help for hunger

Registered Charity Number 1215274

CHRISTMAS HAMPER CAMPAIGN 2026

Helping families across north London.

THREE WAYS TO HELP

1. **Make a hamper.** Sign up and we'll match you with a family, so you can tailor it to their needs.
2. **Donate money** towards a hamper and the ongoing work we do to support families in our community.
3. **Get your school or business involved:** build a hamper together, or fundraise with cake sales, own-clothes days or fun runs.

SIGN UP FOR A FAMILY
portal.helpforhunger.co.uk

SCAN TO DONATE

DROP OFF
Tuesday 1st December
Between 9.30am and 7pm

WHERE
The Intimate Theatre, N13

CONTACT
info@helpforhunger.co.uk
www.helpforhunger.co.uk

What goes in the food hamper?

Think of it as a big food shop: some tinned meals, sanitary and cleaning products, with a few treats thrown in. The list below is a rough guide for a family of four, so please adjust it to your family's size.

Food

×2	Tins of tuna
×2	Tins of chopped tomatoes
×4	Tins of beans
×2	Tins of soup
×2	Pots of stir-in pasta sauce
×2	Bags of pasta
×2	Tins of passata
×2	Boxes of cereal
×1	Jam, custard or rice pudding
×1	Coffee
×1	Tea bags
+	Mince pies, multipack of crisps, tub of chocolates

Cleaning & sanitary

×1	Cleaning wet wipes
×1	Washing powder
×1	Toothpaste
×4	Toothbrushes
×1	Pack of tampons
×1	Cleaning spray
×1	Pack of toilet rolls

! **Baby in the family?** Please add age-appropriate baby food, and nappies in the size for the age given.

Shopping checklist

Tick items off as you go.

FOOD	NON-FOOD ITEMS
☐ Tinned beans	☐ Washing-up liquid
☐ Tinned tomatoes	☐ Dish cloths
☐ Tinned fruit / veg	☐ Disinfectant spray / bleach
☐ Soup	☐ Anti-bacterial wipes
☐ Passata	☐ Shampoo / conditioner
☐ Pasta / noodles	☐ Toothbrush / toothpaste
☐ Stir-in sauce	☐ Soap / body wash
☐ Crisps	☐ Washing powder / capsules
☐ Jam	☐ Baby toiletries (if applicable)
☐ Custard	☐ Nappies / wipes / cream (if applicable)
☐ Rice pudding	
☐ Cereal	
☐ Coffee	
☐ Tea bags	
☐ Hot chocolate	
☐ Baby food (if applicable)	

You can download this list on our website, or email info@helpforhunger.co.uk for the link.

Preparing your hamper

1. **We only accept bags for life.** No cardboard boxes, please.
2. **Think about weight.** If you can't lift a bag, neither can we.
3. **Avoid very big bags** unless they only hold gifts. They tend to tear under the weight.
4. **Please don't use cardboard gift bags.** They look lovely, but they get damp, ruined or torn on delivery.

Sturdy bags for life

Thin plastic bags

One bag per person

As a general rule, allow one bag per person in the family, plus an extra bag if you need it.

Example family PGS007: Mum, Dad, boy (8), girl (4) → 4 or 5 bags only

A warm gift for each person

Dad

Mum

Boy, 8

Girl, 4

Collecting as a group with lots of donations? Please consider asking for an extra family, or donate the extra items for families who are nominated late.

Warmth comes first

All the families we support live in severe deprivation, and most, if not all, can't afford heating. Instead of a gift, we ask that you give something warm: a blanket, a hooded blanket, hats, gloves or warm socks. If you can afford a toy or gift for the children as an extra, that's wonderful.

Hooded blankets (adult)

Hooded blankets (child)

Hats, gloves & scarves

Thermal socks

Blankets

A thick fleece or sherpa throw is one of the most useful things you can give. It keeps a whole family warm on the sofa without the heating on. Single or double size is ideal.

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Label every bag clearly

Picture more than 5,000 bags in the hall. A clear label on every bag, with the family code and QR code, is how your hamper reaches the right family.

PGS007

Bag 1 of 5

PGS	007	1 of 5	QR
school code	family number	bag + total	for scanning

PGS007 – bag 1 of 5
PGS007 – bag 2 of 5
...and so on.

Use the exact family code you were given when you signed up on the portal. It starts with your school or group's letters. Make sure every bag has the code, the bag number and the QR code on it.

! **Top tip: always attach your labels with a stapler.** Stapled labels stay put. Tape and sticky labels can peel off when bags are moved around the hall.

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