

# Share our abundance & harvest.....



## ...Donate a 'Fall Feast Bag'

Organized by Friends of the North - Misiway

Last year over 3,000 pounds of food was sent.

"My grandkids loved shopping for this project; we had lots of discussions."

"This was an educational process for my wife and I." "I was a recipient many years ago, now it's my turn to give."

For more information, confirmation, delivery or pick-up, please contact:

Doris Thomas: thomasd@cogeco.ca  
613 548 8679

Irene Clarke: diclarke1969@gmail.com  
905 344 7343

L. Tucker: lindatuckeryoga@gmail.com  
613 634 0497

We will gladly supply bags for packaging.

**Donations gratefully accepted  
September, October, November 2017.**

Suggested shopping list to supply a Feast Bag:

- \*peanut butter
- \*canned fish or meat
- \*instant potatoes, ketchup
- \*gravy packet
- \*pasta/pasta sauce
- \*cereal/oatmeal/packets
- \*juice crystals or juice boxes
- \*powdered milk
- \*pudding/jello
- \*dried, canned fruit/fruit cups
- \*rice
- \*canned vegetables
- \*packaged or canned soup
- \*coffee, tea

You may choose to add treats, small gift or a personal note. For shipping reasons we cannot accept glass or perishable food. Each bag cannot exceed 25 pounds.

Thank you from our friends in Moose Factory and beyond.