

Reading Nutrition Labels

140 vs. 140

140 calories in each 150-gram pot — one flavored, one plain. Same calories, not the same food.

FLAVORED • 9 INGREDIENTS

Nutrition Facts

Servings: 1, **Serving Size: 1 Container (150g),**

Amount per serving: **Calories 140**, **Total Fat** 2.5g (3% DV), Saturated Fat 1.5g (8% DV), *Trans* Fat 0g, **Cholesterol** 15mg (5% DV), **Sodium** 75mg (3% DV), **Total Carbohydrate** 17g (6% DV), Dietary Fiber <1g (2% DV), Total Sugars 16g (**Includes 10g Added Sugars, 20% DV**), **Protein** 11g (22% DV), Vitamin D (0% DV), Calcium (10% DV), Iron (0% DV), Potassium (4% DV).

Ingredients: Cultured reduced fat milk, **cane sugar**, lemon pulp, water, fruit pectin, natural flavors, lemon juice concentrate, guar gum, turmeric (for color).

PLAIN • 2 INGREDIENTS

Nutrition Facts

Servings: 1, **Serving Size: 1 Container (150g),**

Amount per serving: **Calories 140**, **Total Fat** 8g (10% DV), Saturated Fat 5g (27% DV), *Trans* Fat 0g, **Cholesterol** 25mg (9% DV), **Sodium** 55mg (2% DV), **Total Carbohydrate** 5g (2% DV), Dietary Fiber 0g (0% DV), Total Sugars 5g (**Includes 0g Added Sugars, 0% DV**), **Protein** 14g (27% DV), Vitamin D 0mcg (0% DV), Calcium 180mg (15% DV), Iron 0mg (0% DV), Potassium 230mg (4% DV).

Ingredients: Grade A pasteurized skimmed milk and cream, live active yogurt cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei).

Neither pot is simply the better one — more sugar and more ingredients in one, more protein and more fat in the other. The label does not rank them; it lets you see the trade-off and choose. **Prefer the plain pot but not its taste? Flavor it yourself — fruit or a drizzle of honey. Fruit’s sugars don’t count as “added”; honey’s do, and now the amount is your call.**

WHERE THE DIFFERENCE SHOWS

Serving size — every number on the panel describes this amount. Both pots hold 150 g.

% Daily Value — 20% or more of a nutrient in one serving is a lot, 5% or less is a little (FDA). Added sugars on the flavored pot: exactly 20%.

Added sugars — its own line, for sugar added in processing. Flavored: 10 g of 16. Plain: none of 5.

The first two ingredients — listed heaviest first, so those two are most of what you are eating. Cane sugar is second of nine on the flavored pot.

TRY THIS

Two versions of one food you already buy — plain and flavored, or two brands. Write down what you find.

FIRST PICK

SECOND PICK

Serving size

Calories

Added sugars (g)

THE BOTTOM LINE

Two yogurts, same calories. One has 10 g of added sugar and the other has none — and the calorie number can’t tell you which. The added-sugars line can. Worth telling someone.

Panels redrawn from two retail containers, brands removed; values are verbatim, and both labels are set in one consistent format for easy comparison.

The pink marks are ours. % Daily Value guidance: U.S. Food and Drug Administration. Pairs with the **Seeing Through Health Claims** guide.

Wellness education, not medical advice. For questions about your health, medications, or a condition you manage, discuss it with your primary care provider.

Seeing Through Health Claims

nUSTART

The front tells a story. The back tells the whole story.

A few of the phrases on a front panel have a legal definition behind them; most do not. **Either way, the answer is on the back of the same package** — in the ingredient list and the Nutrition Facts panel.

THE FRONT OF THE PACKAGE — FIVE PHRASES, NO ANSWERS



A made-up package. Every phrase on it is decoded at right.

WHAT EACH PHRASE ACTUALLY MEANS —

ON THE FRONT THE RULE BEHIND IT

“All natural”	FDA has not defined it for food in general. For meat and poultry, USDA does: no artificial ingredient or added color, minimally processed.
“Made with whole grain”	FDA has not defined it, and no amount is required. Ingredients run heaviest first, so where a whole grain falls in that list is the answer.
“Low fat” • “Fat free”	Both are defined: fat free is under 0.5 g of fat per serving, low fat is 3 g or less. Neither one speaks to sugar or sodium.
“Made with real fruit”	No definition and no minimum. But a picture of a fruit counts as a flavor claim: if there is too little of it, the name has to say “flavored.”
“Sugar-free”	Under 0.5 g of sugars per serving — which is not the same as low calorie. If the food is not also low calorie, the label has to say so.

THE BOTTOM LINE

When the front of the box and the back of the box disagree, believe the back.

TURN ONE OVER —

Find a package with one of these phrases on it, circle its row above, and turn it over.

THE PHRASE, AS PRINTED

THE FIRST TWO INGREDIENTS ON THE BACK

Worth a second look next time you shop, or fine as it is? Your call:

Sources: U.S. Food and Drug Administration — **Use of the Term Natural on Food Labeling** and the draft guidance **Whole Grain Label Statements** · 21 CFR 101.4(a), 101.9, 101.22(i), 101.60(c), 101.62(b) · USDA Food Safety and Inspection Service, **Meat and Poultry Labeling Terms**. The package above is a made-up example, not a product.

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Whole Foods vs. Processed Foods

Food runs from barely processed to heavily processed — not from good to bad. Choose the less-processed version a little more often, and keep the foods you enjoy.

The closer a food is to its whole form, the more fiber and nutrients usually come with it. **Processed does not mean bad.** Federal food law uses the word for anything canned, cooked, frozen, dried or milled — which takes in most of a normal kitchen.



A whole food, and the same food processed. Washing and cooking turn whole tomatoes into sauce; that work is the processing. Make this month's **Sun-Dried Marinara** and do that work in your own kitchen.

HOW FAR A FOOD SITS FROM ITS WHOLE FORM —

BARELY PROCESSED

HEAVILY PROCESSED

Minimally processed

Bagged spinach, plain frozen berries, canned beans, rolled oats.

More processed

Cheese, bread, jarred pasta sauce, canned soup.

Heavily processed

Candy, chips, sugary drinks, packaged pastries.

Processing is just work done to food before it reaches you — washing, freezing, chopping, canning. Most of it helps food store longer and makes it easier to use. **The healthier move is to reach less often for the heavily processed items** — the ones where added sugar, salt and refined ingredients pile up alongside a long ingredient list.

Sources: U.S. Food and Drug Administration — **Federal Food, Drug, and Cosmetic Act §201(gg)**, which defines a processed food as any food other than a raw agricultural commodity, including one subjected to canning, cooking, freezing, dehydration or milling · U.S. Departments of Health and Human Services and Agriculture, **Dietary Guidelines for Americans, 2025-2030** (10th edition, January 2026). Page 1 of 2 · September 2026 Wellness Station. Pairs with the NuStart Block **Whole Food vs. Processed Food**.

The processing bands are everyday groupings, not a scientific scale.

Wellness education, not medical advice. For questions about your health, medications, or a condition you manage, discuss them with your primary care provider.

Whole Foods vs. Processed Foods

THE TWO ENDS, SIDE BY SIDE

nuSTART

WHAT EACH END ACTUALLY IS

WHOLE FOODS

A whole food is close to how it grows: an apple, a handful of almonds, a sweet potato.

Why whole foods and fiber matter

Foods closer to their whole form usually carry more fiber, vitamins and minerals. Fiber does several jobs: it can help you feel full and satisfied, it helps keep digestion moving, and certain fibers feed the bacteria in your gut. You do not need a perfect diet — just more whole food, more often.

- Whole grains, beans and lentils are rich in fiber and plant protein.
- Fruits and vegetables add fiber, color and a range of nutrients.

PROCESSED FOODS

Processed just means a food has been changed from how it grew — frozen, chopped, canned. Plenty of processed foods belong on your plate.

What the ingredient list tells you

Ingredients are listed heaviest first, so where sugar or refined flour lands in that list says more than the front of the box will. When two options sit side by side, the shorter ingredient list is usually the less-processed one.

- Canned, frozen and dried vegetables and fruits all count toward a nutrient-dense plate.
- A long run of refined ingredients is a signal to slow down, not to give the food up.



Canned beans are processed. They are also fiber, plant protein and a minute of work.

THE BOTTOM LINE

Whole foods first. When food does come in a package, go for fewer ingredients — small swaps, made often, do the work.

PUT ONE OF YOURS ON THE SPECTRUM

Pick one food you already keep in the house and turn it over. Write it below, then write the less-processed version you would reach for next time. **One swap is enough to start.**

WHAT YOU KEEP NOW

THE LESS-PROCESSED VERSION

WHEN YOU WILL PICK IT UP

Sources: **21 CFR 101.4(a)** — ingredients declared in descending order of predominance by weight · U.S. Department of Agriculture, **MyPlate** — vegetables and fruits count in fresh, frozen, canned and dried forms · On fiber: Harvard T.H. Chan School of Public Health, **The Nutrition Source**. Page 2 of 2 · September 2026 Wellness Station.

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Five Looks at a Label

~10 SECONDS

nuSTART

Two seconds per look, in the order the package presents them.

Most packaged foods answer the same five questions, in the same few places. **The order below is the path across the package** — down the panel, into the ingredient list, then back to the front.

THE FIVE

- 1 Serving size.** Every amount in the panel describes one serving — and a package may hold several. It says how many.
- 2 5 and 20.** % Daily Value says if a serving is low or high in a nutrient. The FDA's guide: 5% or less is low, 20% or more is high.
- 3 Added sugars.** They sit on their own line under Total Sugars. The gap between the two lines is the sugar the food already had.
- 4 The first two ingredients.** Ingredients are listed by weight, heaviest first. The first one or two tell you what you are mostly eating.
- 5 Front against back.** A phrase on the front is the maker's summary. The panel and the ingredient list are the detail behind it.



THE SAME FIVE, RUN ON ONE REAL LABEL

This is a real single-serve flavored yogurt — we redrew its label and took the brand off. Every number is the label's own; the pink marks are ours.

Nutrition Facts

Servings: 1, **Serving Size: 1 Container (150g),**

Amount per serving: **Calories 140**, **Total Fat** 2.5g (3% DV), Saturated Fat 1.5g (8% DV), *Trans* Fat 0g, **Cholesterol** 15mg (5% DV), **Sodium** 75mg (3% DV), **Total Carbohydrate** 17g (6% DV), Dietary Fiber <1g (2% DV), Total Sugars 16g (**Includes 10g Added Sugars, 20% DV**), **Protein** 11g (22% DV), Vitamin D (0% DV), Calcium (10% DV), Iron (0% DV), Potassium (4% DV).

INGREDIENTS, AS PRINTED — Cultured reduced fat milk, **cane sugar**, lemon pulp, water, fruit pectin, natural flavors, lemon juice concentrate, guar gum, turmeric (for color). **FRONT OF PACK** — “Only natural ingredients.”

- 1** One container is one serving.
- 2** Added sugars 20%, protein 22% — both high.
- 3** 16g sugars, 10g added — 6g from the milk.
- 4** Cane sugar, second of nine ingredients.
- 5** The front claim sits on top of both.

Protein high, added sugars high, fiber low — the same scale, three answers. **The choice stays yours.**

THE SHORT VERSION — CARRY THIS PART

Serving → 5 and 20 → Added sugars → First two → Front against back

Run it once this week on something you already buy. Nothing to change yet — just look.

Sources: U.S. Food and Drug Administration — **How to Understand and Use the Nutrition Facts Label** (serving size, %DV, the 5%/20% guide, added sugars) and **Label Claims for Conventional Foods** · 21 CFR 101.9 and 101.4 (ingredients in descending order of predominance by weight). Panel and list redrawn from a real container; brand removed, values verbatim. NuStart Health reference sheet · September 2026 Wellness Station. **Wellness education, not medical advice.** For questions about your health, medications, or a condition you manage, discuss them with your primary care provider.

Three Off the Shelf

nuSTART

Five minutes, a pen, and three packages you already own. Nothing here is scored. You are reading what the label has been saying all along.

3

START HERE

Pull three packaged foods you buy often off your own shelf, any three. Everything asked for below is printed on them, so you can fill this in standing at the cupboard. Nothing gets added up and no line here is a grade; you are writing down what the package already says, once, on purpose.

WHERE TO LOOK ON THE PACKAGE

Serving size: near the top of the panel, in bold. Each number under it describes that one serving.

First ingredient: ingredients are listed by weight, heaviest first. The opening name is most of what is inside.

Servings per container: the line just above it. How many servings the whole package holds.

How many in all: count the names in the ingredient statement, not the allergen line below it.



WHAT THE LABEL SAYS

One column per package. Copy what is printed. These are observations, not verdicts.

FROM THE LABEL	PACKAGE ONE	PACKAGE TWO	PACKAGE THREE
What it is			
Serving size			
Servings per container			
First ingredient			
Ingredients in all			

THREE LINES TO FINISH, PICK ANY ONE OF YOUR THREE PACKAGES

Copy a phrase from the front of the package, word for word:

Now turn it over. What do the panel and the ingredient list say about that phrase?

The thing I did not know before I looked:

Triple C Corn Chowder

(Creamy, Chunky, and Comforting)

nuSTART

SOUPS

Chowder usually means cream. This one gets its body from the vegetables instead: you blend part of them into the broth and the pot thickens on its own.

Stovetop • 35 min • Serves 12 • about 1¼ cups each

CALORIES 135 • PROTEIN 3.5 G • FIBER 4.5 G • SODIUM 288 MG



INGREDIENTS

- 1 bag (32 oz) frozen corn, about 6½ cups
- 1 large rutabaga, cubed (or 1½ lb russet potatoes, diced small, see note)
- 5 medium carrots, chopped
- 3 celery stalks, chopped
- 2 medium onions, chopped
- 1 red sweet pepper, chopped
- 6 cups low-sodium vegetable broth
- 2 Tbsp olive oil
- 2 Tbsp Fresco Signature Blend
- 1 tsp salt
- ¼ tsp coarse black pepper

NUSTART KITCHEN

DIRECTIONS

- 1 Heat the olive oil in a skillet over medium (about 60 seconds). Add 2 cups corn, 1 cup each carrot, celery, and onion; sauté about 5 minutes, until the carrots are tender.
- 2 Transfer the sautéed vegetables to a blender with 3 cups of broth; purée until smooth and creamy.
- 3 Place the purée and remaining ingredients in an 8-quart pot, stir, and bring to a boil.
- 4 Reduce heat and simmer, covered, about 10 minutes, until the rutabaga (or potatoes, if you swapped) is tender. Serve hot.

WHAT MAKES THIS FILLING. Step 2 is why it tastes creamy without cream: puréed vegetables and broth do the thickening. Broth-based soups fill your stomach for very few calories, and that is why a bowl like this holds you. Protein is light at 3.5 grams, so add shredded chicken or white beans if you need it to last until the next meal.

Broth: any broth labeled **low sodium** or **unsalted** works here. The FDA reserves that wording for 140 mg or less a serving (21 CFR 101.61), so the carton does the checking for you.

Spice blend: the recipe uses Fresco Spice Blends **Signature Blend**. Combine 2 tsp each dried oregano and basil, 1 tsp each dried parsley, paprika and garlic powder, and ½ tsp red pepper flake. That makes about 2½ Tbsp; this recipe uses 2 Tbsp of it. Paprika stands in for the jar's red bell pepper, so yours will taste close to it.

Nutrition: per-serving values are computed from this recipe's ingredient list against USDA FoodData Central entries and vary with brand and preparation. Potatoes instead of rutabaga add about 25 calories per serving, with the fiber almost unchanged.

Grocery List

nuSTART

TRIPLE C CORN CHOWDER

Serves 12, about 1¼ cups each. What to **buy**. The card on the other side has what to use.

AISLE BY AISLE TAKE THIS PAGE TO THE STORE • CHECK OFF EACH BOX AS YOU SHOP

PRODUCE

- ☐ 1 large rutabaga (or 1½ lb russet potatoes)
- ☐ 1 small bag carrots, or 5 medium
- ☐ 1 bunch celery • you need 3 stalks
- ☐ 2 medium onions
- ☐ 1 red sweet pepper

FROZEN

- ☐ 1 bag corn, 32 oz

PANTRY

- ☐ Low-sodium vegetable broth, about 48 oz • *any low-sodium brand*

SPICES & SEASONING

- ☐ 1 jar Fresco Signature Blend • *or mix your own from the six below*
- ☐ Dried oregano
- ☐ Dried basil
- ☐ Dried parsley
- ☐ Paprika
- ☐ Garlic powder
- ☐ Red pepper flake

YOU MAY ALREADY HAVE • *check these before you shop*

- ☐ Olive oil
- ☐ Salt
- ☐ Coarse black pepper

ALSO PICKING UP

write the rest of your list here, so it all travels on one page

Quantities here are what to **buy** for one batch. Package sizes vary by store and brand, so a bag or a jar may cover several batches.

Print double-sided, flipped on the long edge.

Zucchini Noodle Spaghetti

nuSTART

MAIN DISHES

No-cook, or warm • ~10 min • Serves 1

CALORIES 70 • PROTEIN 3 G • FIBER 3 G



INGREDIENTS

- 1 medium zucchini
- ¼ cup marinara sauce (jarred, or make our **Sun-Dried Marinara**)

NUSTART KITCHEN

DIRECTIONS

- 1 Clean the zucchini and make noodles with a spiralizer, or a julienne peeler for thinner strands.
- 2 Serve raw for a crunchy noodle, or warm briefly to soften.
- 3 Top with the marinara: jarred, or our **Sun-Dried Marinara** from this month's recipes.
- 4 **Make it a meal.*** Add a lean protein: ground turkey, ground chicken, or ground beef (grass-fed preferred) browns into a traditional meat sauce; tofu if you eat plant-based, seasoned to match the dish. Italian seasoning here.

WHAT MAKES THIS FILLING. Zucchini is mostly water, so the noodles on their own will not keep you full for long. That is not a mark against the dish. Using a vegetable in place of refined pasta brings vitamins and minerals the box does not. Add a lean protein and the plate is complete. That is what step 4 is for.

Protein is shown in grams. Per-serving values are from USDA FoodData Central reference amounts, approximate, and vary with brand, variety, and preparation.

*Making it a meal adds, per serving: 3 oz cooked ground turkey: about 175 calories, 23 g protein • ground chicken: 160 calories, 20 g protein • ground beef (93% lean): 180 calories, 25 g protein • firm tofu (½ cup): 105 calories, 13 g protein, and 1 g of fiber. USDA FoodData Central, approximate.

Grocery List



ZUCCHINI NOODLE SPAGHETTI

Serves 1. Multiply by the number you are feeding. What to **buy**.

AISLE BY AISLE

TAKE THIS PAGE TO THE STORE

CHECK OFF EACH BOX AS YOU SHOP

PRODUCE

- ☐ 1 medium zucchini per serving
- ☐ 1 block firm tofu, if you are going plant-based • usually in the refrigerated case

PANTRY

- ☐ 1 jar marinara sauce • or skip the jar and make our **Sun-Dried Marinara** (add the items below)

MAKING THE MARINARA? • *everything the sauce needs*

- ☐ 3 large red tomatoes
- ☐ 3 oz dried tomatoes
- ☐ 6 fresh basil leaves • or 1 tsp dried from your spice rack
- ☐ 2 garlic cloves • ½ onion • ¼ jalapeño (optional, for heat)

MEAT & SEAFOOD

- ☐ 1 lb ground turkey, chicken, or beef • grass-fed preferred • for step 4, if you make it a meal

SPICES & SEASONING

- ☐ 1 jar Italian seasoning • for the protein, if you add it

YOU MAY ALREADY HAVE • *check these before you shop*

- ☐ Salt and pepper
- ☐ Honey • *only if you are making the marinara*
- ☐ Red wine vinegar • *only if you are making the marinara*

ALSO PICKING UP

write the rest of your list here, so it all travels on one page

Quantities here are what to **buy** for one batch. Package sizes vary by store and brand, so a bag or a jar may cover several batches.
Print double-sided, flipped on the long edge, so the recipe and its grocery list stay one sheet.

Apple Pie Slow-Cooked Apples

nuSTART

SNACKS & DESSERTS

Slow cooker • ~3 hr • Serves 7 • about 1 cup each

CALORIES 135 • PROTEIN 1 G • FIBER 6 G



INGREDIENTS

- 12 small sweet-tart apples (about 4 lb)
- 1 Tbsp Apple Pie Spice

NUSTART KITCHEN

DIRECTIONS

- 1 Slice the apples about ½ inch thick. Leave the skins on for the fiber; peeling is optional.
- 2 Place the apples in a slow cooker and sprinkle the spice blend evenly over them.
- 3 Cover and cook on high about 3 hours (less for firmer apples, more for softer).

WHAT MAKES THIS FILLING. Apples bring plenty of fiber and almost none of the protein that works alongside it: about 6 grams of fiber a serving against 1 gram of protein. Leaving the skins on protects most of the fiber, and a spoonful of Greek yogurt on top adds the protein.

NOTE. Spice to preference: less for a lighter flavor, more for fuller flavor. Top with Greek yogurt for extra protein.*

Apple Pie Spice (Fresco Spice Blends): cinnamon, nutmeg, allspice, cloves. To mix your own, about 1 Tbsp: 2 tsp ground cinnamon, ½ tsp ground nutmeg, ¼ tsp ground allspice, and ⅛ tsp ground cloves. Cloves take over quickly, so start light. Check the label if you're avoiding something specific.

Protein is shown in grams. Per-serving values are from USDA FoodData Central reference amounts, approximate, and vary with brand, variety, and preparation.

*The topping adds: Fage Total 5% plain Greek yogurt, per ¾-cup serving: about 160 calories and 15 g of protein, no fiber (from the product's label). A few spoonfuls add about a third of that.



Serves 7. What to **buy**. The card on the other side has what to use.

CHECK OFF EACH BOX AS YOU SHOP

- About 4 lb small sweet-tart apples · roughly 12

☐ 1 container plain Greek yogurt · for the topping, if you want the extra protein

- 1 jar apple pie spice

☐ Ground cinnamon, nutmeg, allspice and cloves · only if you mix your own blend instead of buying it

write the rest of your list here, so it all travels on one page

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Print double-sided, flipped on the long edge, so the recipe and its grocery list stay one sheet.

Sun-Dried Marinara

nuSTART

MAIN DISHES

Blender • ~10 min • Serves 6 • about ½ cup each

ABOUT 50 CALORIES A SERVING

CALORIES 50 • PROTEIN 2 G • FIBER 2 G



INGREDIENTS

- 3 oz dried tomatoes
- 1 Tbsp honey
- ¼ cup red wine vinegar
- 6 fresh basil leaves (or 1 tsp dried)
- 3 large red tomatoes
- 2 garlic cloves
- ½ onion
- 1 tsp Italian seasoning
- ¼ jalapeño, or red pepper flakes to taste (optional, for heat)
- Black pepper, to taste
- Water, a little at a time, to thin

NUSTART KITCHEN

DIRECTIONS

- 1 Blend all ingredients (except water) in a blender until smooth.
- 2 Slowly add small amounts of water to reach the desired sauce consistency.
- 3 Serve warm or at room temperature over zucchini noodles, spaghetti squash, or whole-grain noodles.

WHAT MAKES THIS FILLING. On its own, it is not. This is a sauce, about 50 calories a serving. Pair it with a protein*: ground turkey, chicken, or beef, grass-fed preferred, browns right into it, and whole-grain or vegetable noodles for a filling meal. Nearly all of it is tomatoes, fresh and dried, which bring their water, vitamins and minerals along.

Per-serving values are from USDA FoodData Central reference amounts, approximate, and vary with brand, variety, and preparation.

*Pairing adds, per serving: 3 oz cooked ground turkey: about 175 calories, 23 g protein • ground chicken: 160 calories, 20 g protein • ground beef (93% lean): 180 calories, 25 g protein • firm tofu (½ cup): 105 calories, 13 g protein, and 1 g of fiber.

Grocery List



SUN-DRIED MARINARA

Makes one batch. Serves 6, about ½ cup each. What to **buy**.

AISLE BY AISLE

TAKE THIS PAGE TO THE STORE

CHECK OFF EACH BOX AS YOU SHOP

PRODUCE

- ☐ 3 large red tomatoes
- ☐ 6 fresh basil leaves • or use 1 tsp dried from your spice rack
- ☐ 2 garlic cloves
- ☐ ½ onion
- ☐ ¼ jalapeño • optional, for heat; red pepper flakes work instead

PANTRY

- ☐ 3 oz dried tomatoes

YOU MAY ALREADY HAVE • *check these before you shop*

- ☐ Honey
- ☐ Red wine vinegar
- ☐ Italian seasoning
- ☐ Black pepper
- ☐ Red pepper flakes • the no-shopping route to heat

ALSO PICKING UP

write the rest of your list here, so it all travels on one page

Quantities here are what to **buy** for one batch. Package sizes vary by store and brand, so a bag or a jar may cover several batches.

Spice blend: Fresco Spice Blends Penney's Little Italy (oregano, garlic, basil, unrefined sea salt, red pepper flake). To mix a similar blend, about 1 Tbsp: 1½ tsp dried oregano, 1 tsp dried basil, ½ tsp garlic powder, and ¼ tsp red pepper flake. Salt to taste.

Print double-sided, flipped on the long edge, so the recipe and its grocery list stay one sheet.