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**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