as their Sponsor for a Christmas Hamper from the Christmas Exchange Program.
 - B. Ask if they have any food restrictions/preferences.
 - C. Determine the best date and time for delivery (**sometime between December 23 2025**).

Thank you for making this Christmas a special one for Individuals & Families in need in our community!



- D. ***If you are using a cell phone to call the family***, please dial #31# before dialing the number to block caller ID. This maintains your privacy and ensures you do not receive calls directly from the family should there be any concerns. **If you need to leave a message, state that you will call back at a specific time.**
- E. ***If you are using a land line to call the family***, please dial *67 before dialing the number to block caller ID. This maintains your privacy and ensures you do not receive calls directly from the family should there be any concerns. **If you need to leave a message, state that you will call back at a specific time.**
- F. When speaking with your sponsored family(ies), please confirm the address that you will be delivering to as some families may have moved since they registered for assistance.
- G. ***If you cannot reach your sponsored family(ies) by Tuesday, December 16, 2025***, please contact the Caring and Sharing Exchange.
- H. Staff will be available **until 5PM on Tuesday, December 23, 2025** to assist with any questions or concerns.
- 5) Go shopping for your sponsored family(ies).
- 6) You can pack the food items into a cardboard box, a laundry basket, a reusable grocery bin, or grocery bags that the family can keep.
- 7) Deliver your hamper to the family. The delivery could be at a meet-up location or to the family's home depending on the comfort level of both parties. In some cases, the family may not want someone coming to their home to deliver the hamper, in which case you can arrange a mutual location for the hamper delivery.
- 8) **Please confirm with the Caring and Sharing Exchange when you've successfully delivered your hamper(s) by visiting the sponsor a hamper section of our website.**

IF THE RECIPIENT CANNOT BE REACHED OR IS NOT HOME:

- If you have tried several times to reach your sponsored family and are unable to reach them, please contact the Caring and Sharing Exchange.

Thank you for making this Christmas a special one for Individuals & Families in need in our community!



- If the sponsored family is not home when the hamper is delivered, please bring it back to your home and attempt to contact the recipient by phone. **If they are not reachable, please contact the Caring and Sharing Exchange as soon as possible to let us know that the client has not received assistance.** We will work with you to troubleshoot the situation and find a suitable resolution.

FOR YOUR SAFETY

By following these safety instructions, you can ensure a smooth and safe delivery process while providing support to those in need.

- Please consider delivery during daylight hours.
- We encourage you to have another person accompany you during the delivery, however for the comfort of the recipient we ask that only 2 people approach the door.
- When delivering your hamper(s), we encourage you to lock your vehicle.
- Please practice safe lifting, if the hamper is heavy.
- Ensure all food items are securely packaged to prevent spills or contamination.
- Verify that all food items are within their expiration dates and safe for consumption and ensure that all perishable items are kept at safe temperatures.

FOR THE COMFORT AND DIGNITY OF THE RECIPIENT(S):

- **All Client information is confidential and must be treated as such. The sponsor and any other person(s) involved with the hamper delivery or with any knowledge of the sponsored family's contact information is required to sign and return a Confidentiality Agreement before they receive the recipient's information. Once you've delivered your hamper, please delete all client information from your files.**
- No more than two people should approach the door to deliver the hamper(s)
- Please do not bring children and teens on the delivery, as there could be a possibility that the sponsored family will have children that go to the same school as them and may be recognized once they answer the door. Young children can participate in your hamper sponsorship by helping with grocery shopping for the family and putting the hamper together.

Thank you for making this Christmas a special one for Individuals & Families in need in our community!



- Please do not deliver to an individual or family that you know, have a connection with, or that lives in your immediate neighbourhood. If you do recognize the family when you receive their details, please let us know and we will provide another family for you to sponsor.
- Please recognize that many individuals and families may be facing significant challenges, such as financial hardship, health issues, or emotional stress. Please respect their privacy and boundaries while offering support.

HAMPER GUIDELINES:

- Hampers should not contain money, lottery tickets, alcoholic, or tobacco/cannabis products. Emphasis should be placed on food for the hamper.
- For liability reasons, we ask that you do not include any home baking or homemade goods.
- The total value of your hamper should be between \$85 and \$150, depending on the size of the family.

Thank you for making this Christmas a special one for Individuals & Families in need in our community!



RECOMMENDED GUIDELINES ON WHAT TO INCLUDE FOR A FESTIVE CHRISTMAS HAMPER:

SMALL HAMPER FOR FAMILY OF 1 TO 2 PEOPLE

Canned/Frozen/Fresh Green Peas or Green/Yellow Beans
Can of Cranberries
Box(es) of Stuffing
Can of Hot Chocolate or Coffee or Tea
Cookies or Other Dessert
1 lb of Butter
2 lb bag of Carrots
5 lb bag of Potatoes
2 lb bag of Onions
Loaf of Bread
1 litre of 2% Milk
Bag of Fresh Oranges or Bag of Fresh Apples or Box of Clementines
Whole Chicken
Insert Caring and Sharing Exchange Letter

MEDIUM HAMPER FOR FAMILY OF 3 TO 5 PEOPLE

Canned/Frozen/Fresh Green Peas or Green/Yellow Beans
Can of Cranberries
Box(es) of Stuffing
Can of Hot Chocolate or Coffee or Tea
Cookies OR Other Dessert
1 lb of Butter
2 lb bag of Carrots
5 lb bag of Potatoes
2 lb bag of Onions
Loaf of Bread
1 litre of 2% Milk
Bag of Fresh Oranges or Bag of Fresh Apples or Box of Clementines
12 – 16 lb Turkey
Foil Turkey Roasting Pan (if needed)
Insert Caring and Sharing Exchange Letter

Thank you for making this Christmas a special one for Individuals & Families in need in our community!



LARGE HAMPER FOR FAMILY 6 OR MORE PEOPLE
Canned/Frozen/Fresh Green Peas or Green/Yellow Beans
Can of Cranberries
Box(es) of Stuffing
Can of Hot Chocolate or Coffee or Tea
Cookies or Other Dessert
1 lb of Butter
2 lb bag of Carrots
5 lb bag of Potatoes
2 lb bag of Onions
2 Loaves of Bread
2 litres of 2% Milk
Bag of Fresh Oranges OR Bag of Fresh Apples OR Box of Clementines
16 – 20 lb Turkey
Foil Turkey Roasting Pan (if needed)
Insert Caring and Sharing Exchange Letter