



meijer®

WHAT'S ON YOUR PLATE?

Balance your plate with healthy eating and an active lifestyle to help fight breast cancer.

Pink Ribbon Produce, with Meijer and its produce vendors want to help you bring balance to your life. By filling half your plate with fruits and vegetables and staying active, you're well on your way to making a difference in the fight against breast cancer.



The U.S. Department of Agriculture's ChooseMyPlate icon is sectioned off to show fruits and vegetables taking up half of the plate—your goal each day. The American Cancer Society recommends eating **at least** 2 1/2 cups of fruits and vegetables each day to help lower cancer risk. These foods contain important vitamins, minerals, phytochemicals, and antioxidants and are usually low in calories. **Choose produce with the most color—dark green, red, yellow, and orange—they have the most nutrients.**



To learn more about Pink Ribbon Produce, visit www.pinkribbonproduce.org



HIGHLINE MUSHROOMS

Mushrooms pack a nutritional punch. They're a low-calorie, fat-free, cholesterol-free and low-sodium veggie, and they provide several nutrients. They are a good source of B vitamins, such as riboflavin, niacin, and pantothenic acid, which helps to provide energy by breaking down proteins, fats and carbohydrates. Mushrooms are also a source of important minerals such as selenium, copper, and potassium and they're the only item in the produce aisle that contains natural vitamin D. Since they are a low-energy-dense food (meaning few calories given the volume of food), this helps with feeling satiated during weight management.

Enjoy healthier versions of your favorite recipes without sacrificing taste and texture when you blend chopped mushrooms with ground meat. Use mushrooms in family favorite meals such as burgers, meatballs, tacos, lasagna, and pasta sauce.

Feel good about eliminating pesticides from the foods that you feed your family when you use Highline Mushrooms.

Wonderful citrus™



WONDERFUL CITRUS

Valencia Orange and Lime Honey Vanilla Smoothie

Prep: 5 min.

Servings: 2, 8-ounce smoothies

Waking up to fresh citrus gets your day off to a good start. Sweeten your breakfast smoothie with the fresh juice of Valencia oranges. This recipe uses honey-flavored yogurt to create a creamy drink with lots of orange and a hint of tangy lime.

1 cup fresh Valencia orange juice

Juice of 2 limes

1 cup honey-flavored Greek yogurt

1/4 teaspoon pure vanilla extract

1 to 1 1/2 cups ice

Directions: Place all ingredients in a blender with 1 cup of the ice. Puree until smooth. Add additional ice to thicken your smoothie, if desired. Serve immediately.

Choose Valencia oranges and limes from Wonderful Citrus for the freshest citrus.



SOUTHERN SPECIALTIES

Now your family can enjoy gourmet every day...in minutes with Southern Selects French Beans and Asparagus.

Chefs in the finest restaurants have prized Southern Selects French Beans for years. Now your family can enjoy the great flavor of these slender, quick-cooking gourmet beans. The stems are trimmed for convenience and the lovely tapered tip is left on for a unique presentation. Southern Selects French Beans can be microwaved in minutes or steamed, sautéed or boiled. Enjoy them as a beautiful side dish, in casseroles, or as a flavorful addition to salads.

Eating this healthy never tasted so good! Serve your family excellent levels of dietary fiber, antioxidants, vitamin A, and more in the best-tasting green bean ever, Southern Selects French Beans.

There has never been a better time for your family to enjoy the great flavor and versatility of fresh Southern Selects Asparagus.

You can prepare their asparagus by simply steaming, roasting or microwaving. Oh, did we mention Southern Selects Asparagus is terrific in soups, salads and pasta dishes as well?

Asparagus provides a wide variety of antioxidant nutrients, including vitamin C, beta-carotene, vitamin E, and the minerals zinc, manganese, and selenium.

To learn more about Pink Ribbon Produce, visit www.pinkribbonproduce.org



DOLE®

Keep DOLE® Salads on hand—it's an easy way to help you get your daily boost of the vitamins and nutrients you need to power through your day!

DOLE Blends: Find your inspiration with our extensive gallery of greens. We have the greens to complement any dish you dream up. Whether it's sweet Hearts of Romaine or robust Field Greens, our variety of salads is the door to a world of inspiration for any occasion. Get deliciously creative!

DOLE Salad Kits: With everything you need to create a distinctively flavorful salad, try the variety of All-Natural Salad Kits. Our Kits combine blends of fresh, wholesome lettuces with a tasty variety of ingredients and toppings—from artisan-style croutons and indulgent cheeses to our uniquely delicious dressings. Every salad kit is packed with all the mouthwatering ingredients you need to make a distinctively flavorful salad. Experience the adventure!

DOLE Chopped: Layers of craveable flavor. Savor fresh blends of lettuces and veggies cut to bite-size perfection and salad kits that pair our blends with restaurant-inspired dressings and toppings. Our NEW Chopped Salads offer a convenient and mouthwatering mix of flavors, textures and tastes. Create what you love!



INSPIRED BY FLAVOR™



SUNSET® CAMPARI® BRAND COCKTAIL TOMATOES THE TOMATO LOVER'S TOMATO!™

In 1995 SUNSET® pushed the boundaries on flavor by introducing a European tomato and for the first time in history, a tomato was called by the name Campari®. This changed the industry and opened the door to flavor.

In addition to a perfect balance of sweetness and acidity, there's something about Campari's smallish size that seems just right. Ask any foodie and they will tell you that this multi-talented European rocks the kitchen all year long.



DNE WORLD FRUIT

Mandarins/Tangerines/Oranges

Autumn is the perfect season for these delightful, vibrant-color fruit varieties. They have a robust flavor, are very sweet, juicy and loaded with vitamin C. While the mandarins and tangerines are petite and easy to peel making them the ideal high energy on the go snack, the Midnight's are a late season orange that is slightly larger, seedless and juicy. These fall favorites not only taste great but are a nutrient-rich food that delivers a substantial amount of vitamins and minerals that help support a healthy immune system.

High in vitamin C, vitamin A, potassium, calcium and dietary fiber. Fat free, cholesterol free, and sodium free.

BOLTHOUSE FARMS



If you love piña coladas and getting caught in the rain, you'll love our new Tropical Goodness smoothie. The exotic deliciousness of dragonfruit, guava and pineapple mixed in with coconut water and ground chia seeds. Okay, you can stop humming the song now.

Bolthouse Farms Tropical Goodness Smoothie is gluten free, contains no preservatives, and no artificial colors or flavors. It contains 80% of the daily recommended value of vitamin C and 3 servings of fruit in every 15.2 oz bottle. Delicious!



Share
your plate on
social media with
#whatsonyourplate



PERO FAMILY FARMS

2lb. Mini Sweet Peppers

Pero Family Farms Mini Sweet Peppers are the perfect snack. Snack on 'em with your favorite dip, or stuffed with your own creation. Snack on 'em in your salad, or right off the grill. Any way you choose, Pero Family Farms Mini Sweet Peppers are a sweet treat to eat!

Organic Green Beans

Pero Snipped Green Beans are convenient and perfect for almost every course. The sweet flavor and crunchy texture add excitement to any recipe. Pero Green Beans have no fat or cholesterol, are a good source of dietary fiber and vitamin C. Great for salads, stir fries, steaming or as a snack. Once you have tried Pero's green beans, nothing else will compare.

AVOCADOS FROM MEXICO

How to choose a ripe avocado: Avocados mature on the tree, but they soften and develop to their full flavor after they are harvested.

Dark green to black FIRM avocados will ripen in 3 to 4 days, if placed in a bag with an apple or banana. A black avocado with slight give will ripen on the counter in 2 to 3 days. Avocados CAN be refrigerated after they ripen. A half of avocado can be stored in the refrigerator; leave pit in half, coat lightly with olive oil or lemon juice, wrap tightly with cling or press wrap.

Avocados have no cholesterol and contain less than 1 g of sugar per serving.

Over 75% of the fat in avocados is unsaturated (monounsaturated and polyunsaturated fats), making them a great substitute for foods high in saturated fat.

One-fifth of a medium avocado (1 oz. serving) has 50 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-dense choice.

LITEHOUSE

Greek yogurt is all the rage these days, due to its creamy texture and great health benefits. Litehouse wanted to deliver these health benefits to you and your family by creating delicious products that provide more protein, fewer calories, and all of the flavor you expect from Litehouse...so we did that and more.

We utilized Greek yogurt as a base for our dressings and dips! You can now enjoy the health benefits of Greek yogurt when creating great meals for your family or entertaining friends, without compromising on taste.

With a wide variety of flavors available, including both fruit and veggie dips, you can feel good creating delightful meals with OPA by Litehouse™ dressings and Opadipity™ dips, which are made fresh with no preservatives, no MSG, and are gluten free!

Share What's On Your Plate and Win a \$250 Gift Card with our Instagram Contest!

During Breast Cancer Awareness Month (Oct. 1-31), follow us on Instagram (@pinkribbonproduce) and take a pic of your fresh plate (#whatsonyourplate) using at least one of our partner's products for a chance to **win a \$250 Meijer gift card and a donation to the National Breast Cancer Foundation made in your name.**

To learn more about Pink Ribbon Produce visit, www.pinkribbonproduce.org
Always check with your healthcare practitioner about the diet that's right for you.



Soba Noodles with Veggies & Avocado-Miso Dressing

Prep: 15 min.

Servings: 2

4 oz. soba noodles, cooked according to package directions

1/2 pkg. (12 oz.) DOLE® Chopped Asian Blend

1 cup cauliflower, cut into florets

1/4 cup Pero Family Farms® Mini Sweet Peppers, seeded and julienned

Avocado-Miso Dressing

1 DNE World Fruit tangerine, peeled and sectioned

2 tablespoons julienned fresh mint leaves

Directions: Divide noodles between two medium bowls. Toss salad blend, cauliflower and mini sweet peppers with Avocado-Miso Dressing until coated. Divide salad and place over noodles. Sprinkle with tangerine segments and mint.

Avocado-Miso Dressing: Combine 1 avocado, peeled and seeded, 6 tablespoons water, 3 tablespoons white miso, 2 tablespoons rice vinegar, 2 teaspoons freshly grated ginger and 1/4 teaspoon red pepper flakes in blender. Cover, blend until smooth.

