

# ***CALLING ALL MEMBERS!***

## ***The United Senior Citizens of Ontario Fund Raising Committee***

would like to print another cook book to raise funds for the USCO.

We would like all members to submit their favorite recipes

*including*

One Person Meals, One Dish Meals, Gluten Free Recipes and Diabetic Recipes.

When submitting your recipe, please print:

***For Club Members - Your name, your club name, your club number***

***or***

***For Individual Members - Your name and member-at-large information***

Please submit your recipe by e-mail to

debraannmcbride@gmail.com

*or*

if it is more convenient, please send it to the office at:

3033 Lakeshore Blvd. West Toronto ON M8V1K5

Telephone: 416.252.2021; Toll Free: 1.888.320.2222; Fax: 416.252.5770

E-mail: [office@uscont.ca](mailto:office@uscont.ca)

*The Committee thanks you in advance for all recipes.*

*The recipes will become the property of the USCO once they are submitted.*