



UMass Fresh[®]

**UMASS FRESH 2023:
HOLIDAYS MADE EASY**

MASHED POTATOES AND CHIVES

Nutrition Facts 1 servings per container Serving Size 3 oz Calories 100 per serving	Amount/serving % Daily Value*	Amount/serving % Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 4.2g 5%	Total Carb. 13.2g 10%	
	Saturated Fat 2.7g	Dietary Fiber 0g 0%	
	Trans Fat 0g	Total Sugars 0.3g	
	Cholesterol 12mg	Includes 0g Added Sugars	
Sodium 65.1mg 3%	Protein 1.7g		

INGREDIENTS: Local Yukon Gold Potatoes, Half & Half (Milk, Cream, Disodium Phosphate, Sodium Citrate), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Fresh Chives, Kosher Salt, Garlic Powder
ALLERGENS: Milk

**QUEEN'S FARMER CHEESE & POTATO PIEROGI
W/LOCAL SAUERKRAUT**

Nutrition Facts 8 servings per container Serving Size 1 each Calories 133 per serving	Amount/serving % Daily Value*	Amount/serving % Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 6.7g 9%	Total Carb. 14.2g 11%	
	Saturated Fat 4g	Dietary Fiber 0g 0%	
	Trans Fat 0g	Total Sugars 2.3g	
	Cholesterol 17.4mg	Includes 0g Added Sugars	
Sodium 187.6mg 8%	Protein 2.7g		

INGREDIENTS: QUEEN'S Farmer Cheese & Potato Pierogi (Fresh White Potatoes, Farmer's Cheese [Cultured Low Fat Milk, Rennet], Cream Cheese [Pasteurized Milk, Stabilizers, Carob Bean, Xanthan and/or Guar Gum], Fresh Eggs, Flour [Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour], Butter, Margarine [Soybean Oil, Palm Oil, Palm Kernel Oil, Mono and Diglycerides [Corn], Soybean Lecithin, Sodium Benzoate, Artificial Butter Flavor, Beta Carotene, Vitamin A Palmitate], Salt, Black Pepper, Sugar, Canola Oil, Natural Flavorings, Onions), Local Sauerkraut (Regionally Grown Cabbage, Filtered Water, Unrefined Sea Salt, Caraway Seed, Dill Seed), Local Unsalted Butter (Cream (Milk), Natural Flavoring)
ALLERGENS: Milk, Eggs, Gluten, Soy, Corn, Wheat

CABOT VERMONT MACARONI & CHEESE

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 12.7g	16%	Total Carb. 16.9g	13%	
8 servings per container	Saturated Fat 7.4g		Dietary Fiber 0g	0%	
Serving Size 4 oz	<i>Trans</i> Fat 0g		Total Sugars 2.8g		
Calories 216	Cholesterol 38.7mg		Includes 0g Added Sugars		
	Sodium 249.7mg	11%	Protein 8.1g		
per serving					

INGREDIENTS: Mapleline Whole Milk, Elbow Macaroni (Semolina (Wheat), Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, and Folic Acid), CABOT Cheddar Cheese (Fresh Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose), Local Unsalted Butter (Cream (Milk), Natural Flavoring), PHILADELPHIA Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture, SUB A (NTRS BEST): Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum), American Cheese (Milk, Cream, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid, Enzymes, Citric Acid, Soy Lecithin), All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour [May Contain Corn], Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Sub (Roma): Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Mustard (Distilled Vinegar, Water, #1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavor & Garlic Powder), Garlic Cloves, Kosher Salt, White Ground Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

ROOT VEGETABLE & APPLE HASH W/GARLIC & SAGE

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 9g	11%	Total Carb. 17g	13%	
8 servings per container	Saturated Fat 1.3g		Dietary Fiber 2.3g	7%	
Serving Size 4 oz	<i>Trans</i> Fat 0g		Total Sugars 5g		
Calories 146	Cholesterol 0mg		Includes 0g Added Sugars		
	Sodium 191.7mg	8%	Protein 1.7g		
per serving					

INGREDIENTS: Local Sweet Potatoes, Local Yellow Onions, Gala Apples, Fresh Local Carrots, Parsnips, Extra Virgin Olive Oil, Garlic Cloves, Sage, Extra Virgin Olive Oil, Kosher Salt, Ground Black Pepper

GREEN BEANS WITH GARLIC HERB BUTTER

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 6.3g	8%	Total Carb. 6.1g	5%	
8 servings per container	Saturated Fat 3.2g		Dietary Fiber 2.3g	7%	
Serving Size 3 1/4 oz	<i>Trans</i> Fat 0g		Total Sugars 2.7g		
Calories 82	Cholesterol 12.5mg		Includes 0g Added Sugars		
	Sodium 454mg	20%	Protein 1.6g		
per serving					

INGREDIENTS: Snipped Green Beans, Herbed Garlic Butter (Local Unsalted Butter (Cream (Milk), Natural Flavoring), Garlic Cloves, Fresh Parsley, Kosher Salt, Fresh Thyme, Rosemary), Extra Virgin Olive Oil, Kosher Salt, Ground Black Pepper

ALLERGENS: Milk

CHEESECAKE PIE

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 19.1g	25%	Total Carb. 27.1g	21%	
	Saturated Fat 11g		Dietary Fiber ---g		
	<i>Trans</i> Fat 0.4g		Total Sugars 19.3g		
1 servings per container	Cholesterol 77.5mg		Includes 16.9g Added Sugars		
Serving Size 1 slice	Sodium 240.7mg	10%	Protein 4.6g		
Calories per serving	292				

INGREDIENTS: Vanilla Cheesecake Pie (Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture, SUB A (NTRSBST): Pasteurized Milk and Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum), KEEBLER Graham Cracker Shell (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Vitamin B1, Vitamin B2, Folic Acid], Palm and Palm Kernel Oil with TBHQ, Sugar, Graham Flour, Corn Syrup, Molasses, Contains 2% or less of Salt, Leavening (Baking Soda, Sodium Acid Phosphosphate, Monocalcium Phosphate), Malt Extract, Soy Lecithin), Granulated Sugar, Fresh Cage Free Eggs, Imitation Vanilla Flavouring (CONCORD FOODS: Water, Propylene Glycol, Caramel Color, Artificial Flavor))

ALLERGENS: Milk, Eggs, Gluten, Soy, Corn, Wheat

CRANBERRY GRAIN BREAD (12/LOAF)

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 0.5g	1%	Total Carb. 15.6g	12%	
	Saturated Fat 0.1g		Dietary Fiber 1.5g	4%	
	<i>Trans</i> Fat 0g		Total Sugars 3.7g		
1 servings per container	Cholesterol 0mg		Includes 1.5g Added Sugars		
Serving Size 1 slice	Sodium 148.3mg	6%	Protein 2.6g		
Calories per serving	78				

INGREDIENTS: Cranberry Grain Bread (Hi Gluten Bread Flour (Bleached Wheat Flour, Malted Barley Flour (Contain Wheat, May Contain Corn), Niacin, Iron, Potassium, Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Dried Craisins (Cranberries, Sugar, Sunflower Oil), Cracked Wheat Base (Milled Wheat), White Whole Wheat Flour, Sponge Starter (Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour (may contain corn), Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Active Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid)), Whole Grain Blend (Sunflower Seeds, Pumpkin Seeds, Flaxseed, Whole Grain Rye Kernals, Wheat Berries, Malted Wheat Flakes, Millet, Pearled Barley, Corn Grits, Cracked Buckwheat, Salt), Country French Base (Wheat Sour Dough [Wheat Flour naturally soured with sour dough bacteria], Salt, Rye Flour, Wheat Gluten, Malted Barley Flour, Sunflower Lecithin, Ascorbic Acid, Enzymes), Granulated Sugar, Local Honey, Yeast, Orange Zest (Chopped Orange Peels, Cane Sugar, Natural Orange Flavor))

ALLERGENS: Gluten, Corn, Wheat

OPTIONAL PURCHASES:

NORTH COUNTRY HAM

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 1.1g	1%	Total Carb. 1.1g	1%	
1 servings per container	Saturated Fat 0.5g		Dietary Fiber --- g		
Serving Size 4 oz	Trans Fat 0g		Total Sugars 0.3g		
Calories 108	Cholesterol 59.7mg		Includes 0g Added Sugars	0%	
per serving	Sodium 892.8mg	39%	Protein 23.4g		

INGREDIENTS: North County Bone In Ham (Pork, Water, Salt, Maple Sugar, Maple Syrup, Dextrose [Corn], Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Spice Extractives)

ALLERGENS: Corn

COLD SPRING ORCHARD APPLE CIDER GLAZE

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 0g	0%	Total Carb. 4.8g	4%	
16 servings per container	Saturated Fat 0g		Dietary Fiber 0g	0%	
Serving Size 1 oz	Trans Fat 0g		Total Sugars 4g		
Calories 19	Cholesterol 0mg		Includes 1g Added Sugars		
per serving	Sodium 3.1mg	0%	Protein 0g		

INGREDIENTS: Local Apple Cider (Apples), Local Pure Maple Syrup, Water, Corn Starch, Cinnamon Sticks

ALLERGENS: Corn

EGG NOG

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 5g	6%	Total Carb. 9.5g	7%	
8 servings per container	Saturated Fat 3.1g		Dietary Fiber 0g	0%	
Serving Size 4 oz	Trans Fat --- g		Total Sugars 9.5g		
Calories 104	Cholesterol 69.9mg		Includes 0g Added Sugars	0%	
per serving	Sodium 64mg	3%	Protein 5.4g		

INGREDIENTS: MAPLELINE FARMS Egnog (Milk, Cream, Egnog Base [Sugar, Pasteurized Egg Yolks, Water, Natural Flavors, Nutmeg, Annatto Extract, Turmeric Oleoresin, Sugar, Nonfat Dry Milk, Stabilizer])

ALLERGENS: Milk, Eggs

APPLE CIDER

Nutrition Facts 8 servings per container Serving Size 8 ozl <hr/> Calories 125 per serving	Amount/serving % Daily Value*	Amount/serving % Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 0g 0%	Total Carb. 31.4g 24%	
	Saturated Fat 0g	Dietary Fiber 0g 0%	
	<i>Trans</i> Fat 0g	Total Sugars 27.2g	
	Cholesterol 0mg	Includes 0g Added Sugars 0%	
Sodium 26.1mg 1%	Protein 0g		

INGREDIENTS: Local Apple Cider (Apples)

GINGERBREAD COOKIE KIT

Nutrition Facts 6 servings per container Serving Size 1 each <hr/> Calories 451 per serving	Amount/serving % Daily Value*	Amount/serving % Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 8.6g 11%	Total Carb. 91.1g 70%	
	Saturated Fat 1g	Dietary Fiber 0g 0%	
	<i>Trans</i> Fat 0g	Total Sugars 66.6g	
	Cholesterol 9.9mg	Includes 47.1g Added Sugars	
Sodium 385.5mg 17%	Protein 4.6g		

INGREDIENTS: Gingerbread Cookie Kit (Gingerbread Man Cookie (Enriched Bleached Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Water, Soybean Oil, Dried Molasses (Molasses, Wheat Starch, Sunflower Lecithin), Dextrose, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Whole Egg Solids, Salt, Soy Flour, Spice. Manufactured on Equipment Exposed to Dairy (Milk) Products), Royal Icing (Confectionary Sugar (Sugar and Cornstarch), Light Corn Syrup (Corn Syrup, High Fructose Corn Syrup, Water, Salt, Natural and Artificial Vanilla Flavor), Water, Lemon Juice (Lemon Juice from Concentrate, Lemon Oil, less than 1/50 of Sodium Meta Bisulfate & Sodium Benzoate), Red Food Coloring (MCCORMICK: Water, Propylene Glycol, FD&C Reds 40 & 3, Propylparaben), Blue Food Coloring (Water, Sugar, May contain one or more of the following U.S. Certified Colors (Red 40, Red 3, Yellow 5, Yellow 6, Blue 1 & Blue 2), or (Titanium Dioxide), Modified Corn Starch, Vegetable Gum, Citric Acid and less than 1/10 of 1% Sodium Benzoate and Potassium Sorbate), Green Food Coloring (Water, Sugar, May contain one or more of the following U.S. Certified Food Colors: Red 40, Red 3, Yellow 5, Yellow 6, Blue 1, Blue 2, or Titanium Dioxide, Modified Corn Starch, Vegetable Gum, Citric Acid and less than 1/10 of 1% Sodium Benzoate and Potassium Sorbate)), M&M Baking Bits (Milk Chocolate [Sugar, Chocolate, Skim Milk, Cocoa Butter, Lactose, Milkfat, Soy Lecithin, Salt, Artificial & Natural Flavors], Sugar, Less than 2% of: Coloring [Including Blue Lake 1, Red 40, Yellow 6, Yellow 5, Blue 1, 2 Lake, Red 40 Lake, Yellow 6 Lake, Yellow 5 Lake, Blue 2 Lake, Blue 2], Corn Syrup, Dextrin, Cornstarch. May contain Peanuts), Sugar (100% Cane Sugar))

ALLERGENS: Milk, Eggs, Gluten, Soy, Corn, Wheat

Allergens in December's Holiday Box Meal

Item	Milk	Egg	Gluten/ Wheat	Soy	Corn	Peanut	Tree Nuts	Fish/ Shellfish	Sesame
Mashed Potatoes and Chives	X								
Queen's Pierogi w/Sauerkraut	X	X	X	X	X				
Homemade Macaroni & Cheese	X		X	X	X				
Root Vegetables w/Apple Hash									
Green Beans w/Garlic Herb Butter	X								
Spiced Maple & Thyme Butternut Squash									
Salad w/Craisins, Almond, Bleu Cheese	X						X		
Cider Honey Vinaigrette									
Cranberry Grain Bread			X		X				
Cheesecake Pie	X	X	X	X	X				
Ham					X				
Apple Cider Glaze for Ham					X				
Gingerbread Cookie Kit	X	X	X	X	X				
Egg Nog	X	X							
Apple Cider									

*X indicates allergen is present in product