**Five things that make a huge difference in a hamper**

* Money (Online donations, cheques to Vancouver Technical, or cash) – We can use this to top up hampers, add fresh produce, and put a gift card from Superstore into the hamper.
  + Online donations of $20 or more will get a tax receipt from the district.
  + Link for online donation (make sure to choose “S-Vancouver Technical” and include in the message button that you’d like it to go to “Holiday Hampers”: <https://vsb.schoolcashonline.com/Fee/Details/1869/196/false/true>
* Pasta – Carbs are crucial to having energy
* Chilis/Lentils – Long lasting protein for kids at school
* Soap/Shampoo/etc. – Often overlooked in a hamper
* Snacks for lunches – Energy for afternoon classes

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