

From: **Two Good** [hellotwogood@gmail.com](mailto:hellotwogood@gmail.com)  
Subject: You're about to miss out.....  
Date: 20 July 2015 12:59 pm  
To: michael [mmus@me.com](mailto:mmus@me.com)

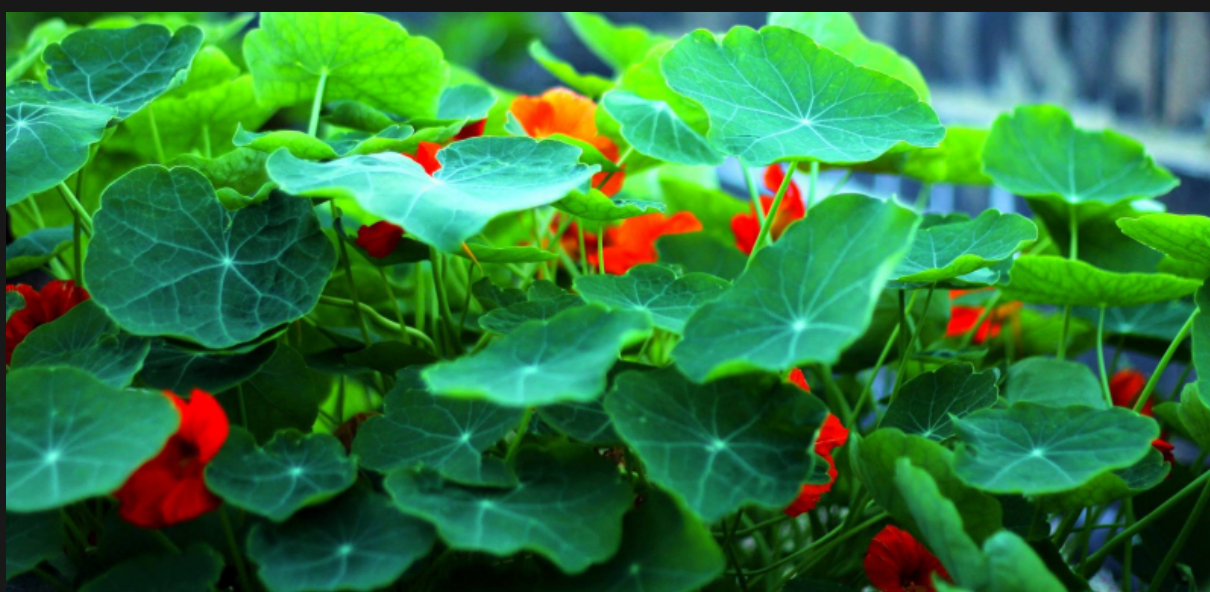
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IOOSK, TWOGOOD, NOURISH, GROW, ST CANICE'S  
KITCHEN GARDEN, YOUNG MUMS COOKING SCHOOL

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# Nourish (Winter)

**Only a few tickets left. Will be sold out by Wednesday.**



This Nourish, profits from all ticket sales will go to support our Wednesday night organic soup kitchen.

We serve between 30-50 organic (well, organic as possible) cooked meals each Wednesday night. Why organic? Many people come to the kitchen on heavy recreational or medicinal drugs. It's our mission to serve them the cleanest possible food we can. We choose to show respect by serving food that has been grown with respect and cooked with love.

Come to Nourish, be nourished and help us provide nourishing meals to people who need it most.

Rob Caslick  
IOOSK Founder

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# Nourish (Winter)

## The Line Up



Eat incredible food from [Seed 2 Soul Workshops](#) and hot spiced apple cider from [Young Henrys](#). Hear great stories from [Costa Georgiadis Official](#), [Michael Mobbs' Sustainable House](#) and Lucienne Joy. And beautiful music from [Ange Takats](#). The hall and garden styled by the interior design team [Davenport Campbell](#).

Help raise funds to provide 400 extra meals at the Inside Out Organic Soup Kitchen this winter.

Buy your Nourish ticket here:

[EVENTBRITE](#)

Get your Nourish ticket here

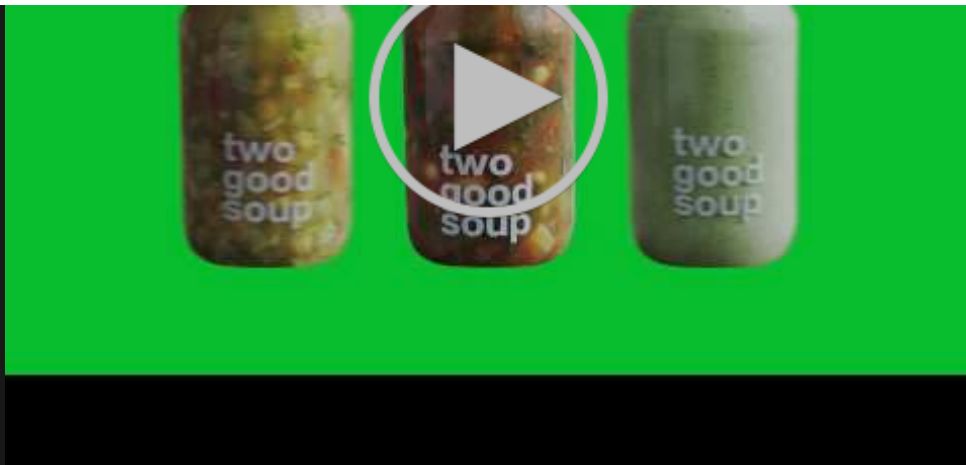
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# Two Good Co

Two Good really is going too good. We need to take on another 3 Domestic Violence Shelters to meet your demand this week. We also need to offer employment to another lady from one of the shelters. Good problems to have right?

We are already supporting three Domestic Violence shelters, Wednesday evening IOOSK Soup Kitchen, Wednesday Soup Drive to Rough Sleepers, as well as Thursday and Friday Lunch at St Canice's Soup Kitchen.





Very late last Wednesday night, we loaded our Two Good Pea and Ham soup into the back of Cathal's station wagon and headed out to provide soup to rough sleepers. Here is a photo of the Two Good team looking all smug in our jumpers. I wouldn't say it was a huge success. But we will be back out there next week. This time in a proper van. This time before everyone is sleeping :)



Support Two Good by buying our soups. Go to the Two Good Chuffed Crowdfunding campaign [here](#) to get yours.

Contact us [hellotwogood@gmail.com](mailto:hellotwogood@gmail.com) or [click here](#)

## ABOUT US



Inside Out Organic Soup Kitchen provides wholesome, organic food to those who need it most. Healing people from the inside out. We serve weekly, each Wednesday night from 530 to 8pm

The St Canice's Kitchen lunchtime service consists of over 20 teams made up of people from all over Sydney. Its been providing lunch every day of the week for the past 25 years.

If you like to find out more about St Canice's Kitchen or IOOSK please get in touch.

Contact - IOOSK



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You are receiving this email as you either a contact of Rob Caslick's, The Refugee Garden, IOOSK or St Canice's Parish.

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