

Morinville Adopt A Family – Adopting A Family Guide 2022

First off, we'd like to say THANK YOU for your impactful decision this holiday season! Once we have matched you with a family, you will probably be thinking, "Okay, I've adopted an entire family, now what?!" We are hopeful this sheet will guide you through the process.

Our organization strives to cover the entire event for our families, from stockings to meals and all the magical stuff in-between. Please only cover what you are able and let us know if we can contribute to the areas you cannot cover. (*We've included a handy shopping guide on page 2 of this document to help with the household shopping.*)

Things you should know about gifts:

- We gather the information from the family you will need for purchasing the family's gifts.
- Please include the parents, it doesn't have to be big.
- We recommend a \$50 per/person limit (unless your budget allows for more)

Here is what a typical full hamper includes:

- Breakfast, snacks and dinner for Christmas day
- Fresh grocery gift card for Sobeys or No Frills (for milk, eggs, fresh produce, ect.)
- Food Hamper- pantry filler for up to one week
- Gifts for the entire family (Parents too)

Extras you can add if able:

- Laundry soap, cleaning supplies and toiletries are always a welcome addition
- Stocking filler is optional as well

If you have decided to deliver your Christmas blessing, please let us know it has happened and share some highlights. If we are delivering on your behalf, we can do the same for you. If you have questions or would just like to touch base, please connect with us.

Thank you again for making this Christmas a magical experience for a local family!

Love and Blessings,

Morinville Adopt a Family

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[Website: www.morinvilleadoptafamily.com](http://www.morinvilleadoptafamily.com)

Facebook: MMM's Adopt A Family



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Adopt A Family Shopping Guide

Breakfast Contents:

- Pancake Batter
- Syrup
- Cereal – boxed / oatmeal

Dinner Contents:

- Turkey or Ham
- Canned or Frozen Veggies
- Stove Top stuffing
- Gravy mixes
- Instant mashed potatoes
- Cranberry Sauce
- Dessert – cake, chocolates, etc....

Pantry Filler Ideas:

- 2 box dry pasta
- 2 can pasta sauce
- 4 macaroni & cheese
- 4 cans regular soup & 2 cans hearty soup/stew
- 2-3 boxes of crackers
- 2-4 tins tuna/salmon
- 1 jar fruit jam
- 1 peanut butter
- 4 cans vegetables
- 2-3 boxes granola bars/ fruit cups/snacks
- Hot chocolate / juice crystals
- Cookies & treats

Toiletry & Household basics:

- Laundry Detergent, Dryer Sheets, Dish Soap
- Toilet Paper, Paper Towel, Kleenex
- Shampoo & Conditioner
- Body wash / Soap / Lotion
- Toothpaste and Toothbrushes
- Deodorant
- Razors

*Please keep in mind these food basics are recommended for a family of 4 for 1 week. Adjust your purchase amounts accordingly, especially if you have adopted a larger family. Fresh produce/foods are not included in this list but can be included at your discretion. We like to include a grocery gift card, so they can shop for their fresh food preference.