

Christmas Neighbour

Senior Shopping List



Household Size: 1-2

The minimum requirements for this family size will cost approximately \$160-\$220.

**Remember to
call before
you shop!**



Gifts

A large part of the excitement of Christmas is presents! We suggest a small, thoughtful gift for each senior. Please do not feel obligated to spend more than \$40 per person.

Some seniors may request gifts for their caregivers. If you receive such a request and want to fulfill it, please do not feel obligated to spend more than \$20 on the caregiver.

Feel free to leave notes from your call below!

Notes:



Gift cards may be given for both food and gifts.



Feel free to wrap the gifts! But please give a list of everything provided to the parents.



Please make sure all gifts are new and unopened.



Christmas Meals

Please include the following items (unless otherwise specified by your matched family). Feel free to include “extras” like coffee or chocolate if it reasonably suits your budget

Ask your senior questions regarding food preferences to make shopping easier! Make notes in the spaces provided below.

Food Items	Suggested Size	Notes on Family's Preferences
Milk	2 L	
Bacon or Sausage	375g pkg	
Butter	454 g brick	
Eggs	1 dozen	
Pancake Mix	905 g pkg	
Syrup	750 ml bottle	
Real Fruit Juice	2 L	
Turkey or Ham or Roast	1-5 kg	
Mandarin Oranges	1 box/bag	
Fresh/Frozen Vegetables: carrots, onions, broccoli, corn, etc.	1 kg	
Potatoes	1.5 kg	
Gravy (Mix or Can)	1 pkg/can	
Stuffing Mix	1 pkg	
Cranberry Sauce	1 can	
Dessert	Example: 1 pie	

Additional Notes:
