How to request a hamper

If you need a hamper, please contact one of the following by phone or in person before the second week of November:

- **Cathedral of the Holy Trinity**: 418 692-2193
- **CEGEP Champlain - St. Lawrence:** 418 656-6921, ext. 4269
- **Chalmers-Wesley United Church**: 418 692-2640
- **EQLC**: 418 654-0537, ext. 2852
- **Jeffery Hale Community Services**: If you are a client of Community Services, talk to your health or social services worker (nurse, social worker, occupational therapist, etc.)
- **Quebec City Reading Council**: 418 681 1258
- **Quebec Baptist Church**: 418 523-0663
- **St. Andrew's Presbyterian Church**: 418 456-8113
- **St. Patrick's Catholic Church**: 418 524-3544
- **Schools of the CQSB** in the Greater Québec City region: Contact the administrative staff of your child's school
- **SSEN**: 581 500-3754
- **VEQ**: 418 683-2366, ext. 221

What you can expect after registering

Your contact person will give your name and address to Jeffery Hale Community Partners (JH Partners), a registered charity. They coordinate the central registry for the campaign.

This is a confidential service.

JH Partners checks names and addresses for duplicates. They will send you a letter to confirm your address and remind you to be at home on delivery day. A team of volunteers will bring your hamper to your home, and you must be there to receive it. If not, it will be returned.

What you can expect in your hamper

A hamper is made up of at least three boxes of food, depending on the size of your household and the donations we receive, plus a bag of potatoes, frozen meat and a turkey.

For help during the rest of the year

Here are some resources that can offer support:

- Call Jeffery Hale Community Services to talk to an intake social worker at 418-684-5333, ext. 11805. (There may be a wait list)
- Visit the Job Bank at veq.ca. Ask them for help with your income tax returns to get any benefits and credits to which you may be entitled.
- Consult 211.ca for referrals to other local helping agencies (food banks, etc.)

Aussi disponible en français

October 2026

GIVE TO THE CAMPAIGN
HELP DELIVER SOME
GOODNESS

Give food ❄ Give money ❄ Give time

❄ Request a hamper ❄

We hope you will join us in embracing the spirit of giving!

About the Hamper Campaign

Since 1995, the English-speaking community of Québec City has united in an annual Christmas hamper campaign that embodies compassion, empathy and goodwill:

- Cathedral of the Holy Trinity
- CEGEP Champlain - St. Lawrence
- Central Quebec School Board
- Chalmers-Wesley United Church
- Eastern Quebec Learning Centre (EQLC)
- Fraser Recovery Program
- Jeffery Hale Community Services
- JH Partners
- Morrin Centre
- Quebec Baptist Church
- Quebec City Reading Council (QCRC)
- Saint Brigid's Home
- South Shore English Network (SSEN)
- St. Andrew's Presbyterian Church
- St. Michael's Anglican Church
- St. Patrick's Catholic Church
- Voice of English-speaking Québec (VEQ)

Your donations of money, food and volunteer time bring hope to those struggling to make ends meet. Please help us to help families put food on the table and experience the joy of the holiday season.

How to give money

Scan the QR code to donate online, or visit qchampers.ca

You can also mail a cheque made out to The Quebec City English-speaking Community Foundation to this mailing address:

The Quebec City English-speaking Community Foundation
c/o 2000-1270 chemin Sainte-Foy
Québec QC G1S 2M4

How to give food

We encourage you to drop off non-perishable food at most churches, schools and other organizations in the English-speaking community.

Visit **qchampers.ca** to see a map of all the collection sites and a wish list of food items that are most needed.

How to give of your time

If you would like to volunteer for the campaign, please:

- visit qchampers.ca
- or sign up right away by scanning the QR code

How to reach us

qchampers.ca

give@qchampers.ca

581-705-2205

@qchampers.ca