

ashgrove baptist church

EMERGENCY FOOD ROSTER – July 2008 to February 2009



Date	Name
July 6	Pat Taylor, Gail de Jong
13	Greg Moor, Carolyn Moor
20	Carol MacPherson, Grant Ryan
27	Alice Sippell, Fran Liston
August 3	Eva Thomas, Tavia Seymour
10	Emil Mrakota, Karen Hodge
17	Jenny Thomas, Lisa Stay
24	Ann-Janette Reinhardt, Aida Youssef
31	Helen Murchie, Brenda Hook
September 7	Nicole Hargreaves, Eric Taylor
14	Julie Donnan, Barbara Rouillon
21	Ian Patterson, Cathy Ridings
28	Audrey Sheffield, Jill Walker
October 5	Liz Forshaw, Alison Kay
12	Mandy Colen, Tania Sansbury
19	Valerie Hill, Miranda Reid
26	Pat Taylor, Gail de Jong
November 2	Greg Moor, Carolyn Moor
9	Carol MacPherson, Grant Ryan
16	Alice Sippell, Fran Liston
23	Eva Thomas, Tavia Seymour
30	Emil Mrakota, Karen Hodge
December 7	Jenny Thomas, Lisa Stay
14	Ann-Janette Reinhardt, Aida Youssef
21	Helen Murchie, Brenda Hook
28	Nicole Hargreaves, Eric Taylor
January 4	Julia Donnan, Barbara Rouillon
11	Ian Patterson, Cathy Ridings
18	Audrey Sheffield, Jill Walker
25	Liz Forshaw, Alison Kay
February 1	Mandy Colen, Tania Sansbury
8	Valerie Hill, Miranda Reid
15	Pat Taylor, Gail de Jong
22	Greg Moor, Carolyn Moor

INSTRUCTIONS

- Containers are to be found on the top of the freezer in the kitchen. Take 1 large or 2 small.
- Fill containers and indicate the meal and date on the lid of the container.
- Fill in the details in the “Food In” column of the emergency food book (located on the top of the freezer).

Happy cooking!

Beth Nickerson

