

# 2021

## YVR HOLIDAY HAMPER GROCERY LIST

- ☐ 2 Cans of Soup
- ☐ 2 Cans of Vegetables
- ☐ 1 Can of Cranberry Sauce
- ☐ 1 Box of Crackers
- ☐ 1 Box of Chocolates
- ☐ 1 Box of Cookies
- ☐ 2 Cans of Fruit
- ☐ 2 Packets of Gravy
- ☐ 2 Boxes of Instant Mashed Potatoes
- ☐ 2 Boxes of Stuffing
- ☒ Chicken / Protein  
Courtesy of YVR
- ☒ Fresh Organic Produce  
Courtesy of Stable Harvest Farms
- ☒ Quest Gift Certificate  
Courtesy of Quest Outreach donors



**QUEST** | food  
exchange