

Charity barbecue day helps Crohns and Colitis group

It's the ninth straight year for Canada's largest barbecue party - Charity Barbecue Day - in support of the Crohn's and Colitis Foundation of Canada (CCFC). On Saturday, June 14 barbecues at M & M Meat Shops across Canada will light up to raise over \$500,000 in support of the foundation.

Just as Terry Fox established the "run" for cancer, M & M Meat Shops established the Charity Barbecue Day for Crohn's disease and ulcerative colitis.

The event is now the single largest fundraising event for the CCFC.

And, like the other major charity events, it counts on the help of many thousands of volunteers to ensure its success. More than 4,000 volunteers will spend the day flipping burgers, handing out goodies or providing supplies for the events across the country.

"We are proud to be the founders of such a great event, for such a great cause," said Mac Voisin, president of M & M Meat Shops, "but we couldn't do the job we do without the help of the many friends and family who lend their support."

The barbecues will be blazing from 10 a.m. to 5 p.m. at each of the 210 M & M stores across Canada on June 14.

Volunteers will be selling hamburgers or hot dogs, a drink and a bag of Hostess chips for only \$2, with all proceeds going directly to CCFC, added Voisin.

In addition to raising the funds, the event generates much needed awareness for the foundation.

"Charity Barbecue Day raises awareness among the general public about inflammatory bowel disease (IBD) and allows those who suffer from these diseases the confidence to come forward to discuss their condition," said Michael Howorth, national executive director for the CCFC.

"And with M & M Meat Shops as the major benefactor of the CCFC, we are able to invest hundreds of thousands of dollars annually in Canadian medical research to search for the cure," Howorth added.

"In fact, this year alone, \$1.2 million was invested."

Crohn's disease and ulcerative colitis are two painful and chronic diseases that are often referred to as IBD.

Tens of thousands of Canadians suffer from IBD and anyone can develop the disease regardless of gender, age or race. IBD is non-contagious, but the cause and cure remain a mystery, blocked, creating traffic chaos.

SMOKED PORK CHOPS (KASSELER)

Our Smoked Pork Chops are made with well-trimmed racks of pork which have been selected for their leanness. We then cure them in a low-salt brine, smoke them slowly over maple long enough and warm enough to cook them - all you have to do is warm them.

Although the traditional way to serve this cut is to steam it whole or in chops on a bed of sauerkraut, or prepared red cabbage, it's equally great just steamed or gently warmed on the Bar-Be-Que. Great flavour!
Regular 5.99/lb.

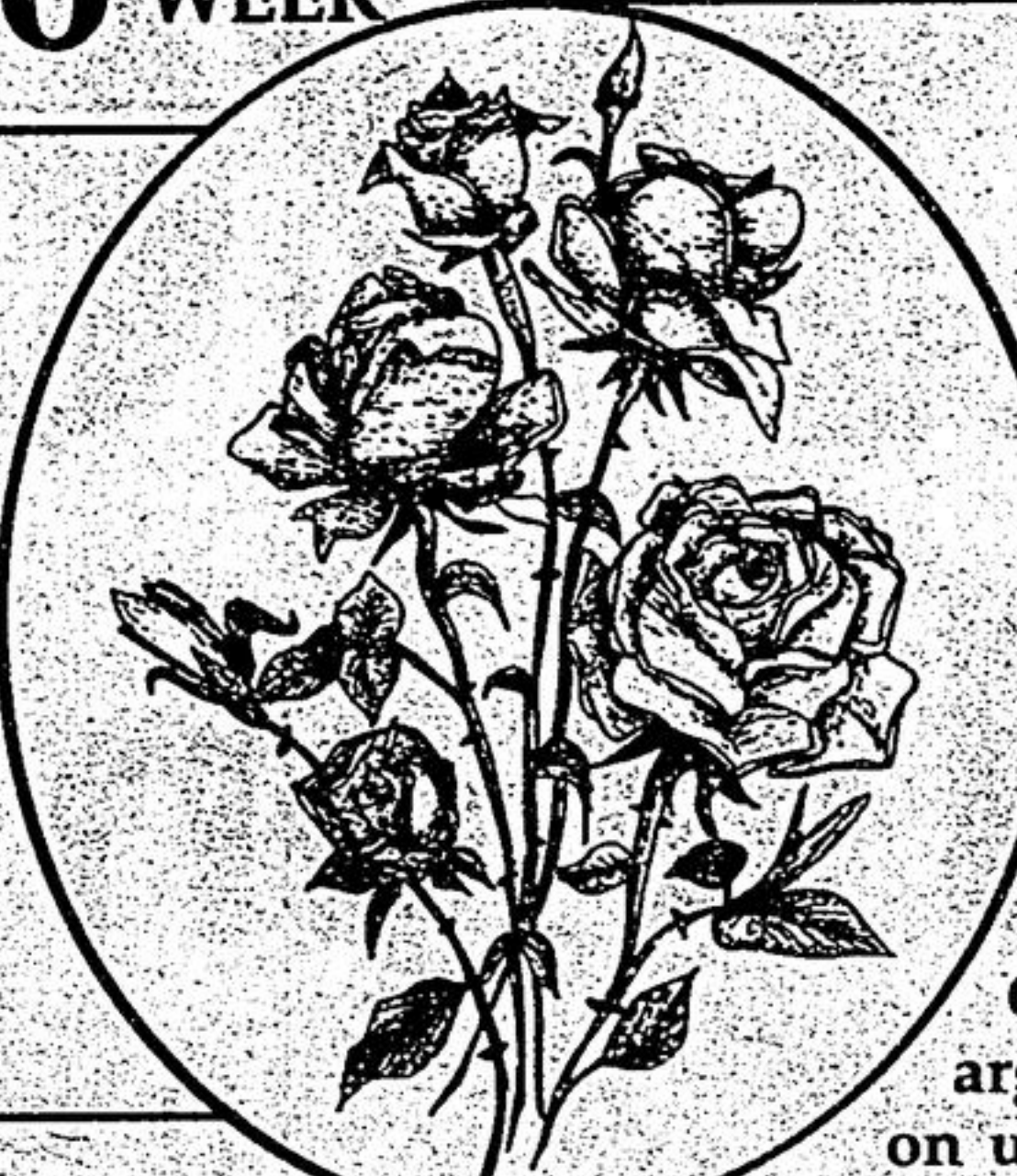
25% OFF THIS WEEK

NEW ORLEANS CAJUN SAUSAGES

Sausages with a distinctly southern personality. We use fresh coarse ground pork, Paul Prudhome's special spices and a touch of smoke. Delicious - with enough heat to be noticed.

Regular 3.99/lb

1/2 PRICE THIS WEEK



DOREEN'S QUICHE

What makes them great? It's that made-from-scratch attention to detail that matters. We start by making the flakey pastry crust, followed by a generous amount of one of the savoury fillings, authentic Swiss cheese and finally, the perfectly proportioned quantities of fresh eggs and whole cream in the topping. Although we make an extensive variety, these four flavours will be available this week: Lorraine, Broccoli, Spinach and Mushroom.

Regular 11.95 ea. 9" size

25% OFF THIS WEEK

MARINATED BONELESS CHICKEN BREASTS

In our store we sell only free-range chicken. They have an edge in flavour because they run loose and eat what they want. They are processed in a more time-consuming (and expensive) manner in order that this flavour advantage is maintained.

So what do you get when you start with the best chicken and then add one of our superlative homemade marinades? ...a thrill from the grill!

Available in Teriyaki, Texan, Marquerita BBQ, Zesty Lemon, Hyatt BBQ and Rosemary.
Regular \$9.95 lb.

25% OFF THIS WEEK

NEW ZEALAND ORANGE ROUGHIE

The Canadian Fisheries Chart lists Orange Roughie as having the lowest fat content of all listed fish. We list Orange Roughie as one of the most flavourful and versatile fishes available. The fillets, which are boneless, come in generous sizes and are just the thing to have if you're planning an indulgent dessert!

Regular \$9.95 lb.

2.00 LB. OFF THIS WEEK

BUTTERFLIED FRESH ONTARIO LAMB LEG

This is an extremely popular item for the Bar-B-Que. Not only is it a rather economical way to serve good lamb, it's available in whatever size portion you may need - And it's delicious! We trim them well and marinate them in our Rosemary mustard and Balsamic seasoning. Bar-Be-Que on medium heat about 10-15 minutes per side. Fabulous!

Regular 8.95 lb.

25% OFF THIS WEEK

PHIPP'S PECAN PIES

Here we are, cruising the cake counter once again - But what's that? Is it a pie? Is it a tarte? We won't know for sure till we try a piece!

Well - now we know - it's neither a pie nor a tarte, but somewhere in the middle. It's buttery shortbread crust calls out 'tarte' but the pecan filling calls back 'pie'. One thing for sure though, is that if we argue much longer, someone's going to eat it on us. Who cares what it is anyway, if it's this

delicious!

Black bottom Pecan Pie (with chocolate) Reg. 15.95 ea.

- or - Highly irresistible Pecan Pie Reg. 15.95 ea.

From Phipp's Bakery in Toronto

SAVE

5.00

EACH

OUR HOMEMEADE COLESLAW

We make two kinds of slaw in our kitchen: Our regular creamy coleslaw and our relatively new Kentucky Slaw with some red cabbage and a sweetish vinaigrette.

Both are delicious -

You choose, this week at ...

Regular 1.10/100 g

1/2 PRICE THIS WEEK

TIP OF THE WEEK

This recipe comes from The Ontario Harvest Cookbook, an excellent collection of regional recipes.

WELLINGTON COUNTY SMOKED PORK CHOPS WITH MAPLE GLAZE

- 1/3 cup maple syrup
- 1 tablespoon honey mustard
- 2 teaspoons horseradish
- 6 smoked pork chops
- canola oil

Whisk together the maple syrup, mustard and horseradish in a small bowl. Lightly brush each side of the chops with oil. Grill chops over medium high heat for 10 minutes, turning once and basting frequently with the maple syrup mixture.

COMING NEXT WEEK!

1. Rhubarb!
2. He's back - A new face on our Meat Counter
3. Thai Sausages

"We try to make sure that we have adequate supplies, but when they're gone, they're gone. It's best to shop early to avoid disappointment!"

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY JUNE 1

Mon. - Thurs. 9:00 - 7:00 Fri. 9:00 - 8:00 Sat. 9:00 - 6:00 Sun. 10:00 - 5:00

548 Carlton Road, Unionville

940-1770

VILLAGE GROCER
QUALITY FOODS