
From: [REDACTED]
Sent: Tuesday, August 7, 2012 5:49 PM
To: [REDACTED]; Karyna Shuliak
Cc: francis derby
Subject: Food bag for Hotel trips

Hi Girls,

Just a follow up from this trip, there was no =utter spray in the food bag for the hotel. It was Frnacis's first time=packing for a trip where a hotel was involved so I should have reminded hi= of the butter spray in particular.

Just want to make sure we always check that it is in. Francis is going=to make a list that is always prepared for the hotel stays and then Karyna= Sarah and I will look through and check if we have anything to add.

Francis for hotels it is usually the following basics a=d then anything else he is going through a phase of at that particular tim=:

Muffins
butter spray
yoghur=
granola
bananas
Sweetener in the pink packet
=div>and maybe blueberries as well (we never know when he may start liking =hem again)

THis time I also asked Francis to pack=a French press, Illy (already ground) and fat free half and half, just in =ase he wants a coffee immediately.

Karyna just so that you are aware [REDACTED] and I usually =rder the oatmeal to the room from in room dining if he wants it instead of=his muffin in the morning.

Thanks everyone!