

The **Georgia Southern University Research and Service Foundation, Inc.** of Statesboro, GA received \$23,356 to provide educational programming on growing, purchasing, and preparing local foods to residents of a women's shelter and 270 children in 5 after-school programs in Bulloch County.

[Final Report FY 10](#)

Date: February 13, 2013

**Recipient Name:** Georgia Southern Research & Service Foundation, Inc.

Georgia Southern Botanical Garden

**Title of Grant:** Fresh and Healthy Food for All: Farm to Table Food for Rural and Low Income Families, Including EBT Shoppers

**Grant Number:** 12-25-G-1144

**Location:** Statesboro, GA

**Contact Name/Phone Number:** Carolyn Altman, 912-871-1149

**Project Summary:**

Since it began at the Garden in 2007, the Main Street Farmers Market has grown to attract 1,200 shoppers who enjoy the products and educational efforts of the market's 75+ local food vendors each week. Between October 2010 and October 2011 *Fresh and Healthy Food for All: Farm to Table Food for Rural and Low Income Families* focused on increasing Market shopping by the area's large number of low-income consumers, particularly those unfamiliar with nutritious, local food. Multi-session programs by the Garden, local farmers, and local chefs shared information with targeted community groups about healthy local food, taught participants how to grow, purchase and prepare these products, and facilitated shopping at the Main Street Farmers Market through a coupon voucher system that encouraged visits to the market. The project was completed during the first year, with over 400 children and their parents in the afterschool programs in our county, and 18 women and 16 children of the Safe Haven Women's Shelter enjoying the activities of the project. The project was so successful that the Garden conducted additional programs, using the initial project as a template, and served over 100 additional families. 75 vouchers were spent at the Farmers Market, demonstrating that the activities of the project connected shoppers to the market, thereby encouraging healthier consumer choices, and greatly increasing the pool of "fresh and healthy" shoppers for the Main Street Farmers Market now and in the future.

All proposed activities of the project were completed under budget.

**Project Approach:**

**General Goals and Objectives of the Project:**

The goal of *Fresh and Healthy Food for All* was to expand our local and rural economy and to improve public health by increasing shopping for fresh, local and healthy food at Main Street Farmers Market by the public in general and the area's large low-income population in particular. The objectives of this goal were to provide hands-on, interactive programs for targeted audiences about growing, preparing and shopping for healthy local food purchased from Main Street Farmers Market farmers. Farmers worked with Garden staff and participants to grow food, and Farmers Market chefs worked with participants to prepare it. Participants received bags of produce, recipes, crockpots, and vouchers for \$5 each to encourage them to visit and shop from "their" farmers at the Main Street Farmers Market.

**Goal 1. Provided 270 children in 5 Bulloch County after-school programs with 4 Fresh and Healthy sessions at the Garden's Children's Learning Garden, coordinated by Garden Educator Coordinator Kathy Tucker with lessons taught by Tucker, Main Street Farmers Market farmers, Future Farmers of America, and local chefs.**

**Progress toward Goal 1:**

- In January 2011, Garden Educator Kathy Tucker contacted the Bulloch County after-school program and worked with them to coordinate 4 sessions, one per month, with each of five after school programs. Twenty afterschool sessions took place:
  - Five sessions during the week of Feb. 7-11, five during the week of March 28-April 1, five during the week of April 11-15, and five during the week of May 2-6.
- In January 2011, Garden Educator Kathy Tucker scheduled the Future Farmers of SE America, a number of farmers from the Main Street Farmers Market, and a Main Street Farmers Market chef to participate in above sessions. In addition to having the farmers visit the children at the Garden and work with them to plant in the Garden there, trips visits to the Hope Grows Farm also took place.
  - Each day during the weeks of Feb. 7<sup>th</sup>, March 28<sup>th</sup>, April 11, and May 2, children from 5 afterschool programs visited the Garden and participated in programs. Over 400 children enjoyed sessions with Farmer JJ, Al Clark of Clark Farms, Chef Elaine, and Garden educators. All children also visited the Hope Grows Farm, where they enjoyed chickens, hogs, row crops, and a blueberry patch. At the end of the series, participants received a bag of Main Street Farmers Market Produce and a voucher for \$5 to spend at the Main Street Farmers Market.

**Goal 2: Provided mothers at Safe Haven Women's Shelter with an adult version of the Fresh and Healthy program, with the additional option of gardening in the Garden's vegetable garden and benefitting from the produce they grew.**

In January 2011, Garden Educator Kathy Tucker contacted the Safe Haven program and worked with them to coordinate 4 sessions, one per month: February 15, 2011, March 22, 2011, April 19, 2011, May 5, 2011.

The February 15, 2011 session was attended by 18 women and 16 children, and the March 22 session was attended by 7 women and 7 children. 20 women and 10 children participated in the April program, and 15 women and 10 children participated in the May program.

Chef Elaine Minnick Stone and Public Health Graduate Student Leah Wallach worked with the women, who were delighted with the program and thrilled with the ingredients and knives, cutting boards, and crock pots provided.

At the end of the session, participants received a bag of Main Street Farmers Market Produce and a voucher for \$5 to spend at the Main Street Farmers Market.

**Goal 3. Following the completion of all the proposed activities, funds remained in the budget. Approval by FMPP allowed the Garden to repeat the afterschool program for an additional 100 children.**

## **Beneficiaries:**

Over 500 children benefited from the educational and culinary programs held at the Garden. They and their families also benefitted from the bags of produce and the vouchers provided. These children were part of the Safe Haven program and the afterschool programs throughout Bulloch County, which has a poverty rate of well over 20%.

Twenty women from the Safe Haven program benefited from the activities of the program.

Main Street Farmers Market Farmers benefitted from the project, as produce was purchased from them for the cooking-and-tasting parts of the program as well as for the end-of –series bags distributed to participants. In addition, 5 farmers and chefs were paid to work intensively with the participants in the sessions and out at their farms.

## **Lessons Learned:**

We've done a number of grants here at the Garden, and this is by far our favorite. The women from the women's shelter cried when we told them they could garden in our vegetable garden. The kids in our project were thrilled with their relationships to “their” farmers, and couldn't wait to take their parents to meet them at the market. This grant proved to us that success is all about connection: connecting people to healthy food and giving them the knowledge and tools to prepare it; connecting people to the earth from whence food comes; connecting farmers and consumers to each other.

We learn some important lessons which may be useful for others:

1. While we originally wanted to involve a maximum number of farmers in the teaching elements of the program, it proved better to identify a few farmer teachers and fully integrate them into the educational elements of the program in a deep way. First of all, some farmers were not interested in public education. Others proved truly gifted at it. Also, the administration of the session scheduling, bus transportation and all the other logistical elements were so demanding that it allowed for a smoother flow to work with a limited number of farmers who became familiar with the goals and structure of the program and did not need orientation each time. In addition, these farmers were able to develop and refine their presentations, and develop relationships with the participants.  
*Lesson learned:* Keep the logistics as simple as possible.  
*Lesson Learned:* Go with your strengths.  
*Lesson learned:* Relationships matter. It was not mere exposure to the farmers but the ongoing relationships participants developed with them that drew people to the market.
2. Low income women are often WIC participants who knew about nutrition. Instead of more nutrition education, they needed information about healthy meals to make quickly after work. After listening to their concerns, our Graduate Assistant pondered the

situation, and decided they needed crock pots. She came up with a number of recipes for the women to set to cooking when they left for work in the morning, so they would come home to healthy meals at night. The women were thrilled, and after trying them out, reported that the pots were just what they needed.

*Lesson learned:* Listen, and don't assume.

*Lesson learned:* Work together to problem-solve.

3. People will try anything if they grew it or if the preparation of it looks appealing. Children were grazing on sorrel in the vegetable garden, and loved eating their own produce.

*Lesson Learned:* Believe in your mission and be fearless.

4. We had to work hard to convince farmers that they did not need to donate their time or produce to the project.

*Lesson learned:* Encourage farmers to be generous, but to also be proud of their professional accomplishments of beautiful produce.

5. Farmers' bookkeeping skills and/or the time they have to devote to them are minimal. They did not give us receipts at all, or gave us approximations written on wet napkins.

*Lesson learned:* Be prepared with a stock invoice and work with farmer to fill it out on the spot. DO NOT let them get back to you with paperwork, or you will be hunting what you need down. Be proactive.

**Contact Person:**

Carolyn Altman

912-871-1149

[caltman@georgiasouthern.edu](mailto:caltman@georgiasouthern.edu)

**Additional Information:**

See following pages for materials used during project

## **Fresh and Healthy Food for All: An Outreach to the Women of Safe Haven**

### **Program Outline:**

#### **February 15, 2011: Introduction to Healthy Eating**

Whole foods and packaged, processed food differences were discussed. Women were provided with information regarding nutrition facts and ingredients lists, and how to use this information to determine whether a food is healthy or not.

#### **March 22, 2011: How to Prepare Easy, Healthy Meals Using Real Ingredients**

Women will actively participate in the preparation of a meal using inexpensive, whole ingredients including some type of dried bean or lentil. Basic cooking techniques (chopping, shredding, dicing, baking, etc.) will be demonstrated and the women will then perform some of these tasks. Crock pots will be given to each participant in addition to a variety of recipes and budgeting recommendations.

#### **April 19, 2011: Vegetable Gardening**

Women will work in the on-site vegetable garden, planting items such as tomatoes, eggplants, and peppers. Gardening instructions will be given to the women, and they will be given information to sustain the garden throughout the summer months. The women will be free to take vegetables from this garden throughout the summer.

#### **May 10, 2011: How to Harvest and Store Foods**

Harvesting and food washing techniques will be demonstrated and the women will get to actively participate by gathering foods from the vegetable garden. We will discuss freezing and drying foods for preservation.

## What to Eat?

1. Eat food.
2. Don't eat anything your great-grandmother wouldn't recognize as food.
3. Avoid food products containing ingredients that no ordinary human would keep in their pantry.
4. Avoid food products that contain high-fructose corn syrup.
5. Avoid foods that have some form of sugar (or sweetener) listed among the top three ingredients.
6. Avoid food products that contain more than five ingredients.
7. Avoid food products containing ingredients that a third-grader cannot pronounce.
8. Avoid products that make healthy claims.
9. Avoid food products with the wordoid "lite" or the terms "low-fat" or "non-fat" in their names.
10. Avoid foods that are pretending to be something they are not. (imitation butter; margarine)
11. Avoid foods you see advertised on television.
12. Shop the peripheries of the supermarket and stay out of the middle.
13. Eat only foods that will eventually rot.
14. Eat foods with ingredients that you can picture in their raw state or growing in nature.
15. Get out of the supermarket whenever you can.
16. Eat only foods that have been cooked by humans.
17. Don't ingest foods made in places where everyone is required to wear a surgical cap.
18. If it came from a plant, eat it; if it was made in a plant, don't.
19. It's not food if it arrived through the window of your car.
20. It's not food if it's called by the same name in every language. (Think Big Mac, Cheetos, and Pringles)
21. Eat mostly plants, especially leaves.
22. Treat meat as a flavoring or special occasion food.
23. Eat your colors.
24. Drink the spinach water.
25. Eat animals that have themselves eaten well.
26. Eat like an omnivore; don't be afraid to try new things.
27. Eat well-grown food from healthy soil.
28. Eat some foods that have been predigested by bacteria and fungi.
29. Sweeten and salt your food yourself.
30. Eat sweet foods as you find them in nature.
31. Don't eat breakfast cereals that change the color of the milk.
32. "The whiter the bread, the sooner you'll be dead."
33. Favor the kinds of oils and grains that have been traditionally stone-ground.
34. Eat some junk food, as long as you cook it yourself.
35. Pay more, eat less.
36. ...Eat less.
37. Stop eating before you're full.
38. Eat when you're hungry, not when you're bored.
39. Eat slowly

40. Spend as much time enjoying the meal as it took to prepare it.
41. Buy smaller plates and glasses.
42. Serve a proper portion and don't go back for seconds.
43. Eat meals.
44. Limit your snacks to unprocessed plant foods.
45. Don't get your fuel from the same place your car does.
46. Do all your eating at the table.
47. Treat treats as treats.
48. Plant a vegetable garden if you have the space, a window box if you don't.
49. Cook.
50. Break the rules once in a while.

## Nutrition for Your Kids

Kids that participate in regular family meals are:

- More likely to eat fruits, vegetables, and grains
- Less likely to snack on unhealthy foods
- Less likely to smoke, use marijuana, or drink alcohol

(kidshealth.org)

Kids will eat what is made available to them which is why it's so important to:

- Work fruits and vegetables into the daily routine
- Make it easy for kids to choose healthy snacks
- Serve lean meats and other good sources of protein
- Choose whole-grain breads and cereals
- Limit fast food and low-nutrient snacks
- Limit sugary drinks

The best way to encourage healthy eating is to be a good role model.

Get your kids involved in meal planning and decisions about food:

- Teach kids to check food labels at the store
- Set tasks for kids in the kitchen
- Brainstorm about meals together
- Explain the logic behind certain meal decisions
- Remember that you are teaching them how to eat for a lifetime(healthykids.org)

Rewards and Benefits of Exercise:

- Increased endorphin productions which increases happiness
- Improve mild depression and self-esteem
- Improved sleep
- Provide a sense of accomplishment
- Maintain a healthy weight
- Decrease the risk of certain diseases
- Help a person age well (your body will thank you later!)
- Keep your bones strong

Game: [http://www.bam.gov/sub\\_foodnutrition/diningdecisions.html](http://www.bam.gov/sub_foodnutrition/diningdecisions.html)

[www.bam.gov](http://www.bam.gov): Body and Mind children's program from Department of Health and Human Services' Center for Disease Control and Prevention

- Recipes for kids
- Suggestions for meal planning
- Games
- Sports information
- Safety
- Diseases

<http://kidshealth.org/kid/closet/index.html>

games, movies, experiments, activities for rainy days, etc.

## Apple Chicken Curry

### Ingredients

1 medium yellow onion, sliced  
1 tablespoon extra-virgin olive oil  
1 tablespoon curry powder, divided  
4 boneless, skinless chicken breast halves  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
1/2 pound small red potatoes, quartered  
1 large tart cooking apple, chopped  
1/3 cup golden raisins  
1 cup sour cream  
2 tablespoons fresh cilantro, minced

### Directions

1. In a small skillet, sauté the sliced onion in the olive oil on medium heat, about 7 minutes. Season with 1 teaspoon of the curry powder.
2. Season the chicken with the remaining curry powder, salt, and pepper.
3. Place the potatoes, apple and raisings in the Crock-Pot® slow cooker, and add the seasoned chicken and onions.
4. Cover; cook on Low for 6 to 8 hours (or on High 3 to 4 hours).
5. Prior to serving, remove the chicken and potatoes and set aside, covering to keep warm.
6. Add the sour cream to the remaining juices in the stoneware, whisking until smooth. Cook on High for 10 minutes or until warmed throughout.
7. To serve, spoon the sour cream sauce over the chicken and potatoes and garnish with the cilantro.

## Arroz con Pollo

### Ingredients

- 1 large yellow onion, chopped
- 2 cloves garlic, minced
- 1 green bell pepper, seeded and chopped
- 1 cup converted long-grain rice
- 1 tablespoon vegetable oil
- 2 whole bay leaves
- 1 teaspoon dried oregano
- 1/2 teaspoon ground paprika
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 14 ounces canned plum tomatoes, drained and chopped
- 8 boneless chicken thighs
- salt and pepper, to taste
- 1 1/2 cups lowfat, low-sodium chicken broth
- 1 cup frozen peas, defrosted

### Directions

1. In a large skillet, sauté the onion, garlic, pepper and rice in the vegetable oil. Season with the bay leaves, oregano, paprika, salt and pepper.
2. Add the plum tomatoes and stir well.
3. Transfer the vegetable and rice mixture to the Crock-Pot® slow cooker.
4. Season the chicken thighs with salt and pepper.
5. In the same skillet, sauté the chicken thighs until browned.
6. Place the chicken thighs on top of the rice layer in the stoneware.
7. Add the saffron and water, and the chicken broth.
8. Cover; cook on High for 1 hour, then reduce to Low for 7 to 9 hours.
9. Thirty minutes before the end of cooking, add the frozen peas and mix the contents thoroughly.

## Boneless Chicken Cacciatore

### Ingredients

6 chicken breasts, boneless (sliced in half)  
olive oil  
1 cup yellow onion, coarsely chopped  
32 ounces tomato sauce, jarred  
2 teaspoons dried oregano, (crushed)  
2 teaspoons dried thyme, (crushed)  
2 teaspoons salt  
2 teaspoons pepper  
2 teaspoons garlic, minced  
6 ounces sliced mushrooms, canned  
1/4 cup dry red wine, (optional)  
1 cup green pepper, coarsely chopped

### Directions

1. Coat bottom of a skillet with olive oil, heat on stovetop set to medium heat, and brown chicken.
2. Drain and add chicken to stoneware.
3. Combine all other ingredients with chicken.
4. Place stoneware in slow cooker heating base, cover, and cook on Low for 5-7 hours or on High for 2-3 hours.

\*\*\*Suggestion: Serve over whole wheat pasta with steamed broccoli, spinach, or other green vegetable.

## Chicken Noodle Soup

### Ingredients

2 medium onions, chopped  
3 medium carrots, sliced  
2 stalks celery, sliced  
2 to 3 pounds whole fryer chicken, cleaned  
1 cup wide egg noodles, cooked al denté and drained  
2 tablespoons dried parsley  
1 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
4 cups chicken broth  
1 tablespoon fresh Italian parsley, minced  
2 tablespoons fresh lemon juice

### Directions

1. Combine all ingredients, except the Italian parsley and lemon juice, in the Crock-Pot® slow cooker
2. Cover; cook on Low 6 to 8 hours (or on High for 2 to 3 hours).
3. Remove the chicken from the stoneware and let cool slightly.
4. Remove the chicken meat from the bones and return the chicken meat to the stoneware. Discard the bones.
5. Cover; cook on High for 30 minutes.
6. Skim any fat from the top of the soup. Shortly before serving, add the Italian parsley and fresh lemon juice.

## **Black Bean and Corn Dip**

(makes 3 cups)

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### **Ingredients:**

1 - 15 oz. can black beans, drained and rinsed or 2 cups black beans cooked at home  
2 cups cooked fresh, frozen or canned corn  
2 green onions, sliced  
1/2 cup plain nonfat yogurt  
1/2 teaspoon thyme  
1/2 teaspoon chili powder  
Black pepper to taste

### **Directions:**

1. Place all ingredients in a blender. Blend for about 20 seconds or until all ingredients are smooth.
2. If the dip is too thick, stir in two tablespoons of yogurt.

# Lentil Soup — Mason Jar Gift Ideas!!

(Perfect for Pint Size Jars)

## \_\_\_\_Jar Ingredients\_\_\_\_

- 1/3 c lentils
- 1/3 c dried veggies
- 1/3 c lentils
- 1/3 c dried onion
- 1 tsp kosher salt
- 1/3 c split green peas
- 1/3 c lentils
- 1/2 tsp dried rosemary

## \_\_\_\_Recipe Instructions\_\_\_\_

Place contents of jar in large sauce pan and add 3 cups pure water. Bring to a boil over high heat, cover and reduce heat to low. Simmer for 1 hour. You may add up to another 1 jar of pure water during cooking if soup becomes too thick.



## Gluten Free Buckwheat Tabouli



- 1 cup buckwheat groats
  - 3 cups of water
  - 2 TBL olive oil
- 2 TBL chopped mint
- 2 TBL chopped parsley
  - .5 tsp salt
- 1/4 cup chopped tomato
- 1 TBL chopped bell pepper
- 1/4 cup grated carrot
  - 1 TBL lime juice

Bring three cups water to a boil and add your buckwheat groats. Cook on low for 10 minutes then rinse then drain and rinse with cold water to stop any further cooking. When your buckwheat is chilled add the remaining ingredients and serve atop a bed of lettuce.

## Ooey Goey Black Death

I love a challenge when it comes to creating desserts for people who have special diet considerations. I don't ever want folks to feel deprived when they have made healthy choices for their body. And passing up dessert should never be required! That's why I've made a protein rich, very low sugar, gluten free and completely vegan chocolate mousse torte that has all the creamy wonderful palate sensations that will satisfy your dessert brain while being kind to your healing journey body!

Here's what you'll need:

### Cake:

- 3 whole dates
  - 1/2 cup water
- 1 can organic black beans drained
  - 1 half package firm tofu
- 1 teaspoon baking powder
  - 2 bananas
- 2 TBL unsweetened coco powder

I only use whole foods to mildly sweeten my deserts these days. If I am using apple I always keep on the peel to add fiber and help reduce the glycemic bounce. In this recipe I am using whole dates softened in boiling water and pureed to make a paste that is sweet enough to satisfy without overloading your body with too many simple carbs.

Place your whole dates in about a half cup of water and bring to a boil on the stove or in a cup in your microwave for about 2-3 minutes or until the dates are soft.

In your foodprocessor combine your beans, tofu, banana and softened dates and process until soft and smooth. Add baking powder and coco and continue to process until well blended.

Pour into a cake pan (I use a slightly oiled spring form pan) and bake in a 375° oven for 60-70 minutes or until the top feels firm to the touch.

Remember there are NO EGGS in the recipe so feel free to lick the batter spoon!

## Frosting

- 1 can organic black beans drained
  - 1 half package firm tofu
    - 5 whole dates
    - ½ cup water
- 3-5 TBL unsweetened coco powder (to taste)

Prepare your dates by simmering gently as you did above then place all of the ingredients into your food processor and blend until smooth. Chill in the fridge until you are ready to frost. Frost cake when it is completely cooled and enjoy!

## Peanutbutter Poppers



My last cookie experiment of the day is a little popper that melts in your mouth but won't stick to your hips! We make our own peanutbutter from dry roasted peanuts but if you use store bought peanut butter you may want to omit the honey

- 1 can organic navy beans (drained)
- ½ cup peanut butter (unsalted and no added sugar)
  - 2 TBL honey

While my bean cake recipes often use garbanzo or black beans, these little melt in your mouth treats feature FAT FREE navy beans as the binder. High in protein and a good source of fiber and iron navy beans make an excellent add in to dishes.

Puree beans with peanut butter and honey in your blender or food processor until you have a smooth paste. Using a cookie scoop (mini-ice-cream scooper) drop these onto a non-stick or oven stone. They will not flatten or expand during baking so you can pack 'em in tight.

Bake in a 375° oven for 20 minutes. They will be soft, but there is no egg in this recipe so go ahead and enjoy!



**Ingredients:**

BLANCHED WHOLE WHEAT ORZO PASTA (WATER, WHOLE DURUM WHEAT FLOUR), COOKED WHITE MEAT CHICKEN (WHITE MEAT CHICKEN, WATER, MODIFIED TAPIOCA STARCH, CHICKEN FLAVOR (DRIED CHICKEN BROTH, CHICKEN POWDER, NATURAL FLAVOR), CARRAGEENAN, WHEY PROTEIN CONCENTRATE, SOYBEAN OIL, CORN SYRUP SOLIDS, SODIUM PHOSPHATE, SALT), WATER, CARROTS, GREEN BEANS, WHEAT BERRIES, APPLE JUICE CONCENTRATE, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), APPLES (APPLES, CITRIC ACID, SALT, WATER), 2% OR LESS OF SEA SALT, BUTTER (CREAM, SALT), MODIFIED CORNSTARCH, CHICKEN BROTH, ORANGE JUICE CONCENTRATE, APPLE CIDER VINEGAR, SUGAR, SOYBEAN OIL, GINGER PUREE (GINGER, WATER, CITRIC ACID), YEAST EXTRACT, SPICES, LEMON JUICE CONCENTRATE, CITRIC ACID.

**Nutrition Facts**

Serving Size: 1 serving (258g)

**Amount Per Serving**

**Calories** 273      Calories from Fat 61

**% Daily Value\***

**Total Fat** 6.79 g      **10%**

Saturated Fat 2.79 g      **14%**

Trans Fat 0.18 g

**Cholesterol** 49.02 mg      **16%**

**Sodium** 614.04 mg      **26%**

**Potassium** 559.86 mg      **16%**

**Total Carbohydrate** 31.32 g      **10%**

Dietary Fiber 2.58 g      **10%**

Sugars 4.54 g

Sugar Alcohols

**Protein** 22.08 g

**Vitamin A** 0 IU      0%

**Vitamin C** 0 mg      0%

**Calcium** 113.52 mg      11%

**Iron** 2.58 mg      14%



Oats 'N Honey

**INGREDIENTS:** WHOLE GRAIN ROLLED OATS, SUGAR, CANOLA OIL, CRISP RICE (RICE FLOUR, SUGAR, MALT, SALT), SOY PROTEIN, HONEY, BROWN SUGAR SYRUP, HIGH FRUCTOSE CORN SYRUP, SALT, SOY LECITHIN, BAKING SODA, NATURAL FLAVOR, ALMOND FLOUR, PEANUT FLOUR, PECAN FLOUR, HAZELNUT FLOUR, WALNUT FLOUR.

**CONTAINS SOY, ALMOND, PEANUT, PECAN, HAZELNUT AND WALNUT INGREDIENTS.**

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Carbohydrate Choices: 2

## Nutrition Facts

Serving Size 2 bars (42g)

Servings Per Container 6

Amount Per Serving	2 bars	1 bar
<b>Calories</b>	180	90
Calories from Fat	50	25

	% Daily Value*			
<b>Total Fat</b>	6g	9%	3g	5%
Saturated Fat	0.5g	3%	0g	0%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	160mg	7%	80mg	3%
<b>Total Carbohydrate</b>	29g	10%	15g	5%
Dietary Fiber	2g	8%	1g	4%
Sugars	11g		6g	
<b>Protein</b>	4g		2g	

Iron 6% 2%

Not a significant source of vitamin A, vitamin C and calcium.

\*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Green Leaf Lettuce

<b>Nutrition Facts</b>	
Serving Size 1 cup shredded (36g)	
Amount Per Serving	
<b>Calories 5</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	2%
Sugars 0g	
<b>Protein</b> 0g	
Vitamin A 53% • Vitamin C 11%	
Calcium 1% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Red Leaf Lettuce

<b>Nutrition Facts</b>	
Serving Size 1 cup shredded (36g)	
Amount Per Serving	
<b>Calories 5</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	2%
Sugars 0g	
<b>Protein</b> 0g	
Vitamin A 53% • Vitamin C 11%	
Calcium 1% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Butter Leaf Lettuce

<b>Nutrition Facts</b>	
Serving Size 1 cup shredded (55g)	
Amount Per Serving	
<b>Calories 7</b>	Calories from Fat 1
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 3mg	0%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 1g	2%
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A 36% • Vitamin C 3%	
Calcium 2% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



## Nutrition Facts

Serving Size 1 medium tomato (148g)

Amount Per Serving

Calories 25      Calories from Fat 0

% Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g      0%

**Cholesterol** 0mg      0%

**Sodium** 20mg      1%

**Total Carbohydrate** 5g      2%

Dietary Fiber 1g      4%

Sugars 3g

**Protein** 1g

Vitamin A 20%      Vitamin C 40%

Calcium 2%      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9      Carbohydrate 4      Protein 4



## French Fries - Large

PRINT  CLOSE 

### Nutrition Facts

Per Serving		(177g)
Amount	% Daily Value	
<b>Calories</b>	560	
<b>Fat</b>	27 g	42%
Saturated	3.5 g	
+ Trans	0.3 g	19%
<b>Cholesterol</b>	0 mg	
<b>Sodium</b>	430 mg	18%
<b>Carbohydrate</b>	74 g	25%
Fibre	6 g	24%
Sugars	0 g	
<b>Protein</b>	6 g	
Vitamin A	0%	Vitamin C 0%
Calcium	2%	Iron 8%

### INGREDIENTS

French Fries: Potatoes, canola oil, hydrogenated soybean oil, safflower oil, natural flavour (vegetable source), dextrose, sodium acid pyrophosphate (maintain colour), citric acid (preservative), dimethylpolysiloxane (antifoaming agent) and cooked in vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethylpolysiloxane).

Salt: Salt.



## Nutrition Facts

Serving Size: 1 cup (243g)

### Amount Per Serving

**Calories** 100      Calories from Fat 14

**% Daily Value\***

**Total Fat** 1.53 g      **2%**

Saturated Fat 0.97 g      **5%**

Trans Fat 0 g

**Cholesterol** 12.15 mg      **4%**

**Sodium** 473.85 mg      **20%**

### Potassium

**Total Carbohydrate** 12.64 g      **4%**

Dietary Fiber 1.94 g      **8%**

Sugars 1.39 g

Sugar Alcohols

**Protein** 8.97 g

**Vitamin A** 1380.24 IU      28%

**Vitamin C** 0 mg      0%

**Calcium** 19.44 mg      2%

**Iron** 0 mg      0%

## BRING YOUR DICTIONARY



### INGREDIENTS:

CHICKEN BROTH, COOKED MEATBALLS (BEEF, WATER, EGGS, TEXTURED SOY PROTEIN CONCENTRATE, SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ROMANO CHEESE SAUCE FROM SHEEPS MILK, CHEDDAR CULTURED SALT EXTRACT) BREAD CRUMBS, BLENCHED KIDNEY BEAN FLOUR, NAUON, REDUCED SODIUM, THYME, SAGE, GARLIC, BACON, AND FOLIAGE, CORN STARCH, SUGAR, **MONOSODIUM GLUTAMATE**, ANCHOVY, COTTONSEED OIL, SALT, YEAST, BERRY, SOY FLOUR, **SODIUM STARCH**, **LACTIC ACID**, **CALCIUM PHOSPHATE**, **PHOSPHATIDES**, CORN STARCH, CORN, SOY LECITHIN, CARAMEL COLOR, NATURAL FLAVOR, SOY LECITHIN, SALT, GARLIC POWDER, AND ANNAT, CARROTS, DRYED TURMERIC, ROMAINE, EGG WHITE, NAUON, PEPPER, SALT, THYME, SAGE, GARLIC, BACON, AND FOLIAGE, CORN STARCH, SUGAR, SALT, **MONOSODIUM GLUTAMATE**, **MONOSODIUM CORN PROTEIN**, CHICKEN FAT, ONION POWDER, SPICE, AUTO-YEAST YEAST EXTRACT, GARLIC POWDER, NATURAL FLAVOR, BETA CAROTENE COLOR.

MSG

## BRING YOUR APPETITE



### INGREDIENTS:

CHICKEN STOCK, MEATBALLS (BEEF, WATER, SALT, BEEF FLAVOR EXTRACT, BEEF STOCK, FLAVORING AND SALT), SPICE EXTRACT, SPINACH, SOY DE FEET, BEAN FLOUR, CORN FLOUR, EGG WHITE, CONTAINS LESS THAN 1% OF LARDER, SODIUM NATURAL SEA SALT, ONION, GARLIC, SODIUM PHOSPHATE, SPINACH, PARSNIP, CHEDDAR CHEESE, PHOSPHORUS, CULTURED SALT, BAY LEAF, FLAVORING, POTASSIUM CHLORIDE, CHICKEN FAT, YEAST EXTRACT, SUGAR, SALT, CARROT JUICE CONCENTRATE, CORNSTARCH, CHICKEN BROTH, BEEF, ASCORBIC ACID, SODIUM CL, TURMERIC EXTRACT, EGG, SPICE, TENS.



*No artificial flavors. No MSG. Real ingredients. Real taste.*

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