

Fish Bones

Fishbonesdanville.com

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October Living With-Out Meeting

October 11th 2010

CELEBRATE THE SEASON WITH ALLERGY-FRIENDLY FOODS



Halloween doesn't have to be scary
when it comes to feeding your little ghost and goblins.

Here are some tips on Trick-or-Treating
When going out trick or treating pre-plan your route. Select friends and family so you know they will be getting safe treats. You can always take some treats over ahead of time. We have several products to choose from. Here are some items that we have in stock that any trick-or-treater would gobble up.

Ians -chocolate chip button cookies (6 pouches per box.)

Shars -chocolate hazelnut bars (3 to a pack)

Bakery on main -granola bars(individually wrapped)

Enjoy life -two pack cookies

Enjoy life-snack bars (6 per box)

Go-Go Squeez- apple-banana applesauce(4 to a box)



Save some money and bake a batch of cookies.

Pamela's Vanilla cake mix has a simple sugar cookie recipe that yields 24 cookies. Put two to three cookies in fun party bags and tie them up with Halloween ribbon, or you can make a tray of cup cakes and bag each one separately.



Another great way to insure your goblins are getting safe treats is to have a halloween party. This way you control exactly what your kids are getting.

Join us October 11th at 6:00pm, at Fish Bones and sample some tasty treats and share in the fellowship.

We are going to show you ideas on some great treats you can have at a party for big or small goblins.

We will be making Spider Web cup cakes made with Pamela's Vanillia cake mix, with a home made butter cream frosting. They are easy to make and the kids can help you decorate them. Also using Pamela's baking mix we will be making and sampling sausage rolls, mini corn dogs, and pretzel twists.

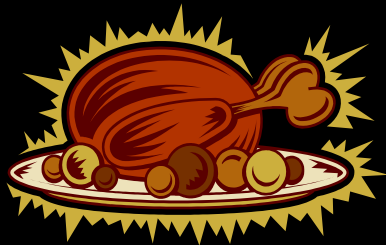
Please R.S.V.P this helps us in our preparation.

Save 10% on all and any products purchased Monday night Oct. 11th
Thank you, and have a Wonderful Day!

Trish



There will be no meeting in November.



F.Y.I. (for your information)

Those of you who are new to the diet, beware your turkey could have gluten in it. Some companies soak their turkeys in a brine that may contain gluten. If your not sure call the company, most turkeys have a phone number on them for cooking instructions. Also I will have turkeys available at the store.

Our next meeting will be December 13th