

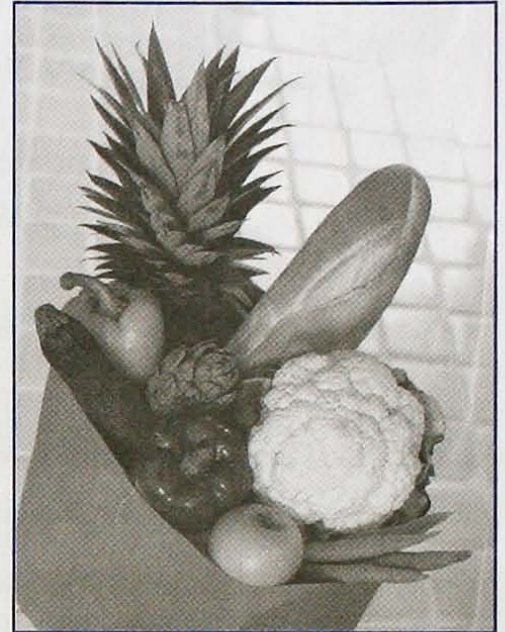
Eat To Give:

A simple, secure way to show your support for FWIO

Grocery Shopping. Everybody does it. You, your neighbours, your friends and your family. Now, each time you grocery shop you can show your support for the Federated Women's Institutes of Ontario through the Eat to Give Program. Shop at most major grocery stores as you normally would and for every \$100 you spend, the grocery chain returns \$3.50 to FWIO.

Grocery gift cards and gift certificates make great stocking stuffers, birthday presents and thank you gifts for friends and teachers.

Three Easy steps to Eat to Give for FWIO



1. Determine how much you would normally spend on groceries each month. Select your payment method (weekly, bi-weekly, monthly) and purchase that amount in grocery gift cards or gift certificates. Your gift cards will be mailed to you at the beginning of each month.

2. Do your weekly or monthly shopping as you normally would, using the grocery gift cards or gift certificates for payment. This is done just as you would use your debit card or cash.

3. New grocery gift card or gift certificate are issued once again, at the beginning of each month.

The best part about Eat to Give is that you, your friends and family can all support FWIO easily – with something you're doing on a regular basis. For every \$100 you spend with your grocery gift cards or gift certificates \$3.50 will come back to FWIO.

Your grocery gift cards and gift certificates can be used at major grocery stores right across Canada. New Tim Horton's, M&M Meat Shops and Canadian Tire have all joined the Eat To Give Program.

"I bought my groceries where I always shop. I bought the food I always buy. I paid the same price I always pay. But this time I was supporting FWIO and it was so easy!"

Arthena Hecker, Past President

Show your support for FWIO. To register or get more information on the Eat to Give Program contact FWIO Provincial Office at fwio@fwio.on.ca or 519-836-3078.

Good Idea!

Invite 3 friends or family to support FWIO through the Eat to Give Program. Be sure to let them know how their support is making a difference to FWIO!