



# MEALS PARTNERSHIP COALITION

“The Meals Partnership Coalition works to utilize private and public resources to ensure that safe and nutritious meals are available to hungry people.”

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## APRIL MEETING AGENDA

**Date:** April 8<sup>th</sup>, 2010

**Time:** 10:00 a.m. - 11:30 a.m.

**Location:** Compass Center – 210 Alaskan Way South, Seattle, WA 98104

*(Corner of S. Washington St. & Alaska Way in Pioneer Square – Entrance Facing Alaska Way)*

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**Objective:** Achieving better support for member programs.

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10:00 – 10:10

### WELCOME & INTRODUCTIONS

10:10 – 11:00

### Topics of Discussion

- Mark Musick will present 2010 SPU grant opportunities.
- Eat Real Food Campaign
- CPPW grant opportunity
  - Agencies interested in this opportunity?
- How do we make MPC more supportive for all of our members?
- Gaps in Seattle meal service.
- Seattle Human Services Coalition Budget Recommendations.
  - 2011-2012 City funding for MPC & bulk foods. (Increased needs?)
  - 2010 Human Service Award nominations.
- 2010 Mayor's End Hunger Awards (committee sign up, nominating)
- Nutrition Seminar on April 23<sup>rd</sup> at Providence Regina House in South Park.

11:00 – 11:10

### Updates/Needs

- Committee Updates
  - Emergency Preparedness, Strategic Planning, Bulk Purchasing, ERF
- Agency Updates / Shared resources

11:10 – 11:20

### Partner Updates

- City of Seattle – Edwin Obras
- Food Lifeline – Rachel Butler
- Northwest Harvest
- Seattle Food Coalition
- Seattle Human Services Coalition
- Washington Food Coalition

**NEXT MEETING:** *May 13<sup>th</sup> is the next General Meeting at the Compass Center. The topic will be: How to administer your own food safety inspection for non-profit meal providers.*



# MEALS PARTNERSHIP COALITION

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## April 2010 Meeting Minutes

(4/8/10: 10:00am -11:30am)

**Objective:** To achieve better support for meal programs and their guests.

### **In Attendance:**

Sandra Mears – Washington Food Coalition  
Joyce Zeigen – Northwest Harvest  
Michael Gregory – Phinney Neighborhood Association  
Krista Grimm – Operation: Sack Lunch  
Rachel Butler – Food Lifeline  
Jerrimi Hoffman – Food Lifeline  
Norman Howell – SUGM (Seattle Union Gospel Mission)  
Michael Johnson – SUGM (Seattle Union Gospel Mission)  
Sharon Poole – Noel House Programs  
Amber Montgomery – Genesis House  
Alison Hill – HIP  
Valerie Chandler – Seed of Abraham  
Dagmar Cronn – South Park Neighborhood Center  
Mark Musick – City of Seattle: Seattle Public Utilities  
Fe Arreola – City of Seattle  
Ref Lindmark – St. Vincent de Paul/Blessed Sacrament  
Molly Jacobson – El Centro de la Raza  
Lynne Mitchell – WAPI Community Services  
Elise Peizner – Food Lifeline  
Jason Gourtney – Children’s Home Society of Washington  
Kylie Gursky – Meals on Wheels: Senior Services  
David Hlebain – Chicken Soup Brigade  
Tricia Lapitan – Heroes for the Homeless  
Jeannie Falls – Pike Market Senior Center

### **Topics of Discussion:**

#### **Mark Musick will present 2010 SPU grant opportunities:**

A total of 30% of the city of Seattle’s commercial solid waste is food. This represents 55,000 tons a year. It is estimated that 10% of that food waste is edible usable food, and would reduce costs considerably if it is recovered from the waste stream. The purpose of the City of Seattle’s Food Recovery Program is to be invested into recovering food that would be otherwise wasted. They are currently 2,000 tons a year (or 4,000,000 pounds) that is available for reuse. The target cost for food recovery is below \$1.50 per pound. In 2009 SPU provided grants for HIP, CLCHP, and Pike Market Senior Center among others. The Request for Proposal will go out this month or in early May. This funding is for agencies that have established food recovery programs. They would be happy to help support these and other organizations that are interested in either starting or continuing a food recovery program.

### **Eat Real Food Campaign:**

**Shayne Kraemer** (MPC) – MPC’s Eat Real Food Campaign has been neglected in recent months and it has been suggested that the coalition renews its focus on this campaign. Since there are so many new faces around the table it might be best to begin with the history of MPC and how it relates to the Eat Real Food Campaign.

There is a great deal of history around MPC and where we have come from. MPC has been around in one form or another for over 30 years, first as the Hot Meal Committee within the Seattle Food Committee and then later as an independent coalition. In 1997, Meals Partnership Coalition became its own coalition with a great deal of support from Tom French when he was with Fare Start, Beverly Graham from OSL, and Fe Arreola with HSD helped to secure City funding for the coalition. It was in 1997 that MPC was first staffed. Until that time there had been no political representation or advocacy for meal programs. The first few years MPC was fiscally sponsored by the YWCA. The next few years it was fiscally sponsored under Boomtown Cafe. In 2006 OPERATION: Sack Lunch became the fiscal sponsor contributing their own resources and funding to keeping the coalition solvent when needed.

Tom French, Executive Chef of Fare Start was the first chair and meetings were held at Fare Start. The coalition opted to be a consensus run coalition. When he left in 1998 he handed the baton to Beverly. Jill from Boomtown assumed the co-chair position at that time.

Dannette Allen was hired to staff the coalition and meetings were held at New Horizons. In 2000 Jill from Boomtown left the Co-Chair position. Dannette Allen left in January of 2004 and Suj’n was hired to staff the coalition. During this time Beverly continued as chair and supervisor for MPC staff. In September of 2005 Suj’n left MPC and Josh was hired until his departure from MPC in 2006. During this time OSL assumed Fiscal Sponsorship in 2006 with no income from the City until March of 2007. Meetings were held at the Compass Center and have continued to be conducted at this location.

A major contributing factor of the OSL’s board agreeing to this sponsorship was the adoption of the Meals Partnership Coalition’s, “Food Safety/Nutritional Excellence Campaign”, in November of 2006 which later through coalition consensus became the “Eat Real Food Campaign”.

In December 2006 the Coalition formed a committee to create language that encouraged providers, donors, food distributors, and City Government to not only support safe, nutritional food ingredients, but to actively promote these types of foods for food insecure and compromised populations. At this time the Eat Real Food brochure was created.

#### **This committee consisted of the following people:**

Diane Carmel: Pike Place Senior Center

Anne Alfred: King County Health Dept

Janet Knapp: King County Health

Beverly Graham: OSL

Mary: Cascade Harvest

Krista Grimm: OSL

From 2006 to 2008, Krista Grimm acted as the interim MPC Staff until I was hired as the permanent full time staff. There were three temporary MPC staff hires: Patricia Anne, Blake, and Hannah. Linda Julien was hired to balance the MPC books as there was a \$16,000 discrepancy between the years 2003-2005.

Through coalition consensus the Eat Real Food Campaign was launched on March 5<sup>th</sup> of 2007. This campaign was launched with the understanding that this would be a long term campaign lasting 10 to 20 years and would provide

education, resources, and product support, and would encourage providers to serve wholesome, nutritional food, with safe, non toxic ingredients, while also encouraging donors to contribute the same types of foods and food distributors to educate themselves on toxic ingredients.

In August of 2008 I was hired full time to replace Krista Grimm who had been the part time interim MPC staff. At that time Dannette Allen was hired as additional MPC temporary staff to orient me and to pass on MPC history. Over the last year the Eat Real Food campaign has lost some momentum due to the downturn in the economy. With that downturn, meal providers, food distributors, and the City funded purchases became more concerned with quantity of food versus the safety or nutritional quality of ingredients used to prepare meals for our vulnerable meal guests.

Each of you has been given a list of common ingredients found in foods purchased through bulk buy in 2009, and reflects some of the chemicals that we have found in the foods ordered through the Bulk Purchasing program. Now that we all have an understanding of how MPC was formed and how the Eat Real Food Campaign was started, we would like to suggest a reinvestment into this campaign to ensure that our community's most vulnerable residents have the safest foods possible.

It was our hope and thought that the city dollars that were allocated for bulk purchasing, was to buy nutritionally whole safe foods. A whole food is a food that is a base food for any processed food and is nutritionally sound and safe. An example of a whole food is broccoli, or natural ground beef without fillers. At the same time we need to be conscience of the fact that any plant or animal that takes up chemicals or growth hormones passes those things on to the consumer. So what the animal eats, you eat; what the plant takes up during growth you are eating. While we are discussing this subject and deciding how we as a coalition are supporting our meal guests, we ask that you keep this knowledge in the back of your minds.

#### **Discussion:**

**Member Agency** – Related that she has been asking her clients about what they are receiving, and telling them about the changes to more healthy foods in the emergency food system. The feedback has been extremely positive regarding the whole foods.

**Ref Lindmark** – (Blessed Sac.) - For a long period of time Blessed Sacrament has been putting out coffee and donuts before the meal. Recently due to the availability of a new donation they have been able to add fresh fruit which has been very well received. They find that many clients will also choose fruit as a source of portable nutrition. They are looking towards getting better donations like these. Traditionally they get a lot of canned foods that are less than desirable. Ref. Lindmark looks at his clients as his guests and would like to offer his support and the best meals possible. The Eat Real Food Campaign supports that goal.

**Tricia Lapitan** – (Heroes) - Her clients have a lot of teeth issues. Therefore they will have to look at creative ways to make some of the harder to eat whole foods more edible such as apples, or offering softer whole foods.

**Valerie Chandler** – (SoA) - They have gotten very favorable responses (at the outdoor meal site at 6<sup>th</sup> & Columbia among others) towards more healthy food options in their meal programs.

**Norman Howell** – (SUGM) – He is a kitchen supervisor and they always try to provide salads and fruits.

**Michael Johnson** – (SUGM) – Supports this program and wants to support this for the health benefits for their clients.

**Shayne Kraemer** (MPC) – It seems that there is a lot of support for a renewal of the Eat Real Food Campaign, and therefore the coalition should look towards nutritionally healthful and chemically free foods. An example of this shift would be purchasing Broccoli (healthy) versus Chili (processed). Shayne then related that this is a big commitment and wanted to be sure that all of the member agencies understand that within this commitment the agencies who are bulk food recipients should reflect this commitment on the next Bulk Purchasing Survey. The next survey will be conducted in June, which will affect what is ordered for the following six months.

**Krista Grimm** – OSL has an organic ethic, which means there is an entire list of foods that they will not serve. OSL takes the responsibility they have to their clients very seriously. A recent purchase made by Food Lifeline had the preservative Disodium EDTA which has been found to cause infertility in men (among other things) and another almost purchase would have resulted in the meal programs receiving mechanically separated turkey. The coalition as a whole decided 2-3 years ago that they did not want this type of product. This campaign is meant to be an ongoing education process, which it has been for the staff of OSL. As a meal program within the non-profit sector OSL understands that there are some donations that are less than favorable and it is up to each individual agency to decide what donations they take in. However, the city has provided the coalition with funds to purchase nutritional, safe foods and we have a responsibility to the clients we serve to ensure that we are making the best decisions possible and that we are buying Real Food. In the short term we have the opportunity to get foods that are otherwise unavailable.

**Shayne Kraemer (MPC)** – Asked if everyone is in consensus about supporting the Eat Real Food Campaign? All member agencies present signified the affirmative. **THERE IS A CONSENSUS.** Under this consensus decision MPC member agencies agree that they will support the Eat Real Food Campaign through product selections on the Bulk Purchase survey, and through their individual program purchases. We are all in agreement? Again, there was consensus. Shayne thanked the member agencies for their decision regarding this campaign, and stated that this is about serving the safest food possible for our vulnerable community members.

#### **CPPW grant opportunity:**

Shayne asked if there were any agencies interested in this opportunity.

**Shayne Kraemer (MPC)** – Communities Putting Prevention to Work Grant. Shayne sent out an e-mail regarding this grant. It fits in well with the eat-real food campaign. It appears that the King County Health Department is giving agencies that collaborate together higher scores in relation to those who do not. We know that there are several agencies that are interested in this grant. Who would like to begin?

**Jeannie (PMSC)** – The grant that Shayne is talking about is not about providing services. It is more about changing attitudes through policies and systemic changes. In addition, there is the idea that there could be a truckload of local produce that could be brought to a central location, minimally packaged, and then disseminated. PMSC would like to know if there is any interest in this last type of project. (It would reduce food costs of whole local foods to agencies and people in poverty).

**Mark Musick** – (SPU) - Asked who is currently partnered, involved with this?

**Shayne Kraemer (MPC)** – There are currently several MPC members interested in this type of project.

**Jeannie (PMSC)** – Also, on the KCHD website there is a listing of partners that might benefit from working together and the grant administrators put grant seekers together with others that would benefit from working with one another so that there are fewer grant seekers competing, but rather working together.

**Fe Arreola** – (HSD) - She spoke with Diane (PMSC), and has spoken with Erin McDougal (KCHD). Erin related to Fe that by approaching this grant from a collaborative systemic change perspective, the grantees would have a better chance of funding rather than from a direct service perspective.

**Jeannie (PMSC)** – Of several ideas, this was put forth as one of the best. These foods would then be available at a very low cost for the larger community.

**Shayne Kraemer (MPC)** – There have been some suggestions to move toward a more locally subsidized farmer model that would better support the local economy while providing less expensive local produce into the greater food system for people in poverty. With TEFAP and EFAP moving to the Department of Agriculture it could also potentially mean greater produce availability through the commodities system. This might be a perfect example of policy change to provide healthier food options within the food system at lower costs.

**Michael Gregory** – (MPC) - could put forth letters of support through the Eat Real Food Campaign for the programs who are working on this grant. (There was a general sense of agreement for this suggestion).

**Jeannie passed around a sign-in sheet for agencies that would like to collaborate. It appeared that 5 to 7 agencies signed up to collaborate with one another on this grant with PMSC.**

### **How do we make MPC more supportive for all of our members / Gaps in Services?**

**Shayne Kramer** (MPC) – There are several areas in West Seattle, South Seattle, and in the U District/North End that lack adult meal programs, or appear to be underserved due to irregular meal availability. We are talking about a lunch here, a dinner there, etc. There is a question if MPC should undertake a gap analysis in those areas to determine how people are getting their nutrition if they are homeless, and if there are no meal programs operating for all 3 meals where do they go? The thought is to conduct surveys at the operating meal programs and possibly food banks to see where the gaps exist and how to fill them.

**Mark Howell** – (SUGM) – Wanted to know if the Mayor and others have been made aware of the issues.

**Michael Gregory** – (PNA) - Has run into many people who ask where to get a meal, and he has to tell them to go downtown.

**Dagmar Cronn** – (SPS) – Is concerned that they do not have the wherewithal to deliver enough food to support the community. She appreciates that MPC is representing the gaps in food aid.

**Shayne Kraemer** – (MPC) – In the U-District, if you are an adult, and you want to get lunch or dinner, there are no options for those under a certain age except on a very few specific days and time. Then without resources to take a bus downtown end up having to find food in other ways.

**Michael Gregory** – (PNA) – He believes that a lot of the parishes that use to serve up in the Northern Seattle Area no longer do.

**Michael Johnson** – (SUGM) – He feels that due to recent changes in leadership, SUGM would like to become more of a team player.

**Tricia Lapitan** – (Heroes) - They have been seeing a lot of homeless moving out of downtown into other areas.

**Norman Howell** – (SUGM) – They have seen an increase in the number of homeless people served and housed in downtown Seattle regardless.

**Shayne Kraemer** (MPC) – They are seeing a significant homeless population in Shoreline for the first time.

**Krista Grimm** – (OSL) - There has been an increase in the number of homeless people who now need access to meal programs, as well as now unemployed housed guests that need to further supplement their nutrition with a meal program.

**Joyce Zeigen** – (NW Harvest) - Has been looking at partnering with housing services in order to facilitate the increased need for Meals on Wheels and other such meal programs.

**Alison Hill** – (HIP) - There is a real desire to create housing that is more comprehensive. The McDermott house is an example of this, where this is food bank on the 1<sup>st</sup> floor.

**Mark Musick** – (SPU) - Every community center has a central kitchen. Diana Vinh in the Rainier Valley has been putting forth the idea of using some of the available kitchens as community kitchens.

**Valerie Chandler** – (SoA) - Is concerned that many of the community centers and churches would not have the necessary facilities to create new meal programs, or community kitchens due to lack of adequate kitchen equipment. **The consensus was to move forward with client surveys in underserved areas of Seattle to determine where meal guests are finding their nutrition when there are no meal programs available, and how possible malnutrition affects these guests.**

### **2010 Seattle City Budget:**

**Shayne Kraemer** (MPC) – There is a \$50 million dollar gap in next year’s budget. A big part of what we need to look at is how funding works with both MPC members and the coalition as a whole. Here is the question: Do we hold the line from 2009, or has the need increased to a point that our community needs to ask for more money just to keep the same level of services for more people.

**Dagmar Cronn** – (SPS) - They are currently looking at their own program. Since they do not have access to Food Lifeline, they do have need of more resources.

**Shayne Kraemer** (MPC) – Are there any policy thoughts?

**Michael Gregory** – (PNA) - He believes that we should at least ask for the same or more, due to the nature of the issue.

**Shayne Kraemer (MPC)** – In that case either MPC staff or our intern will be calling each program to get your 2008 meal counts, and double checking your meal counts for 2009, and so far for 2010. Hopefully this data will give us an idea of how much the need has increased and can ask for the appropriate amount of City support.

**Fe Arreola** – (HSD) - The elected officials will be looking at unduplicated people more than meals counts.

**Shayne Kraemer (MPC)** – Based upon the meal counts for 2009 and then dividing those meals by 356 we can loosely estimate that there are possibly 10,000-15,000 unduplicated residents using meal programs annually in Seattle at any given time. It is even possible that the number could be more than 20,000 – 25,000. Unfortunately it is impossible to take personal data when a congregate meal program is serving more than 200 meals at a time, and it would be very difficult without that data to get an accurate unduplicated count. Is everyone in agreement that we will be asking for more money? Do we ask for more support for bulk purchasing? **The coalition was in consensus to ask for more funding as it correlated with the increased community need.**

#### 2010 Human Service Award Nominations –

**Shayne Kraemer (MPC)** – April 15<sup>th</sup> is the nomination due date for the 2010 Human Service Awards, please take a moment to nominate a community member.

#### 2010 Seattle Mayor's End Hunger Awards (committee sign up, nominating):

**Shayne Kraemer (MPC)** – This year MPC is working with the Seattle Food Committee to produce the 2010 MEHA. We would like to ask for some volunteers to help with the event in October. Also, please keep in mind that we need your nominations for nominees as soon as we begin the process. **Shayne passed around the sign in sheet and 5 people volunteered.** (Sandra Mears, Sharon Poole, Mike Johnson, Amber Montgomery, Krista Grimm)

#### Nutrition Seminar on April 23<sup>rd</sup> at Providence Regina House in South Park:

**Shayne Kraemer (MPC)** – This seminar is about Nutritional issues involving meal programs. In particular it will focus on food safety, food allergies, nutrition basics, micronutrients and deficiencies. There will be a specific focus on chronic illnesses and how they are impacted by meal programs. Our first seminar for 2010 will be on April 23<sup>rd</sup>, and is specifically geared towards breakfast. Each seminar in this series will include a sample menu plans for breakfasts, lunches, and dinners. There will also be flexible guidelines for meal planning. This will be at the Southpark Senior Center from 2-4 P.M. (passes out fliers). We also have new presenters from Bastyr University this year and we are excited to be working with these great volunteers.

#### Committee Updates:

##### Emergency Preparedness, Strategic Planning, Bulk Purchasing:

**Shayne Kraemer (MPC)** – There is no one here from the Emergency Preparedness Committee, but we will hopefully be meeting in late April to start the planning process. If there is a natural disaster or some other type of emergency, then the coalition should look at sharing resources in a time of crisis, and coordinating with one another to meet the need of the greater community. We will keep you posted as this committee develops.

**Krista Grimm (OSL)** - Strategic Planning will be presenting at the next MPC meeting.

**Shayne Kraemer (MPC)** – Based upon our earlier conversation regarding bulk purchasing, the committee will be discussing purchases for the next few weeks, and thank you for your support and patience with the ground turkey order cancellation.

##### Agency Updates/Shared Resources:

**Tricia Lapitan** – (Heroes) - She was approached by the Census 2010, to send people into the Jungle. The Census wanted people to go with them, but only on Wednesdays, which does not work. They set up some stations to try and get some people counted. Unfortunately, there was a lot of apprehension to the count.

**Krista Grimm** – (OSL) - They got a good count, 275 people who came for a meal and to get counted.

**Shayne Kraemer** (MPC) – Did they send out any cultural facilitators? They were supposed to supply a stipend for these facilitators, with a particular focus on hard to reach populations, such as the encampment at the Jungle.

**Krista Grimm** – (OSL) - The Census workers were very disorganized. They continually confused her meal program with a shelter and/or different people.

**Tricia Lapitan** – (Heroes) - The Census workers were unaware of camps other than the Jungle.

**Partner Updates:**

**City of Seattle HSD – Fe Arreola**

They are still in the process of selecting a director for the Human Services Department (a group of 10 people are deciding). In addition the City’s Department of Food Programs, is looking at the food systems, the environment, and ways to improve the functioning between the City and meal programs.

**Food Lifeline — Elise Peizner**

It was a great annual conference, and she looks forward to collaborating further with more meal programs.

**Northwest Harvest** – Joyce Zeigen – There is the annual meeting May 24<sup>th</sup>. They have been trying do design things around meal programs. They are reading through the surveys to improve offered sessions. They are really trying to make room for meal programs work in better harmony with Northwest Harvest.

**Seattle Food Coalition – No One Present**

**Washington Food Coalition –**

Interim Executive Director: Sandra Mears – They are looking for a full time Executive Director. They are having their conference September 15<sup>th</sup>–18<sup>th</sup>. She would appreciate any input to make it more relevant for meal programs.

**Shayne Kraemer** (MPC) – He highly recommends going to the Washington Food Coalition conferences, and it is a great resource for meal programs. The more meal programs become involved, the more effective we are at facilitating statewide policies that support meal programs better.

**Sharon Poole** – She was very inspired by the ideas that were put forth in the Washington Food Coalition Conference last year.

**Closing -**

**Shayne Kraemer** (MPC) – Thank you all for being here today, and keep in mind the May 13<sup>th</sup> meeting will be on environmental food safety self inspections, and how to enhance food safety within your own meal program.

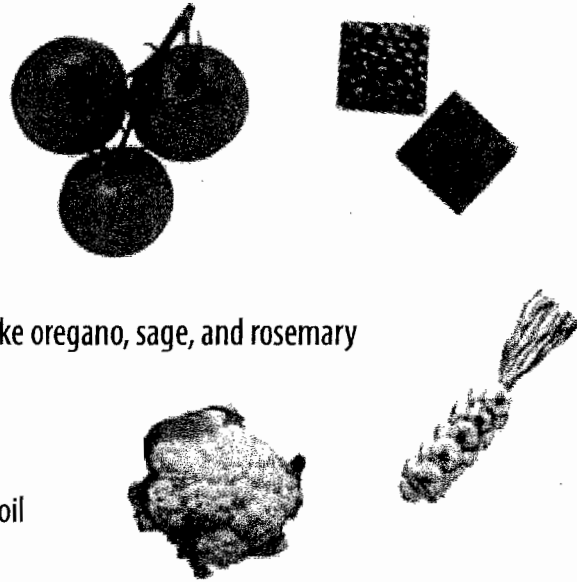


# FOODS & GROCERY PRODUCTS TO CONSUME

The following items contain phytonutrients that prevent disease:

Cabbage  
Broccoli  
Brussels sprouts  
Kale  
Cauliflower  
Raw nuts (all kinds)  
Soybeans  
Tomatoes  
Citrus fruits  
Melons  
Red grapes  
Berries (all varieties)  
Sprouts (all varieties)  
Garlic

Onions  
Ginger  
Chilies  
Arugula  
Bok Choy  
Collards  
Watercress  
Culinary herbs like oregano, sage, and rosemary  
Olive oil  
Flax oil  
Coconut oil  
Macadamia nut oil  
Avocados



## Healing Superfoods

Chlorella  
Spirulina  
Whole food complexes (vegetables, fruits, etc.)  
Sea vegetables  
Fish oils (cod liver oil, salmon oil, etc.)  
Healthy oils (olive oil, coconut oil, flax oil, macadamia nut oil)  
Exotic whole grains / seeds (quinoa, millet, kamut, spelt, chia seeds)

## Healing Superfood Products

Earth's Promise by Enzymatic Therapy (available at any health food store)  
Miracle Greens ([www.MiracleGreens.com](http://www.MiracleGreens.com))  
Garden of Life Perfect Food (any health food store)  
Jenny Lee Supergreens: ([www.jennyleenaturals.com](http://www.jennyleenaturals.com))  
Jenny Lee Prevention Powder  
Alive! Whole Food Energizer by Nature's Way (any health food store)  
Berry Green (retail stores, health food stores)  
The Ultimate Meal (retail stores, health food stores)  
Any whole food concentrate product found at health food stores (read ingredients label to find micro-algae, vegetables, fruits or cereal grasses)

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Note: I earn absolutely no money from any of the products or companies I recommend above. No company paid to be listed here. They are included due solely to the quality and value of the superfood products they offer.

# FOODS & GROCERY PRODUCTS TO AVOID

These Foods	Contain These Ingredients
Packaged meats	sodium nitrite
Breakfast cereals	white flour, refined sugars
White breads and buns	white flour, refined sugars
Beef jerky	MSG, sodium nitrite
Popular peanut butters	hydrogenated oils, refined sugars
Popular salad dressings	MSG, refined sugars
Instant rolled oats	refined grains
Pasta sauces	refined sugars
Canned soups	MSG, sodium nitrite
Fried snack foods	hydrogenated oils, MSG
Lunch snack paks	sodium nitrite, hydrogenated oils, white flour
Diet soft drinks	chemical sweeteners
Yogurts	refined sugars, cows' milk
Margarine	hydrogenated oils
Granola bars	refined grains, refined sugars
Sugar-free syrup	chemical sweeteners
Sugar-free punch	chemical sweeteners
Instant grains, puffed grains	refined grains
Canned fruits	refined sugars
Energy bars	refined sugars
Sports drinks	artificial colors
Dinner mixes	MSG
Sauce mixes	MSG
Instant rice, rice mixes	refined grains, MSG
Instant potatoes	refined grains
Breakfast sausages	sodium nitrite, MSG
Bacon	sodium nitrite, MSG
Pasta	refined grains
Frozen potatoes	hydrogenated oils
Frozen breaded fish	hydrogenated oils, MSG
Cows' milk	homogenized milk fats



**Remember:**

- **MSG** can be hidden as "autolyzed" or "hydrolyzed" ingredients. It is also found in **yeast extract**.
- All **hydrogenated oils** also contain damaging **trans fats**.



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# FOOD AND GROCERY PRODUCTS ALMOST ALWAYS CONTAINING MSG

Flavored potato chips  
Flavored nacho chips  
Canned soups and dry soup mixes  
Gravy mixes  
Bullion cubes  
Salad dressings  
Frozen fish with breading  
Jerkies  
Canned meats

Box dinners  
Breakfast sausage  
Any dinner "mix" with a flavor packet  
Frozen dinners  
International foods  
Poultry injected with broth  
Vegetarian foods (typically contain yeast extract) like veggie burgers  
Meat broths (chicken broth, beef broth)

## Symptoms of MSG Syndrome

Headaches	Panic attacks
Weakness	Confusion
Dizziness	Insomnia
Palpitations	Muscle aches
Cramps	Weakness/paralysis
Diarrhea	Jaw stiffness (TMJ)
Nausea	Back pain
Gas/bloating	Tendonitis
Chest tightness	Arthritis
Tingling/burning in face and chest	Numbness of face
Blurring of vision	Speech slurred
Seeing shining lights	Sneezing
Difficulty focusing	Sleepiness
Tingling around eyes	Asthma
Depression	Excessive perspiration
Paranoia	Fast heartbeat
Rage reactions	Balance problems, staggering
Attention deficit disorder (ADD)	

## Children's MSG Symptoms

Asthma	Tiredness, depression
Behavioral problems/ADD	Nausea
Stomach cramps	Dizziness
Chest discomfort	Throat symptoms
Thirst	Loss of bowel or bladder control
Headache	Rage reactions
Stomachache	Hostility to other children



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# Foods, Ingredients and Disease \*

	Obesity *	Cancers *	Prostate cancer *	Colon Cancer *	Type-2 diabetes *	Heart disease *	Alzheimer's *	Behavioral problems *	Learning disabilities *	High blood pressure *	High cholesterol *	Osteoporosis *	Asthma and stagnation *	Inflammation *	Mood swings *	Headaches *	Sleep disorders *	Reproductive disorders *	Hormonal imbalances *	Liver stress and disease *	Pancreas stress and disease *	Nutrient depletion of body *
Sodium nitrite		X	X	X																X		
Hydrogenated oils **	X		X			X	X		X		X			X								
Monosodium glutamate ***	X				X	X	X	X	X						X	X	X	X	X	X		
Sodium (salt)						X				X			X									
Refined sugars ****	X	X			X			X	X			X		X	X				X		X	X
Processed grains *****	X				X										X				X		X	X
Homogenized fats *****	X		X			X					X											
Dairy products *****			X	X		X					X		X	X								
Chemical sweeteners *****		X	X	X			X	X	X						X	X	X	X	X	X		
Artificial colors *****		X		X			X	X	X						X	X	X	X	X	X		
Sodas / soft drinks	X				X			X	X			X		X	X				X		X	X
Red meat	X	X	X	X		X				X	X	X	X	X						X		X
Snack chips	X	X	X	X	X	X		X	X	X	X		X	X	X	X		X	X	X		X
Canned soups							X	X		X			X	X		X	X	X		X		
Dinner mixes							X		X							X	X	X		X		
Cheese	X	X	X	X		X				X	X		X	X						X		
Margarine		X	X	X		X	X		X	X			X	X	X			X	X	X	X	X
Flavored nachos	X	X		X		X		X	X	X	X		X	X	X	X	X	X	X	X	X	X
White breads	X	X		X	X			X				X			X				X			
Donuts and pastries	X	X		X	X			X				X			X				X			X
Frozen fish (breaded)		X	X	X						X	X					X	X	X		X		
Diet soft drinks		X					X	X	X						X	X	X	X	X	X		

\* Based on the evidence from doctors, authors and nutritional researchers as cited in the Grocery Warning Research Compendium.

\*\* 2 Hydrogenated oils, partially-hydrogenated oils, etc.

\*\*\* 3 MSG, autolyzed yeast extract, yeast extract, hydrolyzed vegetable proteins

\*\*\*\* 4 High-fructose corn syrup, corn syrup, sucrose

\*\*\*\*\* 5 White flour, enriched flour, white rice, instant rice, instant oats, cream of wheat

\*\*\*\*\* 6 Homogenized milk

\*\*\*\*\* 7 Milk, cheese, cream

\*\*\*\*\* 8 Any non-natural sweetener

\*\*\*\*\* 9 FD&C colors



# METABOLIC DISRUPTORS

## Ingredients correlated with disease

This Ingredient	Is Linked to This Disease*
<b>White flour/Refined grains</b>	obesity, heart disease, mental disorders, cancer, hormonal disorders, behavioral disorders *
<b>Refined Sugars</b>	obesity, heart disease, mental disorders, cancer, hormonal disorders, behavioral disorders *
<b>MSG</b>	headaches, damage to the hypothalamus, reproductive disorders, obesity, growth hormone imbalance, hyperactivity, violent behavior, asthma, seizures, Parkinson's disease, Alzheimer's disease, heart disorders *
<b>Hydrogenated oils</b>	cardiovascular heart disease, cancer, diabetes, nervous system disorders *
<b>Homogenized milk fats</b>	cardiovascular heart disease *
<b>Cows' milk</b>	asthma, constipation, sinus stagnation, hormonal disorders, EFA deficiencies *
<b>Sodium nitrite</b>	cancers, especially of the digestive tract *
<b>Chemical sweeteners</b>	blindness, mental confusion, cancer, dizziness, loss of memory, sleep disorders *
<b>High acidity ingredients</b>	osteoporosis, loss of bone mass, urinary tract infections*

\* Based on the evidence from doctors, authors and nutritional researchers as cited in the Grocery Warning Research Compendium.

### Foods to Buy

Fresh vegetables	Fresh seafood
Fresh fruits	Hummus
Berries	Bran-a-Crisp fiber bread
Shredded lettuce	Whole grain breads
Sprouts and sprouted grains	WASA fiber rye bread
Whole grains	Whole grain cereals
Beans and lentils	Flax oil / flax meal
Pearled barley	Unrefined coconut oil
Raw, plain nuts	Unsweetened soy milk
Avocados	Tofu
Eggs	Rice/soy protein powders
Unprocessed meats	Healthy cooking oils
Salmon and fish	... and many more

### Foods to Avoid

Processed peanut butter	Sugary granola bars
Packaged meats	Instant breakfast grains
White breads and pastries	Candy bars and sweets
Sugary breakfast cereals	Canned fruits
Beef jerky with MSG	"Energy" bars
Salad dressings with MSG/sugar	Dinner mixes
Canned soups	Sauce mixes
Fried foods	Instant potatoes
Lunch snack paks	Breakfast sausages
Diet soft drinks	Frozen breaded fish
Sugary yogurts	... and many more
Homogenized milk	
Margarine	



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Fresh fruits	Hummus
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Whole grains	Whole grain cereals
Beans and lentils	Flax oil / flax meal
Pearled barley	Unrefined coconut oil
Raw, plain nuts	Unsweetened soymilk
Avocados	Tofu
Eggs	Rice/soy protein powders
Unprocessed meats	Healthy cooking oils
Salmon and fish	... and many more

## Foods to Avoid

Processed peanut butter	Margarine
Packaged meats	Sugary granola bars
White breads and pastries	Instant breakfast grains
Sugary breakfast cereals	Candy bars and sweets
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Salad dressings with	"Energy" bars
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Diet soft drinks	Frozen breaded fish
Sugary yogurts	... and many more
Homogenized milk	



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**Calcium Chloride:** An inorganic salt, used in fire extinguishers, as a wood preservative, and in ice melt. Can cause stomach and heart disturbances when ingested. Used as an emulsifier and texturizer in cosmetics.

Low toxicity material but ingestion may cause serious irritation of the mucous membrane due to heat of hydrolysis. Large amounts can cause gastrointestinal upset, vomiting, abdominal pain.

Oral rat LD50: 1000 mg/kg. Investigated as a tumorigen and mutagen.

**Disodium EDTA**, Regarding to oral human exposure, Fe(III)-EDTA, Free EDTA has been shown to produce adverse reproductive and developmental effects in mammals. However, it is considered as a safe substance if used externally; which is relevant considering that EDTA is a common ingredient in cosmetic formulation<sup>24</sup>.

EDTA promotes excretion of **lead**, cadmium and **arsenic** through the kidneys, which is not our divinely designed route of excretion for these metals (the gastro-intestinal tract is). Excretion of **lead** by use of EDTA burdens renal functions, with a real danger of kidney failure (renal tubular necrosis).

Chelation products that promote excretion of heavy metals through the gastro-intestinal tract are inherently much safer, particularly where appropriate biochemical (cracked cell chlorella as cation exchange) and antioxidant support is provided and reabsorption of heavy metals is prevented.

**Monosodium glutamate** and other forms of free glutamic acid can be manufactured cheaply and sometimes it is even just a byproduct of other food processes. For example, the brewer's yeast from the brewing industry contains free glutamic acid. Since free glutamic acid is cheap and since its neurotoxic nerve stimulation enhances so wonderfully the flavor of basically bland and tasteless foods, such as many low-fat and vegetarian foods, manufacturers are eager to go on using it and do not want the public to realize any of the problems. In 1999 in an article in a peer-reviewed journal, NOHA Board Member Adrienne Samuels, PhD, wrote a history of the many deceptions used by those manufacturers, "The Toxicity/Safety of Processed Free Glutamic Acid (MSG): A Study in Suppression of Information."<sup>2</sup> She points out "how easily truth can be hidden and how seemingly isolated incidents actually can be badly flawed research, direct suppression of information, and dissemination of biased information orchestrated by one group or industry."



**High fructose corn syrup (HFCS)** It's very hard for our bodies to digest and convert it into fuel, and it can cause inflammation in vital organs and age our skin faster. It also seems to be a big contributing factor when it comes to obesity. Even though it's such a harmful product, it's used in a large portion of our food supply, and it doesn't look like manufacturers are going to stop using it any time soon. Fructose ingestion in humans results in increases in blood lactic acid, especially in patients with preexisting acidotic conditions such as diabetes, postoperative stress or uremia.

Extreme elevations cause metabolic acidosis and can result in death.<sup>13</sup>

Fructose is absorbed primarily in the jejunum before metabolism in the liver.

Fructose is converted to fatty acids by the liver at a greater rate than is glucose.<sup>14</sup> When consumed in excess of dietary glucose, the liver cannot convert all of the excess fructose in the system and it may be malabsorbed.

The portion that escapes conversion may be thrown out in the urine. Diarrhea can be a consequence.<sup>19</sup> A study of 25 patients with functional bowel disease showed that pronounced gastrointestinal distress may be provoked by malabsorption of small amounts of fructose.<sup>26</sup>

Fructose interacts with oral contraceptives and elevates insulin levels in women on "the pill."<sup>17</sup>

In studies with rats, fructose consistently produces higher kidney calcium concentrations than glucose. Fructose generally induces greater urinary concentrations of phosphorus and magnesium and lowered urinary pH compared with glucose.<sup>18</sup>

In humans, fructose feeding leads to mineral losses, especially higher fecal excretions of iron and magnesium, than did subjects fed sucrose. Iron, magnesium, calcium, and zinc balances tended to be more negative during the fructose-feeding period as compared to balances during the sucrose-feeding period.

Other Names for MSG: yeast extract, autolyzed vegetable protein, or hydrolyzed vegetable protein.

**Enriched and bleached flour** It's pretty difficult to find products made with 100 % wheat flour. Almost all bread products are made from enriched wheat flour or bleached flour, but we need to try and avoid these products as much as possible and try to hunt down the ones that are made of 100 % wheat flour. Just avoid the words "enriched" and "bleached" on the ingredients lists and you'll be fine. Basically, many of the nutrients and the fiber that's found in

wheat naturally have been removed in the process of making these types of flour, making them little more than carbs and empty calories. You have to be very careful, too, because many types of bread that say "whole grain" or "wheat" on the package aren't necessarily made from 100% wheat flour.

**Trans Fats** Before you reach for that tub of margarine thinking its better for you than butter, consider this: almost all brands of margarine in the U.S. contain partially hydrogenated or hydrogenated oils, better known as trans-fats. In some countries, these types of oils are illegal, which shows you just how bad they really are. They can cause inflammation, high cholesterol, and heart disease, so you definitely should avoid them at all costs. There are a few brands of margarine that contain no trans-fats; you just have to look carefully and pay a little more for them, but it's worth it.

**Artificial colorings** Artificial colorings may make food look prettier, but just how bad it is for us is unknown. It's been linked to cancer, tumors, and allergic reactions, but there has been not conclusive finding about how bad artificial colorings really are for us. They're found in everything from sodas to snack cakes and are almost impossible to avoid, but it's best to try and consume as little of these brightly-colored chemicals as possible, just to be on the safe side.

**Saturated Fats** Saturated fats are a leading cause of high cholesterol and can be found in animal products such as beef, pork, butter, and whole milk, and in plant products like palm and coconut oils. While these foods aren't entirely bad for us and contain other good nutrients, it's best to consume them in moderation to avoid any ill effects.

**Propyl Gallate** This preservative, used to prevent fats and oils from spoiling, might cause cancer. It's used in vegetable oil, meat products, potato sticks, chicken soup base and chewing gum, and is often used with BHA and BHT (see below).

**BHA and BHT** Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT) are used similarly to propyl gallate -- to keep fats and oils from going rancid. Used commonly in cereals, chewing gum, vegetable oil and potato chips (and also in some food packaging to preserve freshness), these additives have been found by some studies to cause cancer in rats. If a brand you

commonly buy uses these additives, look for a different variety, as not all manufacturers use these preservatives.

**Potassium Bromate** This additive is used in breads and rolls to increase the volume and produce a fine crumb structure. Although most bromate breaks down into bromide, which is harmless, the bromate that does remain causes cancer in animals. Bromate has been banned throughout the world, except for in the United States and Japan. In California, a cancer warning would likely be required if it were used, which is why it is rarely used in that state.

**Aspartame (Equal, NutraSweet)** This artificial sweetener is found in Equal and NutraSweet, along with products that contain them (diet sodas and other low-cal and diet foods). This sweetener has been found to cause brain tumors in rats as far back as the 1970s, however a more recent study in 2005 found that even small doses increase the incidence of lymphomas and leukemia in rats, along with brain tumors.

People who are sensitive to aspartame may also suffer from headaches, dizziness and hallucinations after consuming it.

**Olestra** Olestra is a fat substitute used in crackers and potato chips, marketed under the brand name Olean. This synthetic fat is not absorbed by the body (instead it goes right through it), so it can cause diarrhea, loose stools, abdominal cramps and flatulence, along with other effects. Further, olestra reduces the body's ability to absorb beneficial fat-soluble nutrients, including lycopene, lutein and beta-carotene.

**Sodium Nitrite (Sodium Nitrate)** Sodium nitrite (or sodium nitrate) is used as a preservative, coloring and flavoring in bacon, ham, hot dogs, luncheon meats, corned beef, smoked fish and other processed meats. These additives can lead to the formation of cancer-causing chemicals called nitrosamines.

Some studies have found a link between consuming cured meats and nitrite and cancer in humans.

### **Blue 1 and Blue 2**

Blue 1, used to color candy, beverages and baked goods, may cause cancer. Blue 2, found in pet food, candy and beverages, has caused brain tumors in mice.

### **Red 3**

This food coloring is used in cherries (in fruit cocktails), baked goods and candy. It causes thyroid tumors in rats, and may cause them in humans as well.

### **Yellow 6**

As the third most often used food coloring, yellow 6 is found in many products, including baked goods, candy, gelatin and sausages. It has been found to cause adrenal gland and kidney tumors, and contains small amounts of many carcinogens.

**Saccharin** This sweetener, commercially known as Sweet'N Low, is 350 times sweeter than sugar; it is used in many diet foods and soft drinks, and as a tabletop sugar substitute. Several animal studies have shown that it causes cancer of the bladder, uterus, ovaries, blood vessels, skin, and various other organs. Even a significant study conducted by the National Cancer Institute found that it does indeed cause bladder cancer.

**Carmines** One such ingredient is carmine -- a red coloring frequently used in yogurt, candies, fruit drinks and sweets. Carmine is actually made from the dead, ground-up husks of female red beetles. These beetles, which are typically raised in the Canary Islands, are dried and ground up to create a red paste. This red paste is then exported to the United States and other countries where food is produced.

### **Harmful Effects of Preservatives**

Common food preservatives, their harmful effects, and foods commonly used include:

**Benzoates** can trigger allergies and may cause brain damage. Foods include pickles, flour, margarine, fruit purees, fruit juices, and beer.

**Bromates** can destroy nutrients and cause diarrhea. White flour and bread are common foods that contain this preservative.

**BHA and BHT** (butylated hydroxyanisole and butylated hydroxytoluene) are the two most widely used synthetic antioxidants in foods. These preservatives

have caused cancers in rats; BHA can be found in meats, baked goods, cereals, snack foods, and beer. BHT is often found in pre-packaged food.

**Glutamates** may cause headaches, palpitations, dizziness, and cancer. Almost all convenience foods contain this harmful preservative.

**Mono- and Di-glycerides** may cause birth defects and cancer. You can find these preservatives in many foods, such as cookies, cakes, pies, bread, peanut butter, dry roasted nuts, vegetables packaged with sauce, shortening, and margarine.

**Nitrates and Nitrites** are known carcinogens. These harmful preservatives are used to preserve meat.

**Propyl gallate** may cause birth defects and damage the liver. This preservative is mostly found in meat products, vegetables packaged with sauce, pickles, vegetable shortening and oils, and even in chewing gum.

**Sulfites** are also common food preservatives and may cause headaches, joint pain, heart palpitations, allergies, and cancer. Foods include fruit, dried fruit, jarred olives and peppers, corn syrup, cornstarch, wine vinegar, and wine.

# Spinach and Mushroom Frittata

**Servings: 200**

## Ingredients

- 33 (10 ounce) packages frozen chopped spinach, thawed and squeezed thoroughly to remove liquid
- 130 eggs or equivalent egg substitute
- 33 cups part-skim ricotta cheese
- 25 cups freshly grated Parmesan cheese
- 25 cups chopped portobello mushrooms
- 16-2/3 cups finely chopped scallions with some green tops
- 2 tablespoons and 2-1/4 teaspoons dried Italian seasonings
- 33 pinches Salt and pepper, to taste

## Directions

This recipe's Ingredients were scaled to yield a new amount. The directions below still refer to the original recipe yield of 6 servings.

1. Preheat oven to 375 degrees.
2. In a large bowl, whisk together all ingredients until well mixed. Spray a hotel pan with cooking spray and fill with the spinach mixture to a depth of 1 inch.
3. Bake for 30 minutes, or until browned and set. Let cool for 20 minutes, cut in squares and serve.

## Nutritional Information

Servings Per Recipe: 200

Calories: 181

- **Total Fat:** 10.5g
- **Cholesterol:** 164mg
- **Sodium:** 428mg
- **Total Carbs:** 6.2g
- **Dietary Fiber:** 1.9g
- **Protein:** 15.9g

# Vegetarian Mushroom-Walnut Meatloaf

Prep Time: 45 Min   Cook Time: 1 Hr   Ready In: 1 Hr 55 Min

**Servings 200**

## Ingredients

- 2 cups and 1 tablespoon olive oil
- 25 pounds crimini mushrooms, chopped
- 33 small red onion, finely diced
- 33 red bell pepper, seeded and diced
- 2 cups and 1 tablespoon ground sage
- 42 cups cooked brown rice
- 24-1/2 cups walnuts, finely chopped
- 33 envelopes onion soup mix
- 33 cups oat bran
- 33 cups wheat germ
- 65 egg whites, lightly beaten
- 2/3 cup and 1 teaspoon Worcestershire sauce
- 1-1/3 cups and 1 tablespoon prepared mustard

## Directions

This recipe's Ingredients were scaled to yield a new amount. The directions below still refer to the original recipe yield of 6 servings.

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
2. Heat the olive oil in a large skillet over medium heat. Stir in the mushrooms, onions, and bell pepper; cook until the onion is transparent, about 5 minutes. Sprinkle sage over the vegetables, and cook until vegetables are soft, about 5 minutes more. Transfer vegetables to a large mixing bowl.
3. Stir the rice, walnuts, onion soup mix, oat bran, wheat germ, egg whites, Worcestershire sauce, and mustard into the mushroom mixture until thoroughly blended. Spoon into prepared loaf pan, pressing down mixture with a spatula to flatten top.
4. Bake in preheated oven for 1 hour. Let rest 10 minutes before slicing.

## Nutritional Information

### Amount Per Serving

Calories: 320

- **Total Fat:** 6.5g
- **Cholesterol:** 0mg
- **Sodium:** 486mg
- **Total Carbs:** 58.1g
- **Dietary Fiber:** 8.6g
- **Protein:** 14.5g

## Magnificent Cheesy Brown Rice

Prep Time: 10 Min

Cook Time: 45 Min

Ready In: 55 Min

**Servings 200**

### Ingredients

- 50 cups water
- 25 cups brown rice
- 12-1/2 red bell peppers, seeded and chopped
- 6-1/4 red onion, chopped
- 25 cups shredded low-fat Cheddar cheese

### Directions

1. Bring the brown rice, and water to a boil in a pot. Reduce the heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 45 to 50 minutes.
2. Prepare a skillet with cooking spray and place over medium heat. Cook the bell pepper and onion until lightly browned; stir into the cooked rice. Add the Cheddar cheese and continue stirring until the cheese has melted completely.

### Nutritional Information

Nutritional Information  
Magnificent Cheesy Brown Rice

Servings Per Recipe: 200

#### Amount Per Serving

Calories: 95

- **Total Fat:** 1.5g
- **Cholesterol:** 3mg
- **Sodium:** 89mg
- **Total Carbs:** 15g
- **Dietary Fiber:** 1.3g
- **Protein:** 4.9g



# Easy Peach Crisp

**Servings: 200**

## Ingredients

- 8-1/4 (29 ounce) cans sliced peaches, drained
- 16-2/3 cups all-purpose flour
- 12-1/2 cups white sugar
- 8-1/4 pinches salt
- 1/4 cup ground cinnamon
- 8-1/3 cups butter, chilled

## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Layer the peaches in a hotel baking pan. In a large bowl, mix the flour, sugar, salt and cinnamon. Slice the butter into chunks and mix it into the dry ingredients until it looks like pea size crumbs. Sprinkle crumbs over peaches.
3. Bake for 30 to 40 minutes in the preheated oven, until lightly golden.

## Nutritional Information

### Amount Per Serving

Calories: 169

- **Total Fat:** 7.8g
- **Cholesterol:** 20mg
- **Sodium:** 72mg
- **Total Carbs:** 24.5g
- **Dietary Fiber:** 0.8g
- **Protein:** 1.4g