USEFUL GIFT CARDS FOR LA RUE DES FEMMES PARTICIPANTS: $5, $10 OR $20

With these cards, when it turns cold and women are outdoors, they can seek shelter in a local café or restaurant, day or night, to keep warm.

And grocery gift cards enable the organization's participants to extend their food budget till the end of the month.

Finally, movie gift cards are a great way for the women to enjoy a cultural outing during the Holiday season.

Following are some gift card ideas:

- Tim Hortons
- Starbucks
- McDonald's
- A&W
- Burger King
- Walmart
- IGA
- Metro
- Dollarama
- Movies

SNACK ITEMS NEEDED FOR CHRISTMAS CELEBRATIONS

For some 15 days beginning about December 24, the team at La rue des Femmes traditionally provides its participants with additional sweet and savoury snacks as a way of comforting and pampering them during the special time of year that is the Holiday Season.

Following are some Holiday snack ideas:

- Nuts
- Candies
- Chocolate
- Cookies
- Granola bars
- Sucre à la crème (traditional Québec fudge)
- Powdered hot chocolate packets; coffee, tea and tisane bags
- Chocolate-hazelnut spread and jams
- Potato chips and similar munchies
- Soft drinks and non-alcoholic beverages, fruit juices (single portions)
- Fruit compotes (e.g., apple sauce) and fruit salads (single portions)
- Cheese sticks
- Popcorn

Thank you for thinking of the most vulnerable women over the Christmas festive season.

With our sincere gratitude,
The team at La rue des Femmes

LA RUE DES FEMMES