

Order Now!

food from friends

Cooks like to share their ideas, recipes, and meals. Often, when a friend needs help, our first response is to say –'let me help; let me make a meal'. Or, 'I'll do some baking for you.'

So, when some of our best-known foodies were asked if they would help Matthew Fraser and his battle with motor neuron disease by donating recipes for a proposed fundraising cookbook their response was an immediate 'yes!'

Food From Friends is an inspirational book. Everything from recipes, to photography, to design, layout, and associated costs has been donated. So much generosity, so many good friends.

Join us. As well as helping someone in need you could solve all your Christmas gift hassles!

Food From Friends: \$20 plus packing and postage (from \$3 per book within NZ. Courier costs both domestically and internationally will be extra, depending on numbers ordered and destinations. Costs confirmed with order/s).

For your copy of Food from Friends: (a) Purchase your book/s from:

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Make cheques payable to Matthew Fraser MND Charitable Trust

(b) order online at www.foodfromfriends.co.nz
This is a secure site for internet payments for up to 10 books

(c) Email judy@elworthy.co.nz with your order/s and arrangements will be made for you to pay directly into the Trust bank account.
Judy Elworthy is a trustee of the Matthew Fraser MND Charitable Trust.



Thank you! All proceeds from the sale of this book go to the
Matthew Fraser Motor Neuron Disease Charitable Trust.

For more information on MND, or Matthew Fraser and his daily ongoing battle, his young family, and the work of this Trust please go to www.matthewfrasermndcharitabletrust.co.nz