

# THE MUSTARD SEED PIE OFF



GOAL  
100,000 LBS  
FOOD  
AND  
\$100,000

## RAISE FOOD & FUNDS BY OCTOBER 31<sup>ST</sup>

Take a [shaving cream] pie in the face, share the video on facebook and nominate friends, colleagues, and businesses to accept the challenge! Place a box for food and fund collection at your workplace, school or church and engage in fun activities to fill them!

Learn how you can make a difference at [mustardseed.ca](http://mustardseed.ca)



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