

Hometown Food News

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BIRDSEED BREAKFAST. JANUARY, 2005

FAST & EASY!

For those consumers who are in a hurry, Hometown Foods has created Birdseed Breakfast as a convenience product. It is frozen in 1/2 cup portions ready for your stovetop or microwave. The cereal is presoaked to save preparation time.

Simply open the wrapper and place in a pot or microwave safe dish and cook in minutes.

We package 6 servings in a bag.

You can add dried fruit before cooking or sprinkle on cinnamon.

Or, use our frozen whole fruit sauces for tasty and delicious toppings!

A tablespoon of flaxseed meal in our cereal makes this an excellent source of omega-3 helpful for improving brain

Birdseed Breakfast

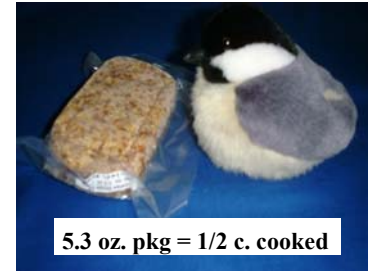
Could eating like a bird be good for you? Have you ever seen a constipated bird? Of course not! Their constant movement and diet keep them fit and feeling good. Nutritionists have found that adult and children do not meet their need for fiber. Adding

“Could eating like a bird be good for you?”

some whole grains and seeds to your family’s diet might help you and your family members feel good too!

Hometown Foods, LLC

has developed a cooked breakfast cereal that is easy to prepare. The presoaked grains and seeds contain the natural fiber and nutrients we all need. Flax provides Omega 3 fatty acids. Sunflower seeds are a good source of vitamin E. Sesame seeds provide calcium and iron. Millet and Quinoa are high in protein. Oatmeal is the powerful connector that holds our cooked cereal together and lowers your cholesterol. You can add raisins for their iron contribution and sweetness. This product offers a powerful morning nutrition punch! Learn more at our website:



OUR CEREAL COMES PRE-SOAKED AND FROZEN, READY TO COOK IN MINUTES.

Make your own Birdseed Cereal.

Birdseed Breakfast

- 3/4 cup steel cut oats
- 3 cups rolled whole oats
- 1/4 cup quinoa
- 1/4 cup sesame seeds
- 1/4 cup sunflower seeds
- 1/4 cup millet
- 1/4 cup flax seeds

Mix all ingredients together. Refrigerator birdseed mix. To make one adult serving, measure 1/4 cup of the mixture and add 1/2 cup of water to soak the grains and seeds overnight. Cook on top of the stove in a pan for 3 to 4 min. once the water boils. Or, place in a microwave safe dish and cook on high for 5 to 6 minutes. This produces two (1/4 c.) servings for a child or a 1/2 c. serving for an adult. **Optional: Add 1 T. of flaxseed meal to each portion before cooking.**

BIRDSEED BREAKFAST

Our frozen cereal provides additional nutrients not listed on the nutrition facts label.

EXCELLENT source of ...

- Omega-3 (80%)
- Manganese (71%)
- Thiamin (49%)

GOOD source of ...

- Phosphorus (17%)
- Magnesium (15%)
- Fiber (15%)
- Copper (11%)
- Riboflavin (10%)

Nutrition Facts

Serving Size: 1/2 cup (5.3 oz.)	
Servings 1	
Amount Per Serving	
Calories 150	Calories from Fat 36
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	2%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	6%
Dietary Fiber 4g	15%
Sugars 0g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	