

## **Picket Line Cookbook**

### Information Sheet

*Food has been an important part of the current strike, with barbeques, chili days, potlucks, cookies, cakes and more – sustaining bodies and lifting spirits.*

*We are hoping to produce a Picket Line Cookbook. This would be produced regardless of when the strike ends, and would be a commemorative souvenir of the Strike of 2007.*

*Recipe contributions are invited and may be submitted on blank recipe forms that have been distributed to picket locations.*

*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!*

*Special highlights will be included on chili and Thanksgiving, CUPE 391-style.*

*Also, there will be short section on Kids' Meals, based on D'Arcy's wonderful "Wage and Term" video.*

*A very important part of the cookbook will be a section entitled "How to Cook a Picket Line" (or perhaps "How to Cook a Strike"). This section will document the many creative and productive approaches that have been taken to picketing during this strike, with tips and anecdotes, and may include photographs.*

*The front cover of the cookbook will resemble a CUPE 391 picket sign.*

*Feedback and additional ideas are welcome! The cookbook concept as described above has been cooked up by Michele Pye and Janet Tomkins. Please contact either of them as follows:*

Michele Pye - [michelepye@gmail.com](mailto:michelepye@gmail.com)  
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