



Password: Supermom

Upcoming Events: goMOMs Mom2Mom Spring Sale

Date: March 17, 2018

Time: 8:30 am until 12:00 pm

Cost: \$1.00 Admission/\$2.00 Early Bird Admission

Location: Eagle Creek Academy 3739 Kern Rd. Oakland, MI

-Shop a huge selection of gently-used kids items at the goMOMS semi-annual Mom2Mom Spring Sale. This sale is department store style with items organized by gender, size, and category. Strollers are allowed. A limited number of large shopping bags will be made available for your use while shopping. Cash/Checks only.

Family Fun Day:

Date: February 25, 2018

Location: The Bounce House, Sterling Heights, MI

Time: 11:00 am-1:30 pm

Join us for some family fun at the Bounce House in Sterling Heights! Bring the whole family and enjoy a discounted rate when you mention goMOMS.

Upcoming Events:

February Meeting: 02/13

-Trivia Night @ Patrick J's'

-See Evite for details

February MNO-Cancelled

Family Fun Day: Feb 25th:

Bounce House, Sterling

Heights - See Evite for details

March 13th General Meeting

Mom's Chat @6:30

March 17th: Mom2Mom Sale

**MNO Week of 19-Michigan by
the Bottle, Royal Oak**

Meeting Location

Abiding Presence Lutheran Church

1550 Walton Blvd.

Rochester Hills, MI 48309



Find us on:
facebook®

Facebook search:
goMOMS- Greater Oakland Mothers
of Multiples
Closed group-Please ask to join!

goMOMs Sale Tips

Here are some helpful tips for sellers, written by our former Sales Coordinator and current President, Jodi Abraham

Tagging:

Sort clothing by size and gender

Make and label bins for each size

Use regular sized index cards and cut them in half.

Label each tag clearly as the example below shows (a fine tip sharpie works best) please don't use pen.

Use Initials: Example-JRA (initials ok'd by sale coordinator)

Purple shorts (short description of item)

Size 2T (size of item)

\$1.50 (price of item to nearest .25 cents)

Make sure to check over each item to look for stains and holes. We have gotten complaints from customers recently and we want to make sure we aren't selling dirty items. We will remove items from the floor that don't meet these standards.

Punch a hole in the top of the index card. You can either attach label by a safety pin or using a tagging gun. If using a tagging gun, make sure to only attach label to inside seams. We don't want to sell our customers things with holes from the tag.

Start tagging early so you don't find yourself frantically tagging the week of the sale...I may be guilty of doing this once or twice.

If you have any questions, please feel free to contact our Sales Coordinator:

Holly Modetz-Lopez @

gomomssalescoordinator@gmail.com



Play Dates

Looking for something fun to do with your multiples?

Host or attend a play date!

Play dates are an excellent way for goMOMS and their children to connect!

To host a play date, fill out the [Evite Request Form](#)

Any additional questions, contact:
Amy Wacek, Secretary,
@ gomomssecretary@gmail.com

Kroger Community Rewards

Register your Kroger card and help goMOMS with the Kroger Community Rewards card. Members need to renew their membership by linking their Kroger cards to goMOMS. Our group receives a percentage of all your Kroger purchases quarterly. Just follow the instructions below, then shop using your Kroger card!

-If you already have a Kroger account:

1. Go to www.krogercommunityrewards.com
2. Sign in with your email address
3. Enter our organization number: **83164**
4. Click on Greater Oakland Mothers of Multiples
5. Confirm

If you do NOT have a Kroger card, follow the link for further instructions HERE:

<https://www.kroger.com/account/enrollCommunityRewardsNow>



A great way to donate while you shop!

<https://smile.amazon.com/ch/38-2155217>

Amazon will donate **0.5%** of the price of your eligible AmazonSmile purchases to [National Organization of Mothers of Twins Clubs Inc.](#), whenever you shop on AmazonSmile using the above link. **Try it out today!**

Tips and Recipe Ideas

An Easy Dinner, 3 Ways

Bar-B Cups

Ingredients:

- 1 lb ground beef or turkey, browned and drained
- About ½ cup barbeque sauce, your choice
- ½ cup diced onion (optional)
- 1-2 Tablespoons brown sugar (optional)
- 2 rolls of canned biscuits (I prefer the flaky kind)
- ½ cup shredded Cheddar cheese

Directions:

- Heat oven to 400°F. Spray 10 regular-size muffin cups with non-stick cooking spray.
- In 10-inch skillet, season and cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in barbecue sauce and brown sugar. Cook 1 minute to blend flavors, stirring constantly.
- Separate dough into 10 biscuits. Flatten each biscuit in your hands. Place 1 biscuit in each muffin cup. Firmly press in bottom and up sides, forming 1/4-inch rim over edge of cup. Spoon about 1/4 cup beef mixture into each biscuit-lined cup. Sprinkle each with cheese.
- Bake 10 to 12 minutes or until edges of biscuits are golden brown. Cool 1 minute; remove from muffin cups.

Pizza Cups

Ingredients:

- 1 lb Ground beef or turkey, or use some chopped pepperoni (I use turkey pepperoni. No need to brown the pepperoni)
- ½ cup pizza or thick spaghetti sauce
- ½ cup onion or other vegetable such as green peppers, optional
- 2 rolls canned biscuits
- ½ cup shredded mozzarella

Directions

-Same as above- just use pizza sauce and mozzarella instead of barbeque sauce and Cheddar cheese.

Taco Cups

- Use a packet of Taco Seasoning and ½ cup Salsa instead of Barbeque sauce. Use Cheddar Jack or whatever cheese you want. Bake as directed. Garnish with sour cream, more salsa, or whatever else you would like!

Add a veggie of your choice, and enjoy a fun, hand-held meal that kids will love to eat!



P.O. Box 210226
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2017-2018 Board Members

President-Jodi Abraham
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Co-Vice Presidents- Katie White & Rebecca Baumgarten
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Treasurer-Audrey Trethway
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Secretary-Amy Wacek
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Fundraising Coordinator- Colleen Porter & Amanda Keyser
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Sales Coordinator- Holly Modetz-Lopez
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Announcements

Expecting? Or delivered recently? Let us know, and we would love to share your exciting news with our goMOMS members. Please include your name, spouse's name, babies' names and birth information (date, time, weight), a photo and any sibling information that you would like to include.

Send all information and images to
gomomsnewsletter@gmail.com



Take them a Meal

For those times in life when filling their table will warm their hearts. Simplifying meal coordination so friends, family, neighbors and co-workers can show they care. Help out a new mom by providing a meal for their family when they bring home their new bundles of joy!! Or request meals after your delivery. Meals can be homemade or take out!! goMOMS uses the Take them a Meal website to coordinate meals for new families. Please contact the meal coordinators
[@ gomomsmeals@gmail.com](mailto:gomomsmeals@gmail.com)
to request meals or for more information.

More Information about goMOMS

goMOMS is a nonprofit, 501(c)(3) organization. We bring together mothers of twins, triplets, quadruplets (or more!) for support in the unique situations we encounter with pregnancy and raising multiples. Contributions to goMOMS are tax deductible. Consult your tax professional for details.