

MID CANADA RINGETTE TOURNAMENT



**DECEMBER 13-15, 2024
HOCKEY FOR ALL CENTRE
WINNIPEG**

Welcome to the Mid-Canada AA Ringette Tournament!

On behalf of the entire planning committee, we are thrilled to welcome you to Winnipeg for this exciting event, which brings together talented athletes from across the country. As Co-Chairs of the tournament, we've worked hard alongside our incredible team of parent volunteers to make this a memorable experience for you, both on and off the ice.

Over the weekend event, you'll have the chance to compete against teams while showcasing your dedication, passion, and sportsmanship. With 28 teams, over 500 athletes, and a ton of spectators each day, this year's tournament is shaping up to be one of our best yet!

Throughout the weekend, be sure to visit our expo booths and vendors to check out some great products and services, and stop by our silent auction tables, where you can buy tickets and enter to win fantastic prizes! And don't forget to buy your 50/50 tickets for a chance to win—proceeds go towards supporting the tournament.

As you prepare to take the ice at the Hockey for All Centre, we encourage you to enjoy every moment—from the competition to the friendships you'll make along the way. And remember, this event wouldn't be possible without the support of our incredible sponsors, volunteers, and both major and minor officials, so be sure to take a moment to thank them for their efforts.

If you need anything during the weekend, please do not hesitate to reach out to any of our volunteers for assistance. They will be easily identifiable by their lanyard name tags. We will also have a welcome table set up as a main point of contact, so feel free to stop by with any questions or concerns. We look forward to a weekend full of fast-paced games, team spirit, and unforgettable memories. Good luck to all the teams!

Let the games begin!

Ashley Hayward and Kim Hyde
Co-Chairs

Tournament Committee:

Cathy Mackereth, Christine Miller, Jason Radford, Jen Forbes, Justyna Frobisher, Karen Morgan, Kelly Miller, Kendra Gordillo, Michelle Hogue, Scott McAllister, Tracy Clegg



Information

Rosters

Rosters are DUE NOVEMBER 15, 2024 . If there are changes to the roster submitted, please contact midcanada.aa.ringette@gmail.com

Welcome Desk

- When you arrive, you'll find the welcome desk just past the pro shop on the right-hand side. If you need assistance at any point during the weekend, a member of the tournament committee will be there to help with any questions. Game sheets will also be available for pick-up at the welcome desk.

Pin Trading Station

Don't miss out on the fun at our Pin Trading Station, located at the front welcome desk! Mid-Canada pins will be available for purchase at just \$5 per pin. Collect them for yourself or trade with fellow participants to build your unique collection. It's a great way to connect with others and take home a special keepsake from the tournament!

Seating

- Rink-Side Seating: There is plenty of seating available at rink level for all spectators.
- Accessible Seating: Accessible seating is located on the second-floor balconies.
- Elevator Access: Elevators are available between the Manitoba Trades Arena and the Western Marble Arena to provide access to the second floor.

Player of the Game

For the second year in a row, we want to thank Boston Pizza for their sponsorship of the Player of the Game! Certificates will be available for pick up with game sheets.

Volunteers

We kindly ask each team to provide one adult volunteer to manage the penalty box during round robin games.

Change Rooms and Bag Storage

Change rooms will be available one hour before scheduled games. Bags can be stored ice side of Western Marble Granite and Tile Rink. If eating at the Press Box Restaurant, bag storage is available outside of the entrance on the second floor. Hydration stations are located in the hallways outside of the change rooms.

Warm Up

A designated warm-up area is available for all athletes on the second floor of the rink. To ensure safety and respect of the facility, a coach must be present with athletes at all times. Please note:

- Free weights are not permitted in the warm-up area.
- Music is allowed—we just ask that teams keep the volume respectful, as this is a shared space for all teams.

Teams may also choose to warm up in the dressing room hallways. However, rink-side warm-ups are not allowed.

On Ice Warm Ups

Teams will have a 3-minute on-ice warm-up before the start of each game. Please remember to bring your own rings.

Parking

- Free onsite parking is available throughout the weekend.
- A drop-off loop is conveniently located at the front entrance.
- Bus parking is designated along the East fence line, nearest to the Perimeter Highway.
- Accessible parking is available; however, please note that a sledge hockey tournament will also be taking place this weekend, which may limit the number of accessible spaces.

Washrooms

Accessible washrooms are located at the far end of the building, between the Flynn Arena and the Manitoba Building Trades Arena on both the main and second level.

Wifi and Live Barn

All rinks are equipped with LiveBarn, allowing families and fans to watch the games online through a paid subscription. Sign up with discount code hfac-live for 10% off.

Public Wi-Fi is available throughout the facility for easy access to streaming and staying connected.

Pro Shop and Skate Sharpening

Be sure to stop by and support our tournament sponsor, The Hockey Hut Pro Shop! Despite the name, they're here to meet all your ringette needs with extended hours throughout the tournament.

Services include:

- Minor equipment repairs
- Skate sharpening at \$10 per pair

Thank you for supporting the businesses that make our tournament possible!

Rules & Game Schedules

Tournament rules will be posted on the [Mid-Canada Ringette website](#) a minimum of two weeks prior to the event for your review.

Schedules will be updated in RAMP and you will be notified by email. It will also be available on our website beginning the week of November 25.

For the latest updates and information, please visit midcanadaringette.com.

The home team will have the first right to play warm-up and between-play music. Please ensure that song lyrics are family-friendly and free from explicit language. All music should maintain a positive atmosphere that reflects the tournament's spirit of sportsmanship and community.

Team Meal Ideas

We're excited to announce that we've partnered with three local companies to bring you healthy meal options delivered right to the rink or your hotel! Whether you're looking for a quick, nutritious bite between games or a wholesome meal to fuel your day, our partners the Press Box Restaurant, CRAVE Kitchen & Deli and Food for Thought have you covered. Enjoy the convenience of tasty, balanced meals without leaving the arena!

Press Box Restaurant

Located on the second level of the Hockey for All Centre, The Press Box Restaurant & Sports Bar is the perfect spot for teams, friends, and families to gather before, during, and after a game. With an extensive menu, cold beer, specialty cocktails, the added convenience of an equipment bag storage room right outside the restaurant, exclusively for patrons, and a spacious 445-seat venue overlooking the PCL and Flynn arenas, it offers the ultimate sports experience. Plus, with 7 HDTVs, you can catch all the action from multiple games at once. Join us at The Press Box for great food, drinks, and unbeatable views in the warmth!

CRAVE Kitchen & Deli

Delivered right to rink, CRAVE is your one stop for healthy catered options. We're happy to accommodate allergies and dietary restrictions to ensure everyone has a meal they can enjoy. Teams can email their orders to mealprep@cravekitchendeli.com for easy coordination. We accept cash, e-transfers, and credit cards, and can deliver directly to your team's rink or hotel for ultimate convenience! Menu located at the end of this package.

Food for Thought

Trying to give your food parents a break? We're pleased to offer a wide selection of frozen meals that can be heated in the oven or microwave—perfect for quick, nutritious options during the tournament! Plus, we're offering a 5% discount on select items (101-142) for your organization. To receive this discount, place your order on our website www.foodft.ca during the tournament and enter "Ringette" in the "instructions" section at checkout.

Please note, this discount applies only to online orders, not those placed by phone. Enjoy easy, delicious meals while saving with this exclusive offer!

Menu located at the end of this package.

Tournament Clothing

We're thrilled to offer exclusive tournament clothing from local company We Heart Winnipeg, available for preorder! Orders can be customized with your player's name, position, number, or other text.

Pickup Information:

- Orders will be ready for pickup at the We Heart WPG booth on Friday and Saturday during the tournament.
- Unclaimed orders will be donated.

A limited selection of designs will also be available for purchase onsite on Friday and Saturday.

Don't miss out on your chance to show team spirit with unique, customized gear!

<https://www.houseoflocal.shop/collections/mid-canada-ringette-tournament>

Silent Auction

Do not forget to stop by and purchase your silent auction tickets for your chance to win one of the wonderful prizes!

50/50

On-line 50/50 tickets will be available throughout the weekend with a growing pot! Check out the QR codes posted throughout the arena.

Social Media

Stay connected! Follow us on social media for updates throughout the weekend, and don't forget to tag us in all your posts—we'd love to see your tournament highlights!

FOLLOW US

[midcanadaringette2024](#)



[Mid Canada Ringette Tournament](#)

Photography

Steve Godkin Production is excited to be the exclusive photographers for the Mid Canada Ringette Tournament! All photos will be available for pre-order only—there will be no photos available post-event. With over 20 years of PRO hockey and ringette experience, we understand the game and our #1 goal is to deliver a quality product.

How to Order:

1. Pre-Order Photos: Click the link or scan the QR code around the building to place your order.
2. Select Your Game: Choose the preferred game you'd like us to photograph.
3. Receive High-Res Photos: Edited Photos (of SGP Choosing, Trust Steve..He wants you to look amazing!) will be delivered via private links shortly after your game to print and share as you see fit.

[ORDER MID-CANADA RINGETTE ACTION SHOTS](#)

Mad for Magnets

Bring home a unique keepsake from the Mid-Canada Ringette Tournament with Mad for Magnets! Capture any moment by uploading a photo from your camera roll to create a custom magnet, or choose from their wide selection of pre-made designs

. Whether you want to remember an epic game or a favorite team moment, Mad for Magnets has you covered with on-site customization options.

Check them out on at linktr.ee/madformagnets

Raven International Candies

We're excited to welcome Raven International Candies to the tournament! This delightful candy store will be setting up shop to offer a wide selection of treats perfect for snacking between games or keeping siblings happy and energized. From classic favorites to unique confections, there's something for everyone to enjoy. Stop by and treat yourself to a sweet pick-me-up as you cheer on your team!

Team Building Ideas

Looking to make the most of your time in Winnipeg with your team? From thrilling activities to group challenges, Winnipeg has plenty of options to build connections, strengthen teamwork, and have fun together. Here are some exciting team-building ideas to try while you're here!

Winnipeg Jets Game



We are excited to offer your team an exclusive opportunity to attend a Winnipeg Jets game with a special group rate (minimum 10+ required)! It's a great chance for your team to enjoy a memorable outing together watching live NHL action.

Dates includes:

Thursday, December 12th at 7PM vs. Vegas Golden Knights – Tickets starting @ \$45 each

Saturday, December 14th at 6PM vs. Montreal Canadiens – Tickets starting @ \$65 each

To take advantage of this offer, please reach out to Braden Fleury @ 204-926-5613 or email: bfleury@tnse.com with:

- i) Your preferred date
- ii) Team Name
- iii) # of tickets you would need

NOTE* This offer is exclusive to teams within the Mid Canada Ringette Tournament.

Looking forward to helping your team create some great memories!

Assiniboine Zoo

Don't let the weather scare you. Assiniboine Park Zoo has a variety of activities to keep you entertained.

<https://www.assiniboinepark.ca/zoo/visit/hours-and-rates>



Winter Wonderland

As Manitoba's longest drive-thru light show, this cherished holiday tradition returns for another season of affordable family fun!

Hours: Open 6:00 pm to 10:00 pm nightly (Closed Dec 25)

Location: Exhibition Park, West Gate, 3977 Portage Ave.
Turn north off Portage Avenue onto Festival Drive!

Get Your Tickets Now!

Experience over a million dazzling lights from the comfort of your vehicle at Red River Exhibition Park! Alongside all-time favorites, discover over 30 new light displays and other exciting surprises along the 2.5 km route. Plus, enjoy outdoor photo spots, skating, and food stands with warm drinks and delicious treats. Discount code available, please contact us for more information.

Activities

- Tune in to 101.1 FM for exclusive holiday music that complements your Winter Wonderland journey.
- Wednesday Magic Nights – The first 100 cars each Wednesday receive FREE 3D glasses for an extra-special view!
- Weekend Horse-Drawn Hayrides – Fridays, Saturdays, and Sundays from 6:30 pm – 9:30 pm, ride through the park with KB Clydesdales.
- Outdoor Pond Skating – Enjoy a starry skate on Exhibition Park's pond, open nightly when weather permits.

Tourism Winnipeg Recommendations

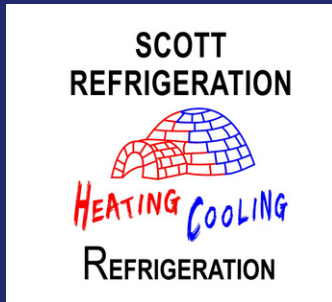
Tourism Winnipeg: <https://www.tourismwinnipeg.com/>

Winnipeg Visitor's Guide: <http://tourismwpg.uberflip.com/i/1513261-2024-winnipeg-visitors-guide-web/0?>

Best Eats: <https://www.tourismwinnipeg.com/eat-and-drink/best-eats>

Winnipeg Attractions Pass: <https://www.tourismwinnipeg.com/deals-and-passes/winnipeg-attractions-pass>

thank you to our sponsors!



Partner Hotels



thank you to our sponsors!



Mad For Magnets



Partner Restaurants





Welcome teams,

On behalf of The Press Box Restaurant & Sports Bar, our team would like to welcome all coaches, players, parents, staff and fans to the **2024 Mid-Canada AA Ringette Tournament!** It would be our pleasure to host your teams for all of their pre-game snacks and post-game meals. With a venue that seats 445 patrons and overlooks the PCL and Flynn arenas, The Press Box is the ideal destination for everyone to enjoy delicious food together whether it's before, during or after a game.

We'd like to offer all teams an opportunity to feed their teams with our breakfast, lunch and dinner team catering menu. We understand how important a healthy diet is in a successful athlete, so we keep your bodies and budget in mind! All options can be tailored to your needs with advanced notice to suit your dietary restrictions and allergies. Meals can be offered as a buffet dine-in or boxed to go for the bus ride.

For team catering, please reach out to Andrew or Morgan in advance to allow them time to prepare to ensure your team's needs are met and exceeded!

Andrew Szabo – Manager, Food & Beverage: aszabo@tnse.com

Morgan Macdonell – Assistant Manager, Food & Beverage: mmacdonell@tnse.com

Not looking for team catering? No problem! Join us on the second floor of hockey for all centre and drop in for a bite to eat or to enjoy an ice-cold beverage and check out the Manitoba Hockey Hall of Fame displayed outside the restaurant. We hope to see you there!

We look forward to feeding your hungry team and playing a small part in your success!

Thank you and good luck,

The Press Box team





Wrap Buffet-----\$17.95 PER PERSON

- Assorted meats (chicken, turkey, ham, roast beef) in flour wraps - garden caesar salad - whole fruit - juice or milk

Burger Bar Buffet-----\$18.95 PER PERSON

- Build your burger with cheese, lettuce, tomatoes, onions, pickles, mayo, mustard, relish, ketchup - garden or caesar salad - whole fruit - juice or milk

Taco Bar Buffet-----\$18.95 PER PERSON

- Build your own tacos with taco beef, cheese, tomatoes, onion, lettuce, bell peppers, salsa, sour cream (*upgrade to chicken \$2 per person*) - garden or caesar salad - whole fruit - juice or milk

Team Bake-----\$18.95 PER PERSON

- Pasta in meat sauce baked with cheese (*upgrade to alfredo sauce w/ grilled chicken \$2 per person*) - garden or caesar salad - whole fruit - juice or milk

Chicken Dinner-----\$19.95 PER PERSON

- Roasted chicken pieces - garden or caesar salad - potatoes or rice - whole fruit - juice or milk

Pierogi Dinner-----\$19.95 PER PERSON

- Pierogies w/ bacon, onion & sour cream - meatballs in gravy - garden or caesar salad - whole fruit - juice or milk

Book 2+ team meals and receive 15% off additional meals



CRAVE

• KITCHEN & DELI •

TEAM MENU

PRICE PER PLAYER

TEAM OPTIONS

WRAP & SALAD \$10

choice of Turkey bacon wrap, or chicken caesar, served with caesar salad, broccoli salad or greek

SOUP & SANDWICH \$12

Turkey, Ham or Egg Salad served with Chicken Noodle or Tomtato soup

PASTA BAR \$12

Chicken Alfredo, Parmesan Penne, & Lasagna with caesar salad (minimum 20 guests)

SOUP / SALAD & BREAD STICKS \$12

Choice of:
Chicken Noodle or Tomato soup with garden salad or dill pickle pasta salad served with breadsticks

CREATE YOUR OWN TACO \$10

Protein: Chicken and Pulled pork
Toppings: lettuce, tomatoes, cheese, salsa, sour cream served with chips & salsa

Gatorade: additional \$2 per player

Pick up in Park City Commons
Rink Delivery fee dependent upon location
Winnipeg Delivery fee \$15.95





CRAVE

• KITCHEN & DELI •

204-222-5122

\$10 LUNCH CATERING MENU

minimum 6 guests

PULLED PORK & WEDGES

BBQ pulled pork served with brioche buns and seasoned wedges

LASAGNA & CAESAR

Homemade layered lasagna served with creamy Caesar salad

BEEF ENCHILADAS & MEXICAN MAC SALAD

served with our homemade Mexican street corn mac Salad

SANDWICHES & WRAPS WITH SALAD

assortment of sandwiches & wraps (turkey, roast beef & ham - veggie upon request) with a salad

please allow 48-72 hours notice
prices based on pick up orders
WPG delivery fee \$15.95 + applicable taxes



CRAVE

• KITCHEN & DELI •

TEAM PLATTERS

SERVES 10- 15 PLAYERS



VEGETABLES \$45
SERVED WITH RANCH

Assortment of Vegetables
with Ranch Dressing

FRESH FRUIT \$75

Assortment of Seasonal Fruits



MEAT & CHEESE \$65

Deli meats & Pepperoni sticks
Variety of Cheeses
served with Pickles



CHARCUTERIE \$95

Crackers, Variety of Cheese, Dips
Pepperoni Sticks, Deli Meats, Fruit
Cucumbers and Chocolate Favourites
(serves up to 10)

Please allow 24-48 hours notice for all
TEAM Catering Orders



Order online: www.foodft.ca / Call: 204 772-3663

Frozen Food Menu

| Customer Favorites | | | FROZEN | Desserts FROZEN | | | FROZEN |
|--|--|--|---------|--|---|--|-----------|
| 527 -2pc. | Pork & Vegetable Egg Rolls w.Plum sauce | | \$5.25 | 650 - 5" | Prize Pumpkin Pie | | \$6.79 |
| 503 -5" | 5 inch Chicken Pot Pie | | \$7.65 | 656 - 5" | Sugar-Free Pumpkin Pie <i>*Date Sweetened</i> | | \$6.79 |
| 503 -9" | 9 inch Chicken Pot Pie (serves 4-5) | | \$27.29 | 657 - 5" | Blueberry Pie | | \$7.29 |
| 506 -8pc. | Garden Veggie Bites (8) (V) | | \$9.45 | 649 - Mini | Real Whipped Cream (serves1-2) (GF) | | \$2.09 |
| 507 -4pc. | Garden Veggie Patties (4) (V) | | \$11.49 | 649 - Med | Real Whipped Cream (serves4-6) (GF) | | \$5.99 |
| 508 -4pc. | Homestyle Beef Burgers (4) | | \$13.59 | 658 -1/2dz. | Butter Tarts | | \$9.95 |
| 512 -ea. | Beef Burrito (single) | | \$8.69 | 602 -ea. | Apple Crisp (serves 1-2) | | \$7.29 |
| 513 -ea. | Chicken Burrito (single) | | \$8.69 | 604 -ea. | Rhubarb Strawberry Crisp (GF) | | \$7.29 |
| 519 -ea. | Vegetarian Burrito (single) | | \$8.69 | 651 -ea. | Carrot Cake w/Cream Cheese Icing | | \$7.29 |
| 515 -ea. | Chicken with Cream Brie (stuffed breast) | | \$6.89 | 7612-ea. | Rice Krispie square | | \$3.95 |
| 528 -ea.. | Chicken Cordon Bleu (stuffed breast) | | \$6.89 | 612 -1/2dz. | Rice Krispie Squares | | \$21.49 |
| Breakfast/Brunch | | | FROZEN | 7613-ea. | Peanut Butter Confetti sq. (GF) | | \$3.95 |
| 500 -5" | 5 inch Ham Quiche | | \$6.89 | 613 -1/2dz. | Peanut Butter Confetti Cakes (GF) | | \$21.49 |
| 500 -9" | 9 inch Ham Quiche (serves 4-5) | | \$19.95 | 7614-ea. | Chocolate Puffed Wheat Square | | \$3.95 |
| 501 -5" | 5 inch Hearty Vegetarian Quiche | | \$6.79 | 614 -1/2dz. | Chocolate Puffed Wheat Squares 6-pcs. | | \$21.49 |
| 501 -9" | 9 inch Hearty Vegetarian Quiche | | \$18.89 | 7615-ea. | Banana Bread Slice | | \$1.59 |
| 518 -5" | 5 in.Spinach & Mushroom Quiche | | \$6.79 | 615 -1/2dz. | Banana Bread Sliced 6-pcs. | | \$8.99 |
| 523 -ea. | Bacon,Egg & Cheese Breakfast Sandwich | | \$6.59 | 622 -ea. | Cinnamon Bun | | \$3.95 |
| 524 -ea. | Sausage,Egg & Cheese Breakfast Sandwich | | \$6.59 | 622-1/2dz. | Cinnamon Buns | | \$20.99 |
| 526 -ea. | Hashbrown Patty | | \$1.05 | 7616-ea. | Apple Jacks (each) | | \$4.99 |
| 505 -6pc. | Potato Pancakes (GF) | | \$13.99 | 609 -1/2dz. | Assorted Cookies 6-pcs. | | \$7.29 |
| Pureed Meals | | | | 609 -1dz. | Assorted Cookies 12-pcs. | | \$13.49 |
| 27180 | Roast Pork *Pureed Meal* 250 gr. | | \$6.59 | 621 -1/2dz. | Lemon Shortbread Cookies (V) | | \$7.29 |
| 27190 | Roast Beef *Pureed Meal* 250 gr. | | \$6.59 | 621 -1dz. | Lemon Shortbread Cookies (V) | | \$13.49 |
| 27179 | Roast Chicken *Pureed Meal* 250 gr. | | \$6.59 | 607 -1/2dz. | Flourless Peanut Butter Cookies (GF) | | \$7.29 |
| 28176 | Roast Turkey *Pureed Meal* 250 gr. | | \$6.59 | 607 -1dz. | Flourless Peanut Butter Cookies (GF) | | \$13.49 |
| 27185 | Salmon *Pureed Meal* 250 gr. | | \$6.59 | 611 -1/2dz. | Assorted Dainties 6-pcs. | | \$9.39 |
| 1 KG. Family Sized Meals (serves 3-4) | | | FROZEN | 611 -1dz. | Assorted Dainties 12-pcs. | | \$17.85 |
| 101 -1kg. | Vegetarian Lasagna | | \$19.99 | <i>A Variety or choice of: Chocolate cake, Carrot cake, Date square, Rice Krispie & Peanut Butter Confetti squares</i> | | | |
| 102 -1kg. | Chicken Lasagna | | \$20.99 | 605 -ea. | Individual Muffin | | \$2.59 |
| 103 -1kg. | Beef Lasagna | | \$21.49 | 605 -1/2dz. | Muffins Assorted | | \$14.99 |
| 106 -1kg. | Beef Chili w. Cheese (GF) | | \$21.49 | 605 -1dz. | Muffins Assorted | | \$28.99 |
| 109 -1kg. | Macaroni & Cheddar Bake | | \$18.89 | <i>A Variety or choice of: Bran, Blueberry or Chocolate Chip</i> | | | |
| 110 -1kg. | Macaroni & Cheddar Bake w.Ham | | \$19.99 | NEW DESSERTS! | | | |
| 113 -1kg. | Chicken Stew | | \$19.15 | 668-ea. | Blueberry Cheesecake slice | | \$5.99 |
| 116 -1kg. | Shepherd's Pie | | \$22.49 | 661- 5 " | Raspberry Pie | | \$7.49 |
| 117 -1kg. | Peroghy Casserole | | \$20.99 | 654-ea. | Chocolate Zucchini Cake | | \$7.29 |
| 119 -1kg. | Sweet & Sour Meatballs | | \$22.49 | 903-ea. | Caramel Pecan Pretzel Bar (70g.) | | \$4.00 |
| 121 -1kg. | Beef Moussaka | | \$21.79 | 904-ea. | Cookies & Cream Protein Bar (GF) | | \$4.00 |
| 126 -1kg. | Beef Stew | | \$21.79 | 905-ea. | Peanut Butter Coconut Protein Bar | | \$4.00 |
| 135 -900 g. | Cabbage Rolls (8-11pc.) (V) | | \$20.19 | 653 -1/2dz. | Ginger Molasses Cookies | | \$7.29 |
| 137 -1kg. | Meatballs & Gravy (15 meatballs) | | \$22.49 | 653 -1dz. | Ginger Molasses Cookies | | \$13.49 |
| 138 -1kg. | Roast Turkey Dinner | | \$21.79 | 625 -1/2dz. | Oatmeal Raisin Cookies | | \$7.29 |
| 139 -900 g. | Scalloped Potatoes <i>Flour Free!</i> (GF) | | \$16.99 | 625 -1dz. | Oatmeal Raisin Cookies | | \$13.49 |
| 213 -900 g. | NEW! Mashed Potatoes (GF) | | \$10.99 | NEW! | | | Beverages |
| 2.5 KG. Party Sized Meals (serves 6-8) | | | FROZEN | 8006 | Coca-Cola 355ml. can | | \$1.25 |
| 103 -2.5kg. | Beef Lasagna | | \$48.25 | 8027 | Coca-Cola Zero (sugar free) 355ml. | | \$1.25 |
| 117 -2.5kg. | Peroghy Casserole | | \$46.69 | 8008 | Sprite 355ml. can | | \$1.25 |
| 135-24 pc. | Cabbage Rolls (24 pc.) (V) | | \$42.99 | 8028 | Ginger Ale Zero (sugar free) 355ml. | | \$1.25 |
| Side Orders | | | FROZEN | 8022 | Lemon Iced Tea 355ml. can | | \$1.35 |
| 206-2 pc. | Dinner Buns w. Becel- 2 pcs. | | \$2.89 | 8025 | Apple Juice 341ml. | | \$1.35 |
| 206 -1/2dz. | Dinner Buns w. Becel | | \$7.49 | 8026 | Orange Juice 341ml. can | | \$1.35 |
| 206 -1 dz. | Dinner Buns w. Becel | | \$14.75 | 8029 | Chocolate Protein Shake 414ml. | | \$4.99 |
| 520 -ea. | Homemade Gravy 4 oz. | | \$2.09 | 8030 | Vanilla Protein Shake 414ml. | | \$4.99 |
| 520 -ea. | Homemade Gravy 16 oz. | | \$8.29 | <i>*Shakes contain 26g. Protein & are sugar free!</i> | | | |

Order online www.foodft.ca

MEAL SERVICE INFORMATION SHEET
Food For Thought Frozen Meals & More!
840 Erin St. * Winnipeg, Manitoba * www.foodft.ca

Cost & Meal Description:

Frozen Meals are \$8.79-11.29 each (365 – 410 gr. Size) = equal to a plate of food!
Larger sizes are also available (1kg. and 2.5 kg.)

Frozen meal information:

There are a total of 42 different meals to choose from. We also carry homemade soups, burritos, potato pancakes, desserts and more! All meals include heating instructions. Many are suitable for the microwave. They come in disposable/recyclable packaging. There are no obligations, you can order anytime you need meals.

Nutritional/Dietary Details:

Our meals contain very low levels of sodium, sugar and fat. Vegetarian, Vegan, Dairy free, and Gluten free meals are available.

Packaging Information:

The meal packaging is compact (4 X 5 X 2 inch container or 8 X 6 X 1.5 inch).
Approximately 80 meals will fit into the freezer compartment of a standard fridge/freezer.

Hours of Operation:

~~Tuesday – Friday 9 am. – 5:30 pm. *Please note: Our location does not provide walk-in service*~~
~~*Orders can be placed online or by phone in advance.~~

To Order:

Order online: www.foodft.ca or Order desk Hours: Tuesday – Friday 9 am. – 1 pm. (204-772-3663).

Delivery Information:

~~Tuesday – Friday \$9.99 –~~ Minimum order for delivery is \$30 of meals.

Choose any 2 hour delivery window between 8 am. -6 pm. Tuesday – Friday.

~~We also deliver to Oakbank, Headingly, & East/West St. Paul (call for rates or shipping is calculated for online orders).~~

*Please ensure you are home during your delivery time or give instructions to “leave package outside”
Return fee and additional delivery fee will apply if package cannot be delivered.

Pick up Information:

Orders can be placed online or by phone. Our location does not provide walk-in service.

Customers please park in parkin lot and call 204-772-3663, or ring the back door buzzer if you do not have a phone. A staff member will bring the order to your car.

Payment method: Visa, MC, or Visa Debit accepted online or by phone.

Cheque payment may be given to couriers, please note a \$1.00 return fee will be added for cheques.

All payment methods accepted for pick up orders.

Direct Billing Information:

Registered meal provider with Veterans Affairs Canada – with direct billing to Blue Cross.

Direct billing to MPI, EIA, and Public Trustee's.

For more information on our Veterans or direct billing programs please contact us.



**CANADIAN
WOMEN & SPORT**

**Transforming sport in Canada so
girls and women can reach their full
potential.**



Canadian Women & Sport is dedicated to creating an equitable and inclusive Canadian sport and physical activity system that empowers girls and women.

- Programs
- Workshops & E-Learning
- Research
- Custom Consultations



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womenandsport.ca**



Canadian Women and Sport
Keeping Girls in Sport URL:
<https://kgis.respectgroupinc.com>

Program Access Instructions:

- If you have an existing profile in any other Respect Group program, select "New to this Program?" then "Look-Up". If this is your first time registering for a Respect Group Program, select "New to this Program?" followed by "Register".
- Complete registration.
- Select "Submit" at the bottom of the page. You will be requested to review and accept the Privacy policy.
- On the payment page, click "Enter Code"
- Pre-Registration Code: CWS-Q7E4G8F
- Once successfully logged in, you will default to the Home page. Select Program Access to view the modules. To re-access the program, return to the same URL indicated above and enter the username and password created during registration.

General Information:

- Respect Group programs are optimized to provide the best possible user experience for your device. This program will run on any modern web browser using a PC, Mac, Android or iOS devices such as the iPhone and iPad.
- For Helpdesk Support please go to <https://support.respectgroupinc.com>