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**From:** Karyna Shuliak <[REDACTED]>  
**Sent:** Tuesday, August 7, 2012 6:10 PM  
**To:** [REDACTED]  
**Subject:** Re: Food bag for Hotel trips

Thank you [REDACTED]! We will try to improve;)

On Aug 7, 2012 1:48 PM, "[REDACTED]" <[REDACTED]> <mailto:[REDACTED]>

Hi Girls,

Just a follow up from this trip, there was no butter spray in the food bag for the hotel. It was Francis's first time packing for a trip where a hotel was involved so I should have reminded him 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 and I will look through and check if we have anything to add.

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

Muffins  
butter spray  
yoghurt  
granola  
bananas  
Sweetener in the pink packet  
and maybe blueberries as well (we never know when he may start liking them again)

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

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

Thanks everyone!

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