

Mackenzie Mountain

mms.sahtudec.ca

867-587-2286

December 2017

Principal's Message

Dear Parents and Guardians,

As we approach Christmas break and we are all busy getting ready for the concert and celebrations, I'd sincerely like to thank you for your continued support. Just like this magical season, our school is a magical place with the very best students!

This holiday season, keep your loved ones close and cherish the moments rather than the possessions. The true meaning of Christmas, which can sometimes be hidden beneath layers of commercialism, is presence rather than presents. It is my sincere hope that your holiday season is relaxing and safe and I know that 2018 will bring lots of joy and continued success at Mackenzie Mountain School.

Don't forget our EPIC Christmas concert is on Thursday, December 14th at 6pm and our Grad Christmas Lunch is on Wednesday, December 20th at noon.

Merry Christmas and Happy New Year from the Staff at Mackenzie Mountain School! See you in 2018, Grizzlies!

Michael Duclos
Principal

(Not Element the Elf, he's my cousin from the North Pole!)

Recess & Supervision

JK to Grade 7 go outside for two recesses each day whenever possible. Please ensure that your child is dressed for the weather and the season.

The MMS staff begins supervision at 8:15 am and 1:05 pm. Students who are sent to school before those times are unsupervised. As such, we ask parents to not send their children back until shortly before the bell rings.

Upcoming Dates

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December 14	Christmas Concert
December 15	No School (STIP)
December 19	MMS Food Bank 6-8 pm in the foyer
December 20	Christmas Dinner Assembly
January 22-25	Exam Week
December 21 – January 7	Christmas Break
February 19 – 23	No School
March 23 – April 8	Spring Break

Our Mission is to promote life long learning for students and staff in a safe, supportive, and respectful environment that builds cooperative relationships and appreciates cultural diversity.

Reminders

If your child will be absent for any reason, please contact the office to let us know when they are expected to return.

All students who arrive after the 8:30 bell and / or the 1:10 bell must use the gym entrance and get a late slip from the office.

Birthdays

A happy December birthday to the following students:

Elyssia, Tyler-James, Harish, Destiny, Avaya, Hilah, JohnRyan, Marilyn, Madison, James.

Extra Curricular

An extra curricular list is attached. Please check for event end dates for the Christmas break season.

Grad 2018



Food Bank

MMS will be hosting a Food bank December 19th in the foyer from 6 – 8 pm.

Additions



Matthew Baetz and Christine Turner welcomed Maddox to their family in November. We look forward to their return to Norman Wells and MMS.

Mom's Pantry

Attached you will see an order form for the Mom's Pantry fundraiser that MMS Girls Soccer is doing.

Assembly

We held our November assembly on the 23rd. The Grizzly of the Month was for Science. Congratulations to our Grizzlies!

JK Sarah Gant
3 William Gant
7 Daphnee Smith

SK Ed Hodgson
4 Arden Gaudet
8 Kendra Scott

1 George Wever
5 Tyson Williams
9 Ava Pope

2 Breyah McPherson
6 Katherine Caidler
SH Sharleen Boyle

Our next assembly will be December 20. Everyone is welcome, parents of Grizzly winners will receive a phone call.

Science Fair

We held our annual Science Fair November 29. Thank you to all the families who helped their students with the great projects that were presented. Thank you to our judges: Renee Closs, Mike Dominski, Dave McKenzie, Bruce Morgan, Wanda Quigg, Jennie Vandermeer, Brit Wever, and Daniel Williams

- Grade 3 – 6**
- 1st Preston Manuel : Balloon Lift Off
 - 2nd Ben Small : Lemon Battery
 - 3rd Owen McFarlane / Kylar Chernesky: What Bridge Design can Support the Most Weight?
 - HM Amara Wheeler / Maggie Wheeler : Which Candle Makes Scents?
- Grade 7 – 9**
- 1st Maggie Hodgson : Growing Daphnia
 - 2nd Tamara Chisholm : Otolith Removal, Aging Fish
 - 3rd James Gant : Does Chewing Gum Make you Smarter?
 - HM Ava Pope : Beet Juice Wonders
 - HM Haley Cassie :Glow in the Dark Bouncy Eggs?
- Grade 10-12**
- 1st JohnRex Lagare : Effects of Cigarette Smoke
 - 2nd Danielle Pike : Which Flame is the Hottest?
 - 3rd Brent Duncan : Burning Calories
 - HM Brenden Bremner : Can Anyone Learn How to Code in Less Than a Week?

Congratulations to John Rex, Maggie & Tamara who are invited to the Sahtu Science Fair in Tulita on December 12.

2017 - 2018
Extra Curricular List
December

Activity	Grades	Location	Time	Coordinator(s)	Christmas Pause	Restart
Monday						
Breakfast Club	JK - 12	Foyer	8:00 - 8:25	Ms. Trohak	No Pause	No Pause
Writers Workshop	1 - 3	Room 103	lunch	Ms Avery	December	08-Jan
Choir	3 - 8	Room 102	lunch	Ms Lagare	No Pause	08-Jan
Active After School	JK - 3	Gym	3:35 - 4:30	various teachers	December	08-Jan
Tuesday						
Sr Boys Basketball		Gym	7:30 - 8:15	Ms Paige	December	09-Jan
Breakfast Club	JK - 12	Foyer	8:00 - 8:25	Ms Trohak	No Pause	No Pause
Course Club	3 - 8	Room	lunch	Ms Martins	No Pause	09-Jan
Library Lunch Program	JK - SK	***	lunch	Ms Lagare	No Pause	No Pause
Art Club		Foyer	3:35 - 4:30	Mr. McGregor	December	09-Jan
Jr Basketball	5 - 8	Gym	3:35 - 4:45	JP Bernard / Mr Milligan	December	09-Jan
Girls Soccer	9 - 12	Gym	5:00 - 6:00			
Wednesday						
Breakfast Club	JK - 12	Foyer	8:00 - 8:25	Ms Martins	No Pause	No Pause
Library Lunch Program	1 - 2	***	lunch	Ms Lagare	No Pause	No Pause
Handgames		A1 C Room	lunch	Mrs Grandjean		
Guitar Club	5 - 8	French Room	lunch	Mr McGregor / Ms Hanlon	13-Dec	10-Jan
Drama	5 - 12	Science Lab	3:35 - 4:30	Mr Duclos	Concert	TBA
Sr Boys Basketball		Gym	3:35 - 5:00	Ms Paige	December	10-Jan
Track	3 - 12	Gym	5:00-6:00	Harry Cassie	December	January
Thursday						
Sr Boys Basketball		Gym	7:30 - 8:15	Ms Paige	December	11-Jan
Breakfast Club	JK - 12	Foyer	8:00 - 8:25	Ms Brown	No Pause	No Pause
Rainbow United GSA	8 - 12	Room 104	lunch	Ms Kelly	14-Dec	11-Jan
Math Prodigy Club	2 +	Room 141	lunch	Mrs Bourque	14-Dec	11-Jan
Library Lunch Program	3 - 4	***	lunch	Ms Lagare	No Pause	No Pause
AV Club	6 - 12	Room 145	3:35 - 4:30	Mr Eike	December	11-Jan
Girls Soccer	9 - 12	Gym	3:35 - 5:00	JP Bernard / Mr Milligan	December	started
Friday						
Breakfast Club	JK - 12	Foyer	8:00 - 8:25	various teachers	No Pause	No Pause
Library Lunch Program	5 - 6	***	lunch	Ms Lagare	No Pause	No Pause
Guitar Club	5 - 8	French Room	lunch	Mr McGregor / Ms Hanlon	08-Dec	12-Jan
Drama	5 - 12	Science Lab	3:35 - 4:30	Mr Duclos	Concert	TBA
Sr Boys Basketball		Gym	3:35 - 5:00	Ms Paige	December	12-Jan
Track	3 - 12	Gym	3:00 - 6:00	Harry Cassie	December	TBA
Friday Night Sports	2 - 12	Gym	7:00 - 9:00	Town	December	12-Jan

* All students should arrive for extra curricular with their lunch and / or plans for rides home after.
The gym is closed for December.
Some activities close down for Christmas Break. Please check each group for dates.



MMS Festive Food Bank



Goal: We hope to give out full meals for community members that need a bit of extra help during the holiday season.

When: Drop by the school foyer from 6-8pm on December 19th to pick up food. Take the food home to cook and enjoy with friends and family 😊

Want to help? We will be asking organizations to donate full meals for the event. You can also drop off any donations to the school. We will also accept cash donations if you are too busy to do the shopping during the holiday season. An easy way to donate is to bring an item to our Christmas Concert on December 14th.



Mom's Pantry

• CANADA'S FUNDRAISING SPECIALISTS •

3241 St. Mary's Road, Winnipeg, Manitoba, R2N 4B4
(800) 350-MOMS (6667) • info@momspantry.ca • momspantry.ca
facebook.com/momspantry @MomsPantry



FEATURING

JIM & LEONIE

Mom's Pantry Brand Ambassadors
Find their favourite products, inside!



QUALITY FOOD & BAKING PRODUCTS
CLASSIC FUNDRAISING ORDER FORM

WE ARE RAISING FUNDS FOR:

**MACKENZIE MOUNTAIN
GIRL'S SOCCER**

THANK YOU FOR SUPPORTING OUR FUNDRAISING DRIVE



NEW WEBSITE UPDATE!

For a complete list of ingredients, nutritional information, and high quality product photos, please visit our website at momspantry.ca



NEW EASY ONLINE ORDERING!

Simply add items to your cart, and check out using the numbers below!

ORDER NUMBER:
255498

GROUP PASSCODE:
29321

Important - Please complete all fields - Please print clearly

SELLER #

Mom's Pantry office use only.

BUYER

last name

first name

daytime phone number

SELLER

last name

first name

daytime phone number

PAYMENT INFORMATION:

GRAND TOTAL \$

TOTAL NUMBER OF ITEMS ORDERED:

Taxes already included where applicable
GST 103406435

PAYMENT METHOD:

- Cash
 Cheque
 Credit Card



DO NOT WRITE YOUR CREDIT CARD
NUMBER ON THIS FORM.
See below for instructions.**

AUTHORIZATION #

* Please make cheques payable to your group or organization.

** For confidentiality, please call our office at 1 800 350-MOMS (6667) when paying with a credit card. We will provide you with your authorization number to enter on this form. You must still complete the order form and return it to your seller. If you are ordering online, do not submit this form.

♻️ Please recycle unused forms.

Forms expire: 31 December 2017

QTY CODE PRICE TOTAL

30% MOM'S OWN GOURMET RUBS & MARINADES

Rub directly onto meat, or try mixing a few tablespoons of seasoning with 1/4 cup lemon juice and 1/4 cup olive oil. Use as a marinade, or brush onto steaks, pork chops, ribs, chicken, or shrimp skewers.

___ 0101	Greek (150 g)	\$ 8.90
___ 0103	Honey Lime Chipotle (140 g)	\$ 7.90
___ 0104	Souvlaki (70 g)	\$ 7.90
___ 0107	Turkey Rub (85 g)	\$ 7.90
The perfect way to season your favourite holiday bird! Mix 1 to 2 (tsp) with half a cup of melted butter, and baste.		
___ 0108	Mango Chipotle (140 g)	\$ 8.90
___ 0111	Mango Habanero (140 g)	\$ 8.90
___ 0109	Whiskey Flavour Steak Rub (150 g)	\$ 8.90
___ 0110	Kansas City Rib Rub (130 g)	\$ 8.90

30% MOM'S OWN BLENDS & SEASONINGS

Mom's Own Blends & Seasonings are sure to add ease and delight to your cooking experience!

___ 0201	Cajun Spice (140 g)	\$ 6.90
___ 0202	Crushed Chillies (55 g)	\$ 5.90
___ 0203	Garlic Plus (100 g)	\$ 8.90
A garlic infused multi-purpose seasoning!		
___ 0204	Hamburger Seasoning (130 g)	\$ 6.90
___ 0205	Italian Seasoning (45 g)	\$ 5.90
___ 0206	Lemon Pepper (no salt) (65 g)	\$ 7.90
___ 0207	Mom's Own No Salt Seasoning (110 g)	\$ 7.90
A delicious blend of spices and dehydrated vegetables, a perfect topping for any dish.		
___ 0208	Montreal Chicken Seasoning (150 g)	\$ 6.90
___ 0209	Montreal Steak Spice (150 g)	\$ 7.90
___ 0210	Pizza Spice (90 g)	\$ 6.90
___ 0211	Roasted Garlic & Red Pepper (130 g)	\$ 7.90
___ 0212	Seasoning Salt (no MSG) (115 g)	\$ 5.90
___ 0213	Spaghetti Spice (80 g)	\$ 6.90
___ 0214	Taco Meat Seasoning (115 g)	\$ 7.90
___ 0215	Chipotle Fajita Seasoning (120 g)	\$ 7.90
___ 0217	Potato Seasoning (130 g)	\$ 7.90

40% GOURMET SEA SALTS

Sea salt is a natural, gourmet substitute for regular, refined table salt. These delicious coarse sea salt blends are sure to inspire new cooking ideas!

___ 0301	Coarse Sea Salt (225 g)	\$ 6.90
___ 0302	Roasted Garlic & Sea Salt (120 g)	\$ 8.90
___ 0303	Lemon Dill Sea Salt (120 g)	\$ 7.90
___ 0304	Mediterranean Sea Salt (100 g)	\$ 7.90
___ 0305	Red Hot Sea Salt (110 g)	\$ 7.90

COLUMN TOTAL

QTY CODE PRICE TOTAL

40% TRADITIONAL SPICES

Mom's spices will enhance the flavour, colour, and aroma of your cuisine. Top quality, excellent value.

___ 0401	Allspice, ground (70 g)	\$ 5.90
___ 0403	Basil (35 g)	\$ 4.90
___ 0404	Bay Leaves, hand picked (10 g)	\$ 5.90
___ 0405	Cayenne Pepper (60 g)	\$ 5.90
___ 0406	Celery Salt (115 g)	\$ 5.50
___ 0407	Chili Powder, Mexican (95 g)	\$ 7.90
___ 0408	Chinese Five Spice (60 g)	\$ 6.90
___ 0409	Cinnamon, ground (80 g)	\$ 6.90
___ 0410	Cinnamon Sticks 3" (80 g)	\$ 6.90
___ 0411	Cloves, ground (60 g)	\$ 8.90
___ 0412	Dill Weed (25 g)	\$ 5.90
___ 0413	Garlic Powder, granules (115 g)	\$ 7.90
___ 0414	Ginger, ground (50 g)	\$ 5.90
___ 0415	Mustard Powder (65 g)	\$ 5.90
___ 0416	Nutmeg, ground (70 g)	\$ 8.90
___ 0417	Onion Flakes (80 g)	\$ 5.90
___ 0418	Onion Powder (100 g)	\$ 5.90
___ 0419	Oregano (25 g)	\$ 5.90
___ 0420	Paprika, Hungarian (70 g)	\$ 6.90
___ 0421	Parsley Flakes (25 g)	\$ 4.90
___ 0422	Pepper, black, ground (80 g)	\$ 7.90
___ 0423	Pepper, black, whole (90 g)	\$ 7.90
___ 0424	Assorted Peppercorns (90 g)	\$ 9.90
(black, green, pink, white)		
___ 0425	Poultry Seasoning (60 g)	\$ 5.90
___ 0426	Rosemary, whole (35 g)	\$ 4.90
___ 0427	Sage, ground (60 g)	\$ 5.90
___ 0428	Thyme, ground (60 g)	\$ 4.90



TIN & GUSSET PACKAGING

Our dry products now come packaged in resealable tins & stand-up pouches. More user friendly, more conveniently sized, and better for your kitchen!

40% INDIAN SPICES

Add the taste of India to your cuisine!

___ 0501	Coriander, ground (75 g)	\$ 5.90
___ 0502	Cumin Seed, ground (95 g)	\$ 6.90
___ 0503	Curry Powder, Madras (110 g)	\$ 6.90
___ 0504	Turmeric, ground (110 g)	\$ 6.90
___ 0505	Garam Masala Blend (105 g)	\$ 6.90

COLUMN TOTAL

QTY CODE PRICE TOTAL

40% MOM'S OWN DIP MIXES

No preservatives. No added MSG. Just mix with sour cream, cream cheese, or mayonnaise, and enjoy!

___ 0601	Honey Dill Dip (250 g)	\$ 10.90
A Manitoba favourite. Now available as a delicious dry mix.		
___ 0602	Chive & Garlic Dip (110 g)	\$ 9.90
___ 0603	Dill Dip (130 g)	\$ 9.90
___ 0604	Mango Curry Dip (100 g)	\$ 9.90
___ 0605	Mild Mexican Dip (140 g)	\$ 9.90
___ 0606	Party Time Dip (130 g)	\$ 9.90
___ 0607	Roasted Red Pepper Dip (120 g)	\$ 9.90
___ 0608	Southwestern Dip (120 g)	\$ 9.90
___ 0609	Spinach Dip (75 g)	\$ 9.90
___ 0610	Guacamole Dip (110 g)	\$ 9.90
___ 0611	Sriracha Dip (120 g)	\$ 9.90
___ 0612	Sweet Chili Dip (125 g)	\$ 9.90

40% MOM'S OWN POPPING CORN & POPCORN SEASONINGS

In plastic shaker top containers - an excellent topper on popcorn, potatoes, chips, or vegetables.

___ 1105	Mom's Own Popping Corn (600 g)	\$ 6.90
___ 0701	White Cheddar (45 g)	\$ 5.90
___ 0702	Salt & Vinegar (80 g)	\$ 5.90
___ 0703	Ranch (60 g)	\$ 5.90
___ 0704	Double Dill (75 g)	\$ 5.90
___ 0705	Kettle Corn (65 g)	\$ 5.90
___ 0706	Nacho Cheese (65 g)	\$ 5.90
___ 0707	Super Ketchup (90 g)	\$ 5.90
___ 0708	Butter Salt (65 g)	\$ 6.90

40% BAKING SUPPLIES

All your classic baking essentials, packaged in just the right size!

___ 0801	Angel Flake Coconut (300 g)	\$ 9.90
___ 0802	Baking Powder, double-action (450 g)	\$ 7.90
___ 0803	Baking Soda (450 g)	\$ 4.90
___ 0804	Corn Starch (400 g)	\$ 5.90
___ 0806	Pure Dutch Cocoa (250 g)	\$ 10.90
___ 0807	Cream of Tartar (100 g)	\$ 5.90

LEGEND

- New Product
- Ⓜ Guaranteed Gluten Free
- Ⓜ Guaranteed Peanut Free
- Ⓜ Certified Kosher
- 👤 Leonie's Favourite!
- 👤 Jim's Favourite!
- Ⓜ Clean Label Product

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QTY	CODE	PRICE	TOTAL
40% MOM'S OWN GARLIC SPREAD			
The #1 BEST SELLER, our exclusive garlic spread recipe. Cholesterol free, low in saturated fat, and completely trans fat free!			
8	1201	Garlic Spread (440g)	\$ 6.90
30% PREMIUM READY-TO-BAKE TREATS			
Delicious mini-strudel treats, Made with our new, 100% butter recipe!			
24	1704	Jim & Leonie's Mini Baskets (24 x 45g) 6 x maple mini basket 6 x cream cheese mini basket 6 x raspberry mini basket 6 x salted caramel mini basket	\$ 29.90
20% Absolutely delicious, these massive savoury danishes are the best of the best!			
24	1707	Mom's Own Savoury Bistros (12 x 110g) 3 x margherita bistro 3 x leek & parmesan bistro 3 x spinach & leek bistro 3 x egg & veggie bistro	\$ 29.90
40% Scrumptious fruit filling and cream cheese, enveloped in flaky puff pastry. Back to our original recipe!			
24	1701	Assorted Fruit Sticks (24 x 87g) 8 x strawberry & cream cheese 8 x blueberry & cream cheese 8 x raspberry & cream cheese	\$ 32.90
From the freezer to the oven, ready in 20 minutes. Light and flaky, our strudels have the taste of homemade goodness!			
24	1702	Apple Strudels (24 x 95g)	\$ 29.90
24	1703	Assorted Strudels (24 x 95g) 6 x apple strudel 6 x lemon strudel 6 x cherry strudel 6 x blueberry strudel	\$ 29.90
30% MOM'S OWN DINNER ROLLS			
Individually frozen, and partially cooked. Just choose your desired amount, and bake. No more proofing!			
24	2004	Assorted Crusty Rolls, pre-baked (24 per case) 7 x white (40g each) 7 x whole wheat (40g each) 5 x rye (50g each) 5 x pumpernickel (50g each)	\$ 22.90
24	2003	Buttery Flake Rolls (36 x 45g) Our traditional recipe. Proof and bake. Melt in your mouth, layered buttery goodness.	\$ 26.90

QTY	CODE	PRICE	TOTAL
30% MOM'S FAMOUS BAKERY			
Our most popular croissant! Made in the authentic French style with 100% real butter. Pre-proofed and pre-glazed, from your freezer to your oven in 30 minutes!			
24	2400	Perfect Butter Croissants (24 x 78g)	\$ 37.90
Still like our traditional proof and bake croissant? Our classic margarine blend recipe proofs in 4 to 5 hours.			
24	2401	Proof & Bake Croissants (24 x 71g)	\$ 26.90
Complete our famous cinnamon rolls, briars, with a delicious frosting made with real cream cheese.			
24	2402	Cinnamon Rolls (24 x 71g)	\$ 27.90
24	1305	Cream Cheese Icing (907g)	\$ 14.90
Cream cheese icing comes in a handy plastic sleeve, and can be used to top any number of your favourite cookies, cupcakes, or holiday baking!			
20% Brand new this year, these massive filled croissants are sure to be a hit with your family this holiday season. Impossibly flaky pastry made with 100% butter. Imported from France!			
24	2403	Gourmet Filled Croissants (16 x 90g) 4 x real apricot filling 4 x real raspberry filling 4 x real chocolate hazelnut 4 x real pastry cream	\$ 32.90
Also new this year, our snack size multigrain croissants pack all the fresh flaky lightness of our Perfect Butter Croissant, with all the added flavour of delicious prairie grains.			
24	2404	Mini Multigrain Croissants (20 x 45.4g)	\$ 25.90
30% MOM'S OWN TART & PIE SHELLS			
Both tart shells and pie shells come unbaked and unsweetened. Perfect for your holiday baking needs.			
24	1900	1" Rimless Shells (100 x 5.5g)	\$ 28.90
Our unique, bite-sized, rimless shell. Perfect for canapés and desserts, alike.			
24	1901	2" Tart Shells (80 x 16g)	\$ 28.90
24	1902	3" Tart Shells (90 x 19g)	\$ 29.90
24	1903	9" Pie Shells (15 x 170g)	\$ 37.90
24	1904	9" Pie Lids (15 x 142g)	\$ 26.90
Try our 5" shell & lid combo, Perfect for meat pot pies, or mini tourtières!			
24	1905	5" Pie Shell & Lid Combo Pack (24 of each)	\$ 39.90
Complement any size tart shell with our customer favourite butter tart filling mix!			
24	1351	Butter Tart Filling Mix (500g) An easy to use, one-step mix. Simply add hot water, stir, and fill Mom's Own Tart Shells.	\$ 11.90

QTY	CODE	PRICE	TOTAL
MOM'S OWN OLD-FASHIONED COOKIE DOUGH & MUFFIN BATTER			
Back to our original recipes, just like you remember. Now completely trans fat free!			
40% Cookies			
Scoop & Bake. 1lb tubs. Can be refrozen.			
24	1501	Chocolate Chunk	\$ 18.90
24	1502	White Chocolate Macadamia Nut	\$ 18.90
24	1503	Rainbow Chocolate (M&M's)	\$ 18.90
24	1506	Double Chocolate Chunk	\$ 18.90
24	1507	Shortbread	\$ 19.90
24	1508	Ginger Snap	\$ 19.90
24	1509	Cranberry White Chocolate	\$ 18.90
30% Still want something easier? Try Mom's Bake! Individually pre-portioned cookie dough packs.			
24	1510	Oatmeal Raisin (48 x 28g)	\$ 19.90
40% Muffins			
Scoop & Bake. 1lb tubs. Can be refrozen.			
24	1601	Blueberry Passion	\$ 18.90
24	1602	Banana Dream	\$ 18.90
24	1603	California Carrot	\$ 18.90
24	1604	Lemon Poppyseed	\$ 18.90
30% MOM'S OLDE TEA SHOPPE			
Mabroc Tea, imported directly from Sri Lanka.			
Double chamber tea bags per box 30% more tea than before, at the same great price!			
24	2110	Royal English Earl Grey Classic Earl Grey in a cute telephone booth shaped package.	\$ 13.90
24	2111	Green Tea Curis Full green tea curis for maximum flavour.	\$ 13.90
24	2112	Honey Melon Double chamber black tea infused with natural honey melon flavour.	\$ 13.90
24	2113	Soursoop & Guava Double chamber green tea infused with natural sour soop & guava flavour.	\$ 13.90
Lower tea, below, come in a 150g decorative tin container. Makes approximately 60 servings.			
24	2114	1000 Nights Loose Tea Black and green tea infused with strawberry and rose blossoms.	\$ 24.90
24	2115	Siberian Black Loose Tea Pure Siberian blend black tea.	\$ 24.90
40% DRIED FRUITS			
Great for baking, snacking, or both!			
24	1401	Banana Chips (200g)	\$ 5.90
24	1402	Cranberries (250g)	\$ 6.90
24	1403	Dates, pitted (300g)	\$ 6.90
24	1404	Raisins, seedless (325g)	\$ 7.90



NEW, FAST & EASY ONLINE ORDERING AT MOMSPANTRY.CA

Have you wondered what our products look like? Do you have a question about an ingredient, or maybe just want to know how many carbs per croissant? All of this information, and more, is available online at our completely redesigned website. You can place your order online using in the codes on the front of this order form.

www.momspantry.ca

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30% MOM'S OWN POUTINERIE

Make your own poutine from scratch with these authentic and delicious ingredients!

1010	Montreal Poutine Sauce (200 g)	\$ 7.90
3001	White Cheddar Cheese Curds (300 g)	\$10.90
3002	Straight Cut Skin-On French Fries (2.27 kg)	\$ 9.90

30% PIZZA

Just add your favourite toppings to our frozen crusts, and bake for 10-15 minutes. New and improved recipe!

2901	Mom's Own Pizza Crusts (8 x 12")	\$32.90
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Want to get a little more creative? Try rolling your own crust with our brand new dough balls. Or forget the pizza, and create something entirely original from scratch!

2900	Dough Balls (4 x 450 g)	\$14.90
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Looking for something even easier? Our superb mini-calzone style pizza snack. Just pop them in the microwave and they're done!

2902	Panzerotti Pizza Snacks (3 x 935 g) Pepperoni & Cheese About 11 snacks per 935 g bag	\$ 29.90
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20% SPRING ROLLS & SAMOSAS

Approximately 50 spring rolls (1.1 kg per case)

2801	Mini Veggie Spring Rolls	\$ 34.90
2802	Mini Chicken Spring Rolls	\$ 34.90

Our samosas are authentic and handmade with the highest quality ingredients. Comes with tamarind dipping sauce.

2803	Samosas, vegetable (12 x 65 g)	\$ 19.90
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30% MOM'S OWN PIEROGIES

Approximately 200 to 220 pierogies per case (6 x 1 kg) (\$ 1.74 to \$ 1.97 per dozen).
Homemade recipe. The thickest, softest dough in the industry.

2601	Potato & Cheddar Cheese	\$ 32.90
2602	Potato & Cheddar & Bacon Now with 100% REAL bacon!	\$ 34.90
2603	Assorted Pierogies 10 bags each variety above	\$ 34.90

20% MOM'S OWN PREPARED MEATS

Oven-ready meat products, quick and easy.

2704	Chicken Tender Strips (2 kg, breaded)	\$ 39.90
2705	Italian Meatballs (5 lb) 1/2 oz fully cooked meatballs. Approximately 160 per case	\$ 39.90



NEED A LITTLE HELP DECIDING?
LOOK FOR OUR SYMBOLS TO SEE
OUR FAVOURITE ITEMS!



COLUMN TOTAL

QTY CODE PRICE TOTAL

20% MOM'S OWN FRUITS & VEGGIES

Our gourmet fresh fruit and vegetable mixes. No added ingredients or preservatives. Individually flash frozen for maximum freshness! (All mixes packaged in 1 kg bags)

2204	Smoothie Mix Banana, strawberries, blueberries.	\$ 12.90
2205	Antioxidant Blend Blueberries, raspberries, cherries, strawberries, cranberries, blackberries, Saskatoon berries.	\$ 17.90
2209	Avocado Chunks (454 g tub) Sealed and frozen for freshness. Perfect in salads, sandwiches, or combine with Mom's Poultry Guacamole Dip Mix (0448) for the best dip around!	\$ 12.90

2206	Green Bean Stir-Fry Mix Whole green beans, broccoli florets, onions, sugar snap peas, red peppers.	\$ 11.90
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2207	Fajita Mix Onion strips, red, green, and yellow pepper strips.	\$ 9.90
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2210	Stir-Fry Supreme Broccoli, sugar snap peas, baby corn, red peppers, yellow peppers, onions.	\$ 12.90
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30% MOM'S OWN SUPERFOODS

Delightfully natural & healthy superfoods.

2501	Hulled Hemp Seeds (190 g)	\$ 12.90
2502	Organic Black Chia Seeds (300 g)	\$ 12.90
2503	Organic Quinoa (450 g)	\$ 9.90
2504	Tri-colour Organic Quinoa (450 g)	\$ 11.90
2509	Shelled Roasted Almonds (300 g)	\$ 10.90
2510	Flax Seed, whole (450 g)	\$ 5.90
1103	Organic 15 Bean & Lentil Soup Mix (600 g)	\$ 12.90

30% MOM'S OWN SNACK MIXES

An old favourite, and some new delights!
Delicious trail mixes with no peanuts in sight.

1801	Santiago Mix (200 g) Raisins, roasted sunflower seeds, roasted cashews, pumpkin seeds, roasted almonds.	\$ 9.90
1802	Organic Health Mix (150 g) Raisins, cranberries, coconut, cashews, & almonds. (All organic ingredients)	\$ 9.90
1804	Spicy Joe Mix (150 g) Wasabi flavoured soya beans, corn, peas, crunchy flaxseed crackers.	\$ 9.90

30% MOM'S OWN CLING FILM

In a class of its own!

5001	Cling Film Wrap 12" x 3000'	\$ 26.90
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ALLEYWAY ALERT

Our suppliers are extremely careful in the production of our products.

To help lower risk to your family, we no longer carry any products with peanut ingredients.

However, unless otherwise noted, please be aware that our products may contain trace amounts of peanuts, nuts/tree nuts, sesame seeds, milk, egg, and/or wheat. Please use your discretion when ordering.

COLUMN TOTAL

QTY CODE PRICE TOTAL

40% TRADITIONAL GRAVY & SOUP BASES

Easy to make, old-fashioned homemade quality. Just add water & heat for a delicious soup or gravy.

Traditional Soups & Gravies

1001	Beef Gravy Base (450 g)	\$ 8.90
1002	Chicken Gravy Base (450 g)	\$ 9.90
1003	Beef Soup Base (450 g)	\$ 8.50
1004	Beef Soup Base, no added MSG (450 g)	\$ 9.50
1005	Chicken Soup Base (450 g)	\$ 8.50
1006	Chicken Soup Base, no added MSG (450 g)	\$ 9.50

Gourmet Soups

1007	French Onion Soup Base (200 g)	\$ 9.90
1009	Cream of Potato Soup Base (225 g)	\$ 9.90

40% GLUTEN FREE & SODIUM REDUCED INSTANT MIXES AND BASES

We cut the salt, not the taste. No gluten, no added MSG, no trans fat, no artificial colours or flavours.

0902	Poultry Gravy Base (200 g)	\$ 9.90
0903	Brown Gravy Base (200 g)	\$ 9.90
0904	Chicken Soup Base (200 g)	\$ 9.90
0905	Beef Soup Base (200 g)	\$ 9.90

30% MOM'S OWN DINNER IDEAS

No category can contain these delicious selections!

INSTANT Famous Idaho Grown potatoes!

0951	Idahoan Scalloped Potatoes (577 g)	\$ 15.90
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A generous family sized serving of a dinner classic! Guaranteed trans fat and gluten free.

0952	Red Bean Chili Mix (380 g)	\$ 9.90
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Just mix with boiling water, and simmer! Add your own extra veggies, and/or meat to create your own delicious recipe. Serves approximately six people.

40% DRIED GRAINS, BEANS, & LEGUMES

Combine these ingredients with Mom's Own Chicken or Beef Soup Base for a rich and hearty bowl of your favourite soup.

1101	Pearl Barley (600 g)	\$ 6.90
1102	Green Split Peas (600 g)	\$ 4.90
1104	Vegetable Flakes (120 g)	\$ 5.90
1103	15 Bean Soup Mix *	

* This product is now 100% organic! Look for its new home in the Superfoods category.

YOUR PURCHASES MATTER!



Look for this symbol to see how much your group benefits from each purchase!

Thank you for supporting fundraising in your community.

COLUMN TOTAL

PAGE TOTAL