

PLEASE BE A PART OF THIS EXCITING PROJECT AND SHARE YOUR RECIPES WITH US!

# A TASTE OF HERITAGE

FUNDRAISING RECIPE BOOK -  
RECIPES TO SUPPORT ROSS'S  
MEALS ON WHEELS PROGRAM

RECIPE INFORMATION MUST INCLUDE:

RECIPE TITLE

YOUR NAME, LOCATION (MANOTICK, METCALFE, OTTAWA, GREELY ETC)

RECIPE CATEGORY: PLEASE SELECT ONE

- APPETIZERS  SALADS  SOUPS  VEGETABLES  SIDE  
DISH  MAIN DISH  DESSERTS  
 OTHER \_\_\_\_\_

INGREDIENTS (IN ORDER OF USE)

DIRECTIONS

PHOTO IF YOU HAVE ONE -THE PHOTO CAN BE OF YOU, OR THE DISH  
YOU'RE SUBMITTING A RECIPE FOR, A HISTORICAL PHOTO ETC.

PLEASE EMAIL ALL SUBMISSIONS TO [MELISSA.MACISAAC@ROSSS.CA](mailto:MELISSA.MACISAAC@ROSSS.CA)

RURAL OTTAWA SOUTH SUPPORT SERVICES