

TERRA COTTA COOKIE CO. LTD

Fall 2006

Newsletter

Health Canada suggests that "Snacking is an important part of healthy eating for growing children age 6 to 12. Up to 3 snacks a day is a healthy snacking pattern."

Sabrina's Law passed May 16, 2005 came into effect January 1, 2006. T.C.'s Cookies is pleased to offer all PEANUT and NUT FREE products ensuring the safety of all students and staff.

Nutrition Guidelines – Our DeLite Cookies are nutritious and delicious!

With NO trans fat, and meeting the new guidelines, our DeLite cookies made with unsweetened applesauce, are a delicious answer to school snacks. Our Oatmeal Apple, Oatmeal Raisin and Oatmeal Chocolate Chip cookies are a great breakfast replacement providing a full grain and half a fruit serving per large cookie.

Chocolate Milk – Tetra Pak – No refrigeration needed

Growing children need 2-4 servings of milk products every day. Chocolate milk with it's great taste, provides the same energy and 15 essential nutrients as white milk and students love it! Worried about caffeine? Don't be. One cup (250ml) of chocolate milk contains about the same amount of caffeine as one cup (250ml) of decaffeinated coffee. See *T.C.'s Menu* for this item.

Prices for 2006-2007

Due to the rising costs of raw materials and packaging as well as fuel costs, pricing will increase October 1st, 2006 only 50 cents per case on our large cookies. See the *T.C.'s Menu* for more pricing on all our products.

Specials: All products remain at last years prices for the month of September if ordered and delivered by the end of September. See the *Special* sheet for September, October and November specials.

Need a Freezer to store your Cookies?

We have a limited number of freezers available on loan for 3 months with the initial purchase of 14 cases of cookies (and regular orders following). The school will then have the option to purchase the freezer at cost or return it to us. Profits from the sale of 14 cases of cookies will enable the school to purchase the freezer. Call Tammy or Kelly for more information.

Delivery Information – Thanksgiving Monday, October 9, 2006

If Monday is your delivery day, your order will be delivered Tuesday, October 10, 2006. For all Monday and Tuesday orders, please order by Friday, October 6, 2006 by 12:00 noon. Thanks.

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