

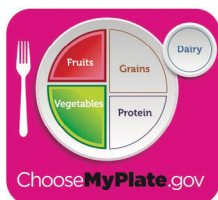


What's on your plate?

A healthy plate and an active lifestyle can help reduce your risk of breast cancer.



Pink Ribbon Produce along with Price Chopper 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—as they have the most nutrients.



Win up to \$750 to Price Chopper or Harris Teeter grocery markets by entering the "What's On Your Plate" contest giveaway! Entering is easy! Just share a photo of how you eat healthy on Facebook, Twitter or Instagram tagging Pink Ribbon Produce in the photo and using the hashtag **#WhatsOnYourPlate** in the copy of the post to be entered to win. The contest kicks off on October 1, 2018 and ends October 31, 2018.

Visit www.pinkribbonproduce.org for contest rules and information.

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



NATIONAL
BREAST
CANCER
FOUNDATION, INC.



Fowler Packing

What could be more delicious and convenient than grapes from family-owned and operated Fowler Packing? Juicy bite-size pieces packed in a cluster ready to pop into your mouth, grapes truly are nature's candy. Grapes can also be frozen for a delicious, ready-to-eat, frozen fruit snack or a perfect ingredient for your daily fruit smoothie. Red, green and black grapes also make the perfect ingredients to add fun and exciting colors to any recipe.

Founded in 1950, Fowler Packing continues to be a California-based, family-run and owned farming operation. They take great pride in their commitment to the land and their people, investing heavily in solar energy and providing an industry-leading health-care facility for all employees. Fowler Packing takes great pride in delivering the best tasting grapes on the market, all season long.

Plus, one cup of grapes provides more than one-quarter of the daily recommended values of vitamins K and C while also containing a variety of antioxidants.



Fresh Express

Veggie Spring Mix: These early-harvest baby lettuces are picked at the peak flavor, with dark leaves and full of nutrition. Veggie Spring Mix offer the convenience of included vegetables, meeting our consumers top needs!

Sweet Kale Chopped Kit: This nutritional Salad Kit features the health benefits of kale, shredded brussels sprouts, broccoli, pumpkin seeds, dried cranberries and delicious poppyseed dressing! The salad mix contains antioxidants and anti-inflammatory properties which help prevent cancer and other diseases. High in fiber, this powerhouse salad mix supports digestion and detoxification.

Salads are a great source of fiber, vitamin A, vitamin C and other nutrients.



Fresh Gourmet®

Plan easy and healthy meal pairings with Fresh Gourmet® Cheese Crisps. Sprinkle on salads and soups, or enjoy these tasty crisps with grapes, apples or cherry tomatoes for a quick, tasty, energy-boosting snack.

Made from 100% cheese, these crispy bites are packed with flavor and are naturally gluten-free and carb-free. At just 25–30 calories per serving, they offer a convenient, low-calorie snacking option.



Eat Smart®

At Eat Smart®, we inspire you with delicious ways to enjoy the goodness of fresh vegetables. It all starts with our farmers, who carefully select and harvest our vegetables at the peak ripeness. Then our chefs go to work, creating a variety of exciting products, using only the freshest vegetables for full, true flavor.

Eat Smart® fresh vegetables support a healthy lifestyle and the Eat Smart® brand proudly brings you the best in healthy, convenient, value-conscious fresh products for you and your family year-round. Look for Eat Smart® in your local produce section!



Hudson River Fruit

Family-owned and operated for four generations, Hudson River Fruit is committed to offering quality products. All apples are hand-picked and hand-packed to ensure quality and ripeness. Delicious and convenient, apples have been shown to reduce cancer and heart disease risks.

Because apples are high in dietary fiber, they aid in digestion and help to regulate blood sugar in diabetes while offering an excellent source of vitamins C and B, calcium, potassium and phosphorus.

Asiago Apple Arugula Salad

Serves: 4

Total Time: 10 min

Ingredients:

- 1 medium Gala apple, cored
- 1 (5-ounce) package fresh arugula
- 1/3 cup finely chopped Fresh Gourmet® Honey Roasted Pecans
- 1/3 cup Litehouse Balsamic Vinaigrette
- 1 1/2 cups Fresh Gourmet® Asiago Cheese Crisps (about 2 1/2 ounces)
- Lemon Juice from a quarter of a lemon (to prevent Apples from browning)

Directions: Cut apples into very thin wedges. Spritz lemon juice on cut apples to prevent browning. In a large bowl, gently toss arugula, pecans, and vinaigrette until lightly coated. Sprinkle on Fresh Gourmet® Cheese Crisps and enjoy.



Asiago Apple Arugula Salad

Green Bean Salad with Pickled Fennel and Carrots

Serves: 4

- 12 ounces of Eat Smart green beans
- 1/2 a fennel bulb (about 1/2 pound) sliced thinly
- 1 large carrot, peeled and shaved into long thin pieces
- 1/2 medium red onion sliced
- 1 tablespoon lemon juice
- 1/4 cup red wine vinegar
- 1/4 cup water
- 1 tablespoon salt
- 1 1/2 teaspoons sugar
- 1/3 cup (about 2 ounces) almond slices

Directions: In a small bowl combine together the vinegar, water, salt, pepper, lemon juice and sugar. Add in the shaved carrot, onion and thinly sliced fennel, make sure to coat the carrot and fennel with the liquid. Set aside for 30 minutes to 1 hour.

Bring a large pot of salted water to a boil. Add the green beans and boil until tender but still crisp about 3-4 minutes. Drain and plunge into a cold water ice bath for 1 minute, drain and pat dry. Toss the green beans into the fennel and carrot mixture. Serve on a plate and top with the almond slices. Salt and pepper to taste and enjoy! Serves 4 (about 1/2 cup per serving).



Green Bean Salad with Pickled Fennel and Carrots