

Daniel Gwynn Blog Update

Date: 11/3/13

Subject: "Care Package"

I'd like to thank all of those who had contributed to the food package I received last week. We're offered these packages twice a year (Lil Debbie), and there's another one (Access) which is offered four times a year. The Lil Debbie offers pies, cakes, granola cereals & bars (the granola cereal is my twist). My system didn't know how to act when I flooded it with healthy food all week. I ate my fill of Banana Nut Granola cereal, and the Fruit & Nut cereal, so much so that I was littered with crumbs all over the bed and my hand still in the box:) Gave my system a good cleansing.

The Access food package has precooked meals, Trail mixes, candies & cookies. I prefer the Trail mixes & precooked meals. I would take the precooked meats or sauces and add them to a recipe and make myself a meal--Pizza or Beef Wraps.

It feels good to have a decent meal for a change, so again I wish to thank my kindhearted donors who has made this holiday season a very special one for me.

A handwritten signature in cursive script, appearing to read "Daniel Gwynn". The signature is fluid and elegant, with a large initial 'D' and a long, sweeping underline.