

Message from the C.E.O.

08/03/09

I'm sitting at my desk, contemplating what will take place tomorrow morning. We are starting our 68th fresh pack four days earlier than last year.

We had hoped to get an even earlier start, but the weather, although extremely pleasant, has been unseasonably cool, which delayed the start of pack a bit. The fields that I have been able to visit are absolutely loaded with fruit which will be ripe and ready with a few hot days and nights.

It was great to see all of you at the picnic. My favorite thing besides the picnic food was the Silly Safari...or rather watching the kids 'watch' the Silly Safari. As each animal was introduced, the kids were wide-eyed and became very animated. It didn't look like we had even one shy kid at the picnic as they kept creeping closer and closer to the animals...until the alligator was presented. Those kids can move backwards really fast! We must have a lot of Red Gold employees who are great parents, because many children came up and thanked me for the animal show. I got a real kick when some of these little kids hugged my knees. That reminds me, I need to get on the phone and book the Silly Safari for the 2010 picnic!

Everyone is looking forward to seeing our Red Gold families again for Family Tour Days. We hold Family Tour Days once every three years. Families can visit the manufacturing plants and see where Dad or Mom works. We do this during pack, because that is when the facilities are most interesting. Right now, we are planning to hold Family Tour Days near the end of September and the first part of October. When the E3 team proposed Family Days in 2003, I told them, "If you can figure it out, we'll do it!" It was hard to figure out...it takes a lot of planning, organization and participation from our employees, but on the last Family Days, we hosted 700 guests! Families really do enjoy the tours and the Ambassador team enjoys showing off the manufacturing plants. This year the Distribution Center will host tours for the first time.

08/04/09

Pack officially started today with the trial run at the Orestes Plant. We use this time to "shake down" all the equipment that has been idle since last October, and prove out the new equipment and control systems. It also gives employees time to familiarize themselves with all the changes and the added intensity of fresh pack. After a hectic start up, the process began to smooth out as tomatoes, equipment and personnel finally started coming together.

All three plants are anxious and ready to get up to full speed. I am predicting this will be a bumper pack for Red Gold and our growers. On the seventh, the Indiana State Fair-Year of Tomatoes begins, and I have been asked to participate in the opening toast with members of the State Fair Board, the Governor of Indiana and Miss America. I don't usually have mornings like this...it should be fun!



Chris

MAKE OVER MADNESS

Everyone remembers the yellow trailers with a Red Gold logo, tomatoes, and pallet of Red Gold product in corrugated boxes on the rear doors. It is hard to believe these graphics are nearly 9 years old. Trailer graphic printing technology has changed a lot since then.

Our Marketing Department and RG Transport worked with Harbor Graphics, formally Excel Graphics, to enhance and dramatically improve our graphics and color intensity. One major noticeable graphic enhancement is the rear door which now proudly displays the bright yellow graphic of our #10 Red Gold Diced Tomato cans stacked on a pallet!

These new graphics were initially placed on 15 new trailers. Worried that you will not be able to tell old from new? We think this will be an easy task. Just look for the brighter graphics, the rear door changes, and the new



side rub rails on the trailers. These rub rails will help protect the graphics from scratches and other damages.

Watch for these trailers rolling down the road...our customers sure are! Here is what one had to say when they saw our new look. "I saw one of your tractor trailers on I90 this morning. It was beautiful and I couldn't believe the paint job on the back door...at first I thought the driver hadn't pulled down the door. It was amazing! I decided that I would only purchase products from "Red Gold". Any company that can advertise that well deserves my business. Thank You for making my day."

CONSUMER CONNECTION



New upgrades have been made to our Red Gold website. If you need help in the kitchen, Linda's Forum can help you. When you need new ideas for the weekly meals, the Interactive Meal Planner can lend you a helping hand.

Help in the Kitchen

Ask our Home Economist a question or share a great idea or recipe. Join the conversation. Recipes are available as well as offering help with cooking tips and advice when needed.

To enjoy these two new features, go to our website, www.RedGoldTomatoes.com.



Interactive Meal Planner

The Interactive Meal Planner is a tool you can use to plan weekly meals. The planner can be accessed from your desktop, dashboard, or from the home page of our website. You can search our recipe database for meal suggestions or type in your own favorite recipe.

KETCHUP KORNER

This is a place where you can catch up (Get it?) on news, fun facts, and items of interest about our products, people, and activities.

During Fresh Pack, Red Gold employees hear a lot about different machines used to 'produce the freshest, best tasting tomato products in the world'. This Ketchup Korner covers some of those machines and their purposes.

Quarterly Definitions

Flumes – Water filled channels used to transport tomatoes.

Color sorters – Electronic devices used to separate raw tomatoes by color.

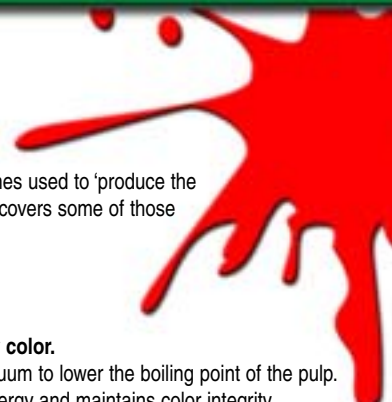
Evaporator – Device for removing water from the tomato pulp using a vacuum to lower the boiling point of the pulp.

By removing the water from the tomato this way, it saves energy and maintains color integrity.

Pocket filler – Type of filler that uses gravity to fill cans volumetrically.

Finisher – Device using screens to create the desired finished texture.

Seamer – Device that applies and seals the end of the can.



STEWIE PROMOTED



Ask and you shall receive!! Before the last newsletter could even cool down from the presses, my phone was ringing off the hook. The RG Marketing Department loved my suggestions to incorporate this eager lycopene storage unit into the State Fair's Year of Tomatoes celebration. I get to greet nearly a million 'mater fans, accept thousands of hugs and pose for

countless pictures. I hope the kids don't squeeze me too tight... "Clean up in Our Land Pavilion!"

My plunge into the limelight hasn't stopped there! I was also booked to appear at the Summer Business Meetings, Grower's Field Day, Family Tours...the list is endless. I've made it...you love me, you really love me, I am someone now! Ol' Stew is finally the celebrity I always knew I'd be. There have actually been lines of people waiting to get their pictures taken with this chubby 'mater man! I wish I had ears to support those oversized sunglasses, like you see on all those slim Hollywood stars.

And now for the bad news, this plump reporter must retire his crimson stained pen. After long days of signing autographs, shaking hands, hugging children and kissing babies...I no longer have time to write regular articles for the Vine Lines Newsletter. Actually, what I'm trying to say is (and I'll try not to blush), I am finally important enough to be written about and just wonder if the Paparazzi can keep up with this celebrity 'mater!

CLICK IT, BUY IT, RED GOLD IS GOOD

Did you know that Red Gold, Redpack, Tuttorosso and Sacramento products can be purchased online through our website? Consumers from all over the country have become loyal customers when it comes to our tomatoes. We have compiled the buying trends for purchases made online during this past year. Following are some very interesting findings:

- The state with the most orders: FLORIDA
- TEXAS comes in second with Indiana a close third. We also ship orders to online consumers in Illinois, North Carolina, New York, California and even as far away as Alaska
- The largest order placed at one time: 15 GIFT BOXES
- The number one product sold on line: 28 oz TUTTOROSSO CRUSHED TOMATOES with BASIL
- Other popular products sold online: REDPACK CRUSHED TOMATOES, RED GOLD TOMATO JUICE and COLTS KETCHUP
- Presently over 60 PRODUCTS are offered for sale on the website

Our repeat customers are placing orders monthly, and express excitement that they can order their favorite products online and have them delivered right to their door. Red Gold's review of this past year proves that we have a great following from our online consumers and we look forward to providing them with a larger variety of products along with great service in the coming year. Visit our website, www.redgold.com for more details.

A Day in the Life of the SQF Practitioner

By now, I'm sure that all Red Gold employees have come in contact with... dum, dum, duuuuummm... SQF. Whether you've participated in a hand washing class or learned that you were going to have to tighten the screws on a process that you thought worked just fine, we've all seen how SQF fills in the holes. Recently, we had the opportunity to discuss what SQF is with 'the' Red Gold employee that eats, sleeps, and breathes SQF; Joi Johnson, Red Gold's SQF Practitioner. Her job is to continually make sure that Red Gold and our employees, every single last one of us, is following the code of SQF.



What is SQF and what makes it different from any other type of third party audit?

SQF stands for Safe Quality Food. It is a global food safety and quality certification program and management system. SQF is different from other 3rd party audits, because it is one of the only certification systems recognized by the Global Food Safety Initiative (GFSI). SQF is also the only program that offers certification in both the primary food production and food manufacturing areas of the food industry.

What third party audits have Red Gold completed in the past? Do we typically do more than one type annually?

The third party audits that Red Gold has completed in the past include AIB, Siliker, USDA, and FDA. In the past, we have typically had more than one third Party audit. Audit needs are generally customer driven.

What was your title prior to SQF Practitioner? Is being the SQF Practitioner now a full time job?

My prior title was Quality Assurance Supervisor. I am currently the SQF Project Coordinator and it is a full time position.

Why were you chosen for this position?

I was considered to become the SQF Project Coordinator due to becoming an SQF Practitioner. Becoming a Practitioner is one of the initial requirements of attaining SQF certification. I showed a definite interest in the program and presented ideas for implementation, while working closely with the Corporate Quality Department.

What were some noticeable differences between SQF and our previous audits? Did you have concerns initially about being able to meet all SQF Requirements?

The noticeable differences between SQF and previous third party audits include the details required for implementation of the system. SQF requires that there is a dedicated practitioner to maintain the program. Also, there are requirements that the system is reviewed and documented annually, something that has not been required in previous audits. There were some concerns about meeting the SQF requirements. However, studying SQF code and having a pre-assessment audit allowed those concerns to decrease and give the facilities confidence that the requirements were attainable.

Which facility was the first to complete SQF?

RG Geneva became SQF certified on 2/18/2009 and RG Orestes followed shortly by receiving certification on 2/26/2009. RG Elwood will have their SQF audit in early August.

Approximately how long did it take for you and the facility to prepare for the SQF audit?

Preparation for SQF began in November 2007 with training and certification of the SQF practitioners. The RG Geneva facility then had a pre-assessment audit in November 2008. The pre-assessment assisted the facility in identifying any gaps in current processes and programs versus the requirements of SQF. The RG Geneva and RG Orestes facilities worked in tandem to implement and maintain programs required for certification.

Once each facility has completed SQF, what must the SQF Practitioner do to maintain Red Gold's SQF status?

In order to maintain Red Gold's SQF status, I must work to ensure that the SQF system is reviewed annually. Based on the SQF code of requirements, the practitioner must maintain the integrity of SQF, communicate information essential to ensure the effective implementation and maintenance of the SQF system, and validate changes to Food Safety Fundamentals and Food Safety Plans.

What do you like most about being Red Gold's SQF Practitioner?

I enjoy implementing and maintaining a food safety and quality program where I have the opportunity to work with many facets and individuals of the Red Gold organization.

RED GOLD ALL STARS

Elwood Shipping Department

The Geneva Shipping Department has 4 Supervisors, 4 Leads, 3 Clerks, 53 forklift drivers and 1 sanitation specialist.

WHAT WE DO:

- They transport raw material to various locations within the facility. Raw material includes tomato paste, product ingredients, boxes, cans, bottles and other packaging supplies.
- They load finished product onto trailers to ship to the DC, and they deliver finished product to the warehouses for direct shipment to our customers.
 - Trucks are scheduled 24 hours a day to deliver the raw material and pick up customer orders
 - The department helps schedule the transfer of raw material to and from other Red Gold facilities and warehouses, so that all materials are ready for production

DID YOU KNOW?

- In 2009, the department unloaded/loaded 1,760 rail cars. That equals a train that is 21 miles long.
- The Elwood Shipping Department averaged 300 loads of finished goods to the DC per week. That is 15,600 loads per year. In miles, that would take us to within 31,000 miles of the Moon's surface.



1st Shift Shipping Department



2nd Shift Shipping Department



3rd Shift Shipping Department



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SPECIAL GUEST FOR THE EVENING



PAUL POTEET
INDY CHANNEL 6
WEATHERMAN



TONY HUELSTER
OWNER/CHEF
BONGE'S TAVERN



MATT RUST
PROGRAM DIRECTOR
WQME

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**SPECIAL APPEARANCE
BY RED GOLD'S
OWN "STEWIE"**



SOMETIMES LESS IS MORE!

The Health and Wellness Team challenged all employees with two competitions this spring to help everyone get in shape and win some cool prizes. The SNAP 10 in 10 Weight Loss Challenge and the Red Gold 500 Walk Challenge participants were divided into two teams, the Red Team and the Gold Team. They competed against each other to lose the most weight and walk the most steps.

Lists of participants on each team were posted on the E3 Bulletin Boards, along with weekly updates. The Gold Team was the overall winner! All Gold Team participants' names were entered into a drawing for door prizes. Six lucky team members won a 6-week gift certificate to Anytime Fitness. Other Gold Team members won prizes such as: beach towel, lunch box, can cozies, water bottles, travel clocks, Curves gift package, umbrella, gym bag, and travel bags.

At least 26 contestants in the SNAP 10 in 10 Weight Loss Challenge lost 10 pounds in 10 weeks! They all received a gift package to honor their success. The grand prize winners were Susan Geiselman, winning an iPod Nano for the biggest percentage of weight loss, and Denny Fields, winning a \$50 Best Buy gift certificate for the most pounds lost! Congratulations to all the healthy victories!



COMPLIMENT

I have replaced my purchases of RoTel tomatoes and green chilies for your Red Gold Petite Diced Tomatoes and Green Chilies. The tomatoes are uniform, red, and plentiful. The green chilies are pure perfection in taste. Your product is now on my pantry shelf. After 35 years, I am NOW a Red Gold convert. You have a wonderful product and I have told my family to use this in their recipes instead of the RoTel.
Consumer, IN

RED + GOLD = GREEN

Marie Osmond had a very famous country recording that expressed the idea that she "was country, when country wasn't cool". The national movement towards "sustainability" and "green awareness" is a movement that would allow Red Gold to proclaim something very similar. We were already "sustainable" when sustainability wasn't cool! Because of the everyday practices that our growers routinely employ, yields continue to improve, family farms continue to be passed onto a new generation and the environment is improved through the continuing efforts of the Red Gold family of growers.



Glenn Abbett

As evidence of those exceptional practices, Red Gold and the Indiana Department of Agriculture joined forces to recognize their achievements in the area of conservation and stewardship. The first annual Conservation and Stewardship Award was presented to Abbett Farms of LaCrosse, IN at the annual Red Gold Grower Field Day. Jerod Chew, Director of the Division of Soil Conservation of the Indiana Department of Agriculture presented Glenn Abbett with a plaque and a \$1000 scholarship. The scholarship can be given to any school or any student on behalf of Abbett Farms. The Lievens Brothers Farms of Petersburg, MI was named runner-up and will receive a scholarship award of \$500. The list of practices instituted by the award applicants was long and thorough, demonstrating the best of modern agriculture production and their efforts to be the defining leaders in sustainable agriculture practices.

During the afternoon, the growers gathered at the Red Gold test plot to participate in several events and educational opportunities. The test plot featured over 300 new and experimental tomato varieties, crop protectant product trials, a high-tech automatic transplanter, and a new tractor with all the latest in technology available. Barry Fischer, Natural Resources and Conservation Services, also spoke about the potential benefits from cover crop utilization. In the evening, the traditional pork chop barbeque was a big hit as everyone sat down together for a time of great fellowship and renewing of friendships. Monica Christie, RG Marketing Department, gave an update on the "Year of Tomatoes" activities at the Indiana State Fair. Dr. Jay Akridge, Dean of Agriculture at Purdue University, welcomed the group and spoke of the unique and important relationship between the College of Agriculture at Purdue and Red Gold. Brian Reichart, CEO, welcomed the growers and assured them of the commitment of the processing plants to be ready and able to process this year's anticipated great crop in a timely manner. The evening was finished with Steve Smith, Director of Agriculture, discussing the grower's strategies to make this a successful year. Many door prizes were donated by our suppliers and special commemorative "Year of Tomatoes" t-shirts were presented to all in attendance.

There may not be an official anthem proclaiming that we were sustainable before it was "cool", but the evidence of that sustainability was all around us on this special day.

Outstanding, Tremendous, Phenomenal, Stupendous!

The goal of any reward and recognition program is to encourage, recognize, and show appreciation for a job well done. Recently, RGT announced their Drivers of the Month and Driver of the Year awards, and a total of 574 employees were honored in five different categories at this year's summer business meetings held at each of our facilities. Congratulations to all!

Drivers of the Month

April Todd Moody
 May Steve Emery
 June Randy Grimee

Driver of the Year

Ken Roberts

Perfect Attendance

121 of our employees received perfect attendance recognition

CIL (Clean, Inspect and Lubricate)

223 employees were recognized for their certification in CIL, Quick Change Over, Non Value Added, Problem Solving and Green and Red Belt Training

Employee of the Month

During the year, month by month, these employees are acknowledged on our E3 board and they get a reserved parking space near the entrance of our facilities. All 60 of our Employees of the Month were brought on stage and presented their commemorative trophy at this year's Summer Business meeting.

Service Awards

143 Employees with 5 to 30 years of service received; necklaces, key fobs, glass tomato lights, bracelets, money clips, jewelry boxes, knives, clocks and rings

Safety Award

The much coveted "Traveling Safety Award" goes to the safest department in the entire company. This takes into account OSHA recordable, lost time incidents, first aid, and near miss and property damage. This year the award went to the Elwood Maintenance Department. This is the first time that the award has been won by a Maintenance Department.

2009 Pack Year Employee of the Month winners

Month	Corporate	DC	Elwood	Geneva	Orestes
August 2008	Matt Andrew	Elizabeth Haynes	Kevin Ryan	Roydnn Gleason	George Robertson
September 2008	Monica Christie	Kathy Frew	Jeff Fulton	Ed Bickel	Jeff Brenner
October 2008	Chris Ellis	Melissa Hodson	Debbie Gray	David Dahl	Rob Hammit
November 2008	Beth Shadday	Jeff Bohlander	Brett Rigsbee	David Dahl	Ryan Blattner
December 2008	Beth Shadday	Jayanna Haynes	Dean Bennett	Donna Curtis	Paul Mansbarger
January 2009	Dorinda Harnish	Anita Viehdorfer	Barry McConnell	Jack Elliott	Stephen Muterspaugh
February 2009	Gail Ingram	Neil Dent	Carina Sizelove	Melissa Lozoya	Cathy Glass
March 2009	Dawn Beach	Travis Haynes	Tim Kelich	Mike Hough	Allen Rushing
April 2009	John Bradley	Barry Montgomery	Jerry Clark	Octavio Palomo	Wendi Robertson
May 2009	Matt Andrew	Amanda Simpson	Kirby Walton	Charles Keller-Reeves	Tim Beckley
June 2009	Matt Andrew	Troy Pace	Michelle Myers	Bill Gibson	Barbara Barber
July 2009	Kris Beck	Ed Matney	Bonnie Hartwell	Bill Gibson	Jim Roberts

2009 Pack Year Employee Service Award

Name	Years	Fac.	Name	Years	Fac.	Name	Years	Fac.	Name	Years	Fac.
Brian White	5	CO	Bill Jackson	5	EL	Cheryle Grogg	5	GE	Richard Farber	30	GE
Dannae Vernetti	5	CO	Bill Larkin	5	EL	Chris Osborn	5	GE	Beau Reichart	5	OR
Gregg Hinrichs	5	CO	Brad Heaton	5	EL	Daniel Costello	5	GE	Bruce Boucher	5	OR
Joi Johnson	5	CO	Daniel Johnson	5	EL	David Kaylor	5	GE	Byron Cole	5	OR
Megan Isenburg	5	CO	David Combs	5	EL	Deborah Shaneyfelt	5	GE	Ernie Colyer	5	OR
Patrick Fitzgerald	5	CO	Deborah Heaton	5	EL	Eric Deavers	5	GE	Ferrill Chatman	5	OR
Scott Turley	5	CO	Don Gray	5	EL	Forrest Lanning	5	GE	George Robertson	5	OR
Shane Wingler	5	CO	Felix Merced	5	EL	Gerald King	5	GE	Heather Wesley-Brown	5	OR
Bruce Quigley	10	CO	Fred McIntosh	5	EL	Hope Gaby	5	GE	Jack White	5	OR
Dallas Harrison	10	CO	James Roller	5	EL	Jackie Monroe	5	GE	James Kendall	5	OR
Doug Scott	10	CO	Jason McCleery	5	EL	Jeremy Smith	5	GE	Jason Coons	5	OR
Greg Metzger	10	CO	Jeff Dull	5	EL	John Bailey	5	GE	Jeff Welborn	5	OR
Jane Mitchell	10	CO	Joe Jeske	5	EL	Kandi Hediger	5	GE	Joe Miller	5	OR
Kevin Gallagher	10	CO	Kenny Mitchell	5	EL	Leith Booher	5	GE	John Lennartz	5	OR
Kevin Reed	10	CO	Kyle Weaver	5	EL	Marla Clauser	5	GE	Kreig Kleinbub	5	OR
Mike Holmes	10	CO	Larry Thatcher	5	EL	Mike Hough	5	GE	Mike Pironello	5	OR
Mike Mason	10	CO	Mike Harmon	5	EL	Robert Markowski	5	GE	Robert Hammitt	5	OR
Beth Wilson	15	CO	Stacey Schultz	5	EL	Roger Fox	5	GE	Terry Whitted	5	OR
Larry Weaver	15	CO	Zindy McCorkle	5	EL	Ron Evans	5	GE	Tim Boeger	5	OR
Merl McGriff	15	CO	David Miller	10	EL	Tammy Simpson	5	GE	Charlie Soden	10	OR
Penni Powell	15	CO	Elizabeth Dixon	10	EL	Benny Jin	10	GE	Ed Apanavicius	10	OR
Gail Ingram	20	CO	Jeff Fulton	10	EL	Bret Masters	10	GE	Rodney Keesling	10	OR
Steve Smith	20	CO	Johnny Capshaw	10	EL	Deana Beltz	10	GE	Bob Dougherty	15	OR
Mike Crooks	30	CO	Johnny Pine	10	EL	Dorothy Teeters	10	GE	Candy McWilliams	15	OR
Brad Davis	5	DC	Lisa Malston	10	EL	Gary Goss	10	GE	Larry Heater	15	OR
Donald Fluhr	5	DC	Sandy Ost	10	EL	Kevin Hamilton	10	GE	Mario Santiago	15	OR
James Pace	5	DC	Carolyn Schmitt	15	EL	Melissa Lozoya	10	GE	Pedro Cardozo	15	OR
Joe Dold	5	DC	Rick Harrel	15	EL	Randy Thomas	10	GE	Richard Gardner	15	OR
Stefanie Groves	5	DC	Shane Cowsert	15	EL	Rich Harvey	10	GE	Rick Bulla	15	OR
Jeff Durham	10	DC	Sue Rector	15	EL	Susan Buckingham	10	GE	Rob Lawhorn	15	OR
Kenny Stokes	10	DC	William Thumpston	15	EL	Becky Booher	15	GE	Ronnie Rumble	15	OR
Neil Dent	10	DC	Todd Bellamy	20	EL	Connie Straley	15	GE	Steve Bragg	15	OR
Roger Orbaugh	10	DC	Tony Beane	20	EL	Eric Huey	15	GE	Kent Seavers	20	OR
Travis Haynes	10	DC	Benjamin Shuttleworth	5	GE	Jesse Mills	15	GE	Shane Taylor	20	OR
Eric Greene	15	DC	Bonnie Wann	5	GE	Ladge Gambill	25	GE	Dan Clark	25	OR
Aaron Ballard	5	EL	Charles Caster	5	GE	Jim James	30	GE			



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Super-size You

It's easy to understand why Americans gravitate toward fast food chains. Where else can you go when you need to grab a quick bite and have only a 5-spot in your pocket? And when you're traveling, it can be comforting to go into a restaurant where you know exactly what to expect, no matter where you are.

Recent research has confirmed what we probably all guessed anyway: The more fast food we eat, the more calories we take in—and the more likely we are to be overweight.

A study of more than 3,000 young adults showed that, over a 15-year period, those who ate fast food more than twice a week gained about 10 pounds more than those who ate fast food less than once a week. The more frequent fast food eaters also doubled their insulin resistance (an early sign of diabetes). Another recent study showed that on days when young Americans (4-19 years old) ate fast food, they took in more calories, more total fat, more saturated fat, and more added sugars. They also took in less fiber, less fruit and non-starchy vegetables, and less milk.

Below are some fast food restaurants and some ways to make better choices;

Resturant	Eat This Item	Cal.	Fat	Sod.	Not That Item	Cal.	Fat	Sod.
Arby's	Martha's Vineyard Salad w/Light Ranch	389	14	923	Santa Fe Salad w/Santa Fe Ranch	773	52	1,823
Hardee's	Charbroiled BBQ Chicken Sandwich	415	5	1,175	Big Chicken Fillet Sandwich	770	36	2,000
McDonald's	6 piece Chicken McNuggets	280	17	600	Filet-O-Fish	380	18	640
Pizza Hut	2 slices Thin'N Crispy Pizza	360	12	1,114	Two Slices Supreme Pan Pizza	620	32	1,440
Subway	6-inch Double Roast Beef Sub	360	7	1,300	6-inch Tuna Sub	530	31	1,010
Taco Bell	Two Grilled Steak Soft Tacos, Fresco	320	9	1,100	Baja Beef Chalupa	410	27	780

Eat this Not That by David Zinczenko Living.health.com

Another thing to watch for: Fast food tends to have high levels of sodium, so beware if you are on a sodium-restricted diet. Here are some tips to help you make better fast food choices, limit your calories and eat healthier.

- Avoid any sandwich made on honey wheat bread: Two slices contain a staggering 361 calories and 68 grams of carbs. Cut those in half by sticking to a sesame seed bun or ask for lower-carb multigrain bread. It will save you 180 calories and 42 grams of carbohydrates over the next best pick, the whole wheat.
- Try your chicken sandwich with marinara instead of mayo. It has twice the flavor, a dose of cancer-fighting lycopene, and will save you 9 grams of fat.
- Looking to cut down on the salt? Stick with Swiss cheese. It has one-third the sodium of cheddar, and one-fourth the sodium of provolone.
- Go for the thin crust when ordering pizza and forget the dipping sauces, they can carry up to 18 grams of fat.
- If you just have to have that doughnut, avoid any with crème in the name: They are the only doughnuts to roll out 20+ grams of fat each.

RECIPES

RED GOLD CAVIAR

MAKES 10 SERVINGS

PREPARATION TIME: 20 MINUTES

- 1 (15 ounce) can black eyed peas, rinsed and drained
- 1 (14.5 ounce) can **RED GOLD® PETITE DICED TOMATOES with GREEN CHILIES**
- 1 (14.5 ounce) can whole kernel corn
- 1 jar pimentos, drained
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 (8 ounce) bottle Italian dressing

In a large bowl combine all ingredients; stir to blend. Cover and refrigerate several hours or overnight.

Serve with crackers or chips.

NUTRITIONAL FACTS PER SERVING

Calories 130, Fat 5g, Trans Fat 0g, Cholesterol 0mg, Sodium 750mg, Carbohydrate 18g, Fiber 4g, Protein 5g, Vitamin A 10%, Vitamin C 35%, Calcium 4%, Iron 8%

Cost per serving \$0.59



Upcoming Events

Family Tour Days	Late September/ Early October weekends
Chili Cook- Off	October 10
Health Holiday Cooking School	October 29
Employee Holiday	November 26
Employee Holiday	November 27
Christmas Party	December 5
RG Transport Christmas Party	December 12

Editing Team: Lisa McMinn, Linda Wallace, Renee Dunham, Bethany Johnson, Emily Jones, Alicia Norris, Amy Terry, Susan Geiselman and Selita Reichart

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Personal Milestones

Italicized Name Denotes Red Gold Employee

RG Elwood: Marriages:

Timothy & Elizabeth (Woelfert) Brady, June 13, 2009
Craig and Shawn (James) Clark, June 13, 2009

Retirement:

Hazel Flowers, May 2009, 15 Years

RG Distribution Center: Births:

Tara N. Lennartz and Dave Rosa (RGT), Garrison Lee, March 27, 2009

Retirement:

Richard Byrd, June 2009, 14 Years

RG Orestes: Anniversaries:

Chris and Theresa Horton, 35 years, July 28, 2009

RG Corporate: Births:

Jeff and Shannon Hobbs, Joshua Charles, May 21, 2009

Anniversaries:

Andrea and Dan Barnett, 25 Years, September 1, 2009
John and Candace Bradway, 40 Years, August 16, 2009

RG Geneva: Anniversaries:

David and Janet Kaylor, 30 years, August 18, 2009