



## Okanagan Boys & Girls Clubs

Osoyoos • Oliver • Penticton • Summerland • Peachland • West Kelowna • Kelowna • Lake Country • Vernon • Armstrong • Enderby

### Okanagan Boys and Girls Clubs Adopt a Family over the Holidays

*Your chance is here to “Make a Difference” to a Family in the Okanagan!*

The Okanagan Boys and Girls Clubs “Adopt-A-Family” program matches families and young people with businesses, organizations, schools, service groups and individuals. Our families/youth are current members of the Okanagan Boys and Girls Clubs and are identified as needing support at this time of year.

Although many families quietly try to manage to make ends meet throughout the course of the year many are not able to. The holidays are a particularly difficult time for those families and young people.

Over the past 11 years, sponsors have assembled food and gift hampers for families, who due to a variety of circumstances were unable to give their family the food and gifts they would like to ensure their families experienced the joy of the season like others around them.

Last year we had over 80 families in the Okanagan who were in need of our support and we anticipate needing to match as many families this year.

The Okanagan Boys and Girls Clubs Adopt a Family sponsors are encouraged to take on the responsibility of providing a breakfast, lunch and dinner and gifts for the family they are matched with.

Included are some Adopt a Family guidelines as well as an application form should you decide to participate this year.

We hope you will consider “Adopting a Family” this holiday season and help make a family in our community have a little brighter holiday. Thank you for bringing joy in a time of need. If you have any questions or concerns, please contact us.

Richelle Leckey

Okanagan Boys and Girls Clubs

Tel: 250-762-3914; Email: [rleckey@obgc.ca](mailto:rleckey@obgc.ca)



## Okanagan Boys and Girls Clubs Adopt a Family Program

In order to assist "Adopt a Family" Sponsors to provide the best possible outcomes of their sponsorship, we are including guidelines and suggestions for hampers.

### Guidelines for the Sponsor:

- 1) Determine size of family you prefer to sponsor.
- 2) Contact the family as soon as possible to ask the children's interests and preferences that are within reason. Ensure you find out if there are any dietary issues. Sponsored families look forward to hearing from their sponsor.
- 3) We are happy to work with you to find out the family's needs and communicate those with you if you prefer not to contact them directly.
- 4) Food hamper should contain three meals (breakfast, lunch and dinner as well as gifts for the children if possible.
- 5) Purchase the hamper items and assemble. You can be as fancy or as basic as you like. (We have had people use plastic reusable storage bins as the hamper for families to be able to use in the future. If you wrap gifts please indicate who the gift is for.)
- 6) It is also possible to purchase gift cards for families so they are empowered to make their own selections of food and needs.
- 7) Arrange a delivery date/time with the family. Delivery should be no later than December 21, unless otherwise arranged with the family.
- 8) Contact the Okanagan Boys and Girl Clubs through email when the hamper has been delivered.

### **Meal suggestions** (\*\*ask family about food allergies\*\*)

#### **Breakfast**

Eggs  
Bread  
Margarine/butter  
Fresh fruit/juice  
Canned fruit  
Coffee/tea  
Cereal  
Pancake mix/syrup  
Jams/jellies

#### **Lunch**

Dried fruit  
Cheese  
Soup  
Canned tuna/salmon  
Boxed juice  
Lunch meats  
Pasta  
Crackers  
Canned beans

#### **Dinner**

Turkey or ham  
Stuffing mix  
Canned vegetables  
Fresh vegetables  
Potatoes  
Rice  
Cranberry sauce  
Buns  
Dessert (pie)

### **KEEP MEAT FROZEN UNTIL DELIVERY**

#### **Other ideas:**

- Christmas snacks such as cookies, candies, chips, popcorn, nuts.
- Other practical items may be included based on family: diapers, baby wipes, toilet paper, paper towels, detergents, soaps, tinfoil, toothpaste, toothbrushes and pet food.
- Clothing; Hats, mittens, socks
- Books and educational supplies are always a great addition as well as gift certificates to outings such as bowling, the movies, and swimming.



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### Okanagan Boys and Girls Clubs “Adopt a Family” over the Holidays

#### Sponsor Application form

*Our program matches families in need with generous businesses, schools, service clubs and individuals. Sponsors take on the responsibility of providing breakfast, lunch, and dinner for the sponsored family as well as gifts for each of the children. In addition, we suggest sponsors consider providing basic essentials the family may also need.*

**PLEASE FILL OUT AND EMAIL or SCAN THIS FORM TO: [rleckey@obgc.ca](mailto:rleckey@obgc.ca)**

Name of company, organization or individual \_\_\_\_\_  
Contact person: (first/last name) \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_  
Work: \_\_\_\_\_ Cell: \_\_\_\_\_ Fax: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Size of the family you are interested in sponsoring  
 1 Young Person (\$100)  Small family 2-3 people (\$250)  Medium Family 4-6 people (\$350)  Large family 7+ people (\$500)

Would you like to sponsor more than one family?  YES  NO - If YES, how many? \_

Special Requests:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*We will be in contact with you no later than November 23, 2018 to ensure we have matched you appropriately with a family.*

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Contact for more information:

Richelle Leckey, Okanagan Boys and Girls Clubs

Tel: 250-762-3914

Email: [rleckey@obgc.ca](mailto:rleckey@obgc.ca)

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