



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

BGC Okanagan - Adopt a Family over the Holidays

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

BGC Okanagan’s “Adopt-A-Family” program matches families and young people with businesses, organizations, schools, service groups and individual sponsors. Our families/youth are current members of our programs and services and are identified as needing support at this time of year.

Over the past 16 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. This year we are encouraging donors to consider making a monetary donation or donate gift cards so we can keep families and youth safe through COVID 19 challenges, while ensuring they have the means to provide food and basic needs for their families.



If you would like to Adopt a Family or Youth please:

1. Donate at www.bgco.ca/donate click on "2023 Adopt a Family". All donations will be used to provide e-cards which empowers and allows youth and families to purchase food and small gifts to make their holidays a little more joy-filled. This ensure both our donors and sponsors are safe during these challenging times. OR....
2. Create a generic hamper according to the size of the youth/family they would like to support and coordinate with the Adopt a Family staff to have them deliver the hamper to the youth or family. OR....
3. Build a hamper for a specific family/youth you are matched with including a breakfast, lunch, dinner, treats and gifts for the family/youth and deliver the hamper in a COVID safe way (masks, physically distant, hands sanitized, outside of the home).

Please complete the attached form and return to adoptafamily@bgco.ca. 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

Richelle Leckey
Community Engagement Coordinator, BGC Okanagan
Email: adoptafamily@bgco.ca



BGC Okanagan - Adopt a Family Program

If you are choosing to donate a hamper this is information for you. Otherwise feel free to make a monetary donation at www.bgco.ca/donate – click "2023 Adopt a Family".

To assist "Adopt a Family" Sponsors, we are including guidelines and suggestions for those choosing to be matched with families and providing hampers.

Guidelines for the Sponsor:

- 1) Determine size of family you prefer to sponsor.
- 2) Submit application form by **November 23rd, 2023**
- 3) You will be contacted by **November 27th, 2023** with the family contact
- 4) 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.
- 5) If you would like to stay anonymous we can find out the family's needs and inform you.
- 6) 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.)
- 7) Food hamper should contain three meals (breakfast, lunch and dinner as well as gifts for the children if possible.)
- 8) It is also possible to purchase gift cards for families, so they are empowered to make their own selections of food and needs especially the perishable items.
- 9) Arrange a delivery date/time with the family. Delivery should be no later than **December 18th, 2023**, unless otherwise arranged with the family.
- 10) Contact the Adopt a Family staff by adoptafamily@bgco.ca when the hamper has been delivered.

Meal suggestions (ask family about food allergies)

Breakfast

Jams
Bread*
Pancake mix/syrup
Fresh fruit*
Granola bars
Juice*
Canned fruit
Coffee/tea/milk*
Cereal

Lunch

Dried fruit
Canned Beans
Soup
Canned tuna
Salmon
Boxed Juice
Lunch Meats
Pasta
Crackers

Dinner

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

***GIFT CARD FOR PERISHABLES** (Milk, fruit, cheese, eggs, vegetables, etc.)

****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
- Gift certificates to outings such as bowling, the movies, and swimming.



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BGCO Okanagan- “Adopt a Family” over the Holidays

Sponsor Application form required if you are choosing to donate a hamper (Due November 20, 2023) all monetary donations can be made at www.bgco.ca/donate - click "2023 Adopt a Family"

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: adoptfamily@bgco.ca

Name of company, organization or individual _____
Contact person: (first/last name) _____
Email _____
Cell _____ Work _____
Home _____ Other _____
Street _____
Address _____
City _____ Postal Code _____

Size of the family you are interested in sponsoring with *suggested* hamper value.

1 Young Person (\$150) Small family 2-3 people (\$300)
 Medium Family 4-6 people (\$500) Large family 7+ people (\$800)

Would you like to sponsor more than one family? YES. If YES, how many? _____ NO

Special Requests: _____

We will be in contact with you no later than **November 27th, 2023** to ensure we have matched you appropriately with a family.

Contact for more information:
Richelle Leckey,
BGC Okanagan
Email: adoptfamily@bgco.ca

