
From: [REDACTED]
Sent: Monday, October 1, 2012 1:54 AM
To: [REDACTED] Karyna Shuliak; [REDACTED]
Subject: Food Bags tomorrow

Hi Girls

Please remember amongst other things to include the following in the food bag tomorrow:

Jerky
Ginger drink
Mint
Sweet and low
Muffins
Butter Spray
Fat free half half
Steak (if there still is from Francis)

I doubt he will eat the following but just in case:

Yoghurt
Granola
Banana

Thank you