

Hometown Food News

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QUICK MEALS—JANUARY 2005

TWO SERVING MEALS

Our stir fry meals are designed to feed two but with a little know how they can be stretched to serve more. Simply cook more rice and add more vegetables.

SEPARATE SPICE PACKETS

Our spices are packaged separately from the rest of the meal to give the cook more control of the flavor. If you don't like food spicy, use less.

SOUP KITS

Twenty minutes is all it takes to make homemade soup—high in flavors, low in salt, rich in nutrients. Each kit provides 4 servings.

Convenient frozen meals!

The grocery store's frozen food aisles are filled with meals packaged in loosely filled freezer bags, resulting in ice crystallization and freezer burned vegetables.

Hometown Foods has designed NEW meals with

Our Convenient, frozen meals are a step above the

individually vacuum packaged components to preserve vegetable texture, color, flavor and nutrients. inthevegetables.

Hometown Foods Main Dishes!

Stir Fry Meals

Cajun Vegetable Cheese:

A combination of four garden vegetables topped with cheese and Cajun spices.

Curried Beef: Ground beef is simmered in a mild curry sauce and poured over rice and vegetables.

Chili Beef Goulash:

Macaroni swims in a sea of spicy tomato sauce surrounded with vegetables and cheese.

Sweet and Sour Beef:

We do the prep work, make the sauces and find the rice, cheese, meat and spices to make a complete meal. You do the last minute cooking.

Our fruits and vegetables come from Hudson Valley regional farms and gardens. Meats are organic, grass fed, or locally grown. We buy Cabot cheese, Amish cheese or cheese from local producers. Our rice, pasta and spices come from United Natural Foods. We use the best we can grow or buy!

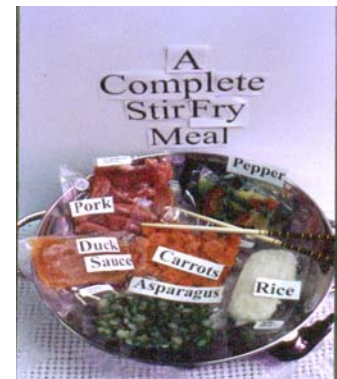
Our nutrient analysis program allows us to evaluate every ingredient used. Check out our "Nutrition Information" pages for every products we sell.

Local beef combines with our sauce and taco seasoning to spice up this meal.

Homemade Soup Kits

Curried Butternut Chowder: Black beans and corn top a tasty combination of squash puree, vegetable broth and curry sauce.

Cheesy Pumpkin Soup: Cheddar cheese and spices flavor a pureed combination of pumpkin, onion, pepper and parsnip.



What makes our meals great?

1. **Built in portion control** helps you eat right.
2. Our main dishes contribute **3 to 4 servings of vegetables** to help you meet your daily requirements.
3. Nutrient loss is minimized by **blanching vegetables in boil in bags**.
4. **Freezing and vacuum packaging** are our only preservatives.
7. Our main dishes are **low in added fat, sugar & salt**.

THEY TASTE GREAT TOO!

