Good evening Sorors,

For our meeting on November 19th, we will be collecting for the SECU House in Winston-Salem and a Sickle Cell Family's Thanksgiving dinner. There will be a box for each charity.  Any donation is welcomed and appreciated.  Below I have listed how to find the Wishlist on the website:

1) Go to SECU House Winston-Salem website.....[https://www.familyhousews.org/](https://www.familyhousews.org/%22%20%5Ct%20%22_blank)

2) Click on 'Get Involved'

3) Click on Wish List

If you scroll to the bottom, you can see the 'printable Wishlist' and the 'Amazon.com Wishlist' buttons. Unfortunately, I was unable to attach the Amazon Wishlist, but I have attached the printable wish list to this email.



Please buy the non-perishable items for a Thanksgiving family. We would also like to add an iron rich food to your shopping list for the sickle cell family. This would include your normal Thanksgiving food items and adding the iron rich food for our family. Example /Lentils, grains, and can greens are iron rich foods.

Thank you,

Projects and Planning Committee