

Contributions are invited for the CUPE 391 Picket Line Cookbook. This will be produced regardless of when the strike ends, and will be a commemorative souvenir of the Strike of 2007, including photographs, anecdotes, etc. Recipes are sought in 4 categories:

- **Comfort food** – this section will comprise recipes for goodies and other dishes to soothe and sustain spirits during long, sometimes discouraging and rainy days on the line.
- **Low-budget** – with personal finances severely under strain, this section will provide great but inexpensive recipes.
- **Garden and forest** – for those reduced to foraging, this section will provide recipes that can be made for free, using natural products found in your backyard or the woods.
- **Super-dogs** – barbeque days have provided the opportunity to explore the many possibilities of weiner cuisine. This section will provide creative hot-dog ideas. Got a suggestion for a great topping or other way to perk up your weiner? We want it!

Recipe name:

Category (check one):

<input type="checkbox"/>	Comfort food	<input type="checkbox"/>	Garden and forest
<input type="checkbox"/>	Low-budget	<input type="checkbox"/>	Super-dogs

Comment:

e.g. why this is a great recipe for striking workers, cooking tips, origin of recipe, etc.

Ingredients:

Directions:

Contributor:

Name: _____

Worksite: _____

Year started at VPL: _____

Please give to the runner on or before October 16 to be sent to:

Camp Kerrisdale
Attention: Michele Pye or Janet Tomkins

More information:

Michele Pye - michelepye@gmail.com
Janet Tomkins – jtomkins@telus.net