

# Flathead Food Swappers

Inspired by other food swaps across the country, we aim to be a group of kind folks who meet several times a year to swap homemade & homegrown food and celebrate the diversity of foodstuffs available in our community.



We'll swap most anything that is homemade or homegrown:

- Extra garden produce (fruits, veggies, herbs, nuts, etc.)
- Wild-harvested / foraged foods (including wild game)
- Home-canned items (high-acid food only)
- Home dehydrated & frozen goods
- Home-grown eggs, meats, milk, etc.
- Home baked items (breads, cookies, cakes, etc.)

*For More Info:* Check us out on Facebook: Flathead Food Swappers

Email: [mtkatiecakes@yahoo.com](mailto:mtkatiecakes@yahoo.com)