



Monthly eBlast for followers and supporters of the Food Shed Co-op - March 18, 2022

1374 OWNERS AND COUNTING!



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What's In Your Food? by Peter Waldmann

Just what is this I'm eating? This week we are featuring **Toaster Pastries**.

Kellogg's Pop Tarts - YUM! This sweet pastry is just loaded with sugars! The 2nd ingredient is **Corn Syrup** - a food syrup which is made from the starch of corn containing varying amounts of sugars (e.g., *glucose, maltose and oligosaccharide*). Its 3rd ingredient is **High Fructose Corn Syrup** which happens to be a sweetener made from cornstarch (of which some of whose glucose has been converted to fructose). The 4th ingredient - you guessed it - more sugar, **Dextrose**. Dextrose is a simple sugar that's chemically

identical to glucose and derived from corn. It also contains soybean and palm oil with **TBHQ**, a synthetic antioxidant that is added to foods to prevent or delay oxidation. And it contains **RED 40**, a synthetic color additive made from petroleum 1! **YUM INDEED!?!**

But you **DO** have options! There are cleaner, better versions of toaster pastries in the natural foods marketplace. We encourage you to try **Natures Path Toaster Pastries**, made with pure cane sugar and naturally colored with red beet powder and paprika - both healthy alternatives!



Nutrition Facts		Kellogg's pop-tarts [®] toaster pastries	
Serving Size 1 Pastry (52g)		Servings Per Container 6	
Amount Per Serving		Calories from Fat 50	
Calories 210			
		% Daily Value*	
Total Fat 6g			9%
Saturated Fat 2g			10%
Trans Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 1g			
Cholesterol 0mg			0%
Sodium 190mg			8%
Total Carbohydrate 37g			12%
Dietary Fiber less than 1g			3%
Sugars 14g			
Protein 2g			

Vitamin A 10% • Vitamin C 0% • Calcium 0% • Iron 10%
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B₆ 10%
*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.
Calories 2,000 2,500
% Daily Value
Total Fat Less than 6g 8g
Saturated Fat Less than 2g 2g
Cholesterol Less than 50mg 50mg
Sodium Less than 240mg 240mg
Total Carbohydrate 30g 37g
Dietary Fiber 2g 2g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B₆, THIAMIN MONONITRATE), VITAMIN B₁₂, (RIBOFLAVIN), FOLIC ACID), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CRACKER MEAL, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, SALT, DRIED STRAWBERRIES, DRIED PEARS, DRIED APPLES, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CITRIC ACID, CARAMEL COLOR, SOY LECTIN, XANTHAN GUM, MODIFIED WHEAT STARCH, VITAMIN A PALMITATE, RED 40, NIACINAMIDE, REDUCED IRON, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), YELLOW 6, VITAMIN B₁₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN HYDROCHLORIDE).

CONTAINS WHEAT AND SOY.  recipeler.com
Distributed by Kellogg Sales Co. © 2011 Kellogg Co.
*FILLING MADE WITH EQUAL TO 10% FRUIT

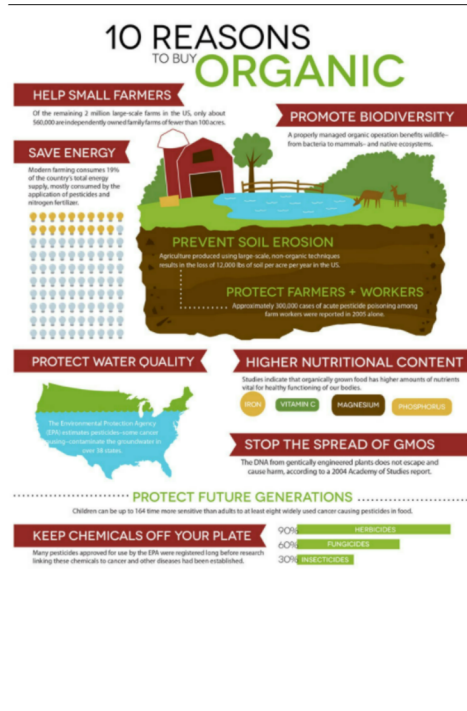


Interesting, isn't it? Co-ops offer you the best in healthy foods and healthy supplements. To get the ENTIRE scoop on what the Food Shed Co-op can offer - join us by [BECOMING AN OWNER](#) now!

Brought to you by the Food Shed. **We will read the ingredient labels with you!**

Ten Reasons to Buy Organic Produce

Here at the Food Shed we are not *alarmists* - but instead, *realists*. We believe that no one wants to consume pesticides if given an affordable choice. The Food Shed Produce Department will be a customer destination. We are committed to selling only the best quality sustainable local and organic produce available in the marketplace. *"Always fresh - from local sustainable farms to your co-op market."*



EVENTS

[Earth Day Celebration - Website](#)

April 23, 2022
 Saturday, 12:00pm to 4:00pm
 Prairieview Education Center
 2112 Behan Road
 Crystal Lake, IL, 60014

[Food Shed Plant Sale](#)

May 15, 2022
 Sunday, 10:00am to 2:00pm
 Location to be announced

[2022 Farm Stroll - Website](#)

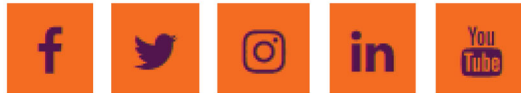
[Planet Palooza - Website](#)

September 25, 2022
 Sunday, 10:00am to 4:00pm
 Various Locations

May 22, 2022
Sunday, 10:00am to 6:00pm
Woodstock Square
Woodstock, IL 60098

Notice:

The *Food for Thought* newsletter will be published once per month.
Look for it on the 3rd Friday of each month...



Help us spread the word about our community owned grocery store by sharing our posts with your followers on social media. And why not **BECOME AN OWNER** now?



Mission

Our mission is to build a LOCAL food COOPERATIVE promoting a HEALTHY, ETHICAL and RESILIENT COMMUNITY.

Core Values

- Promote and foster better food choices
 - Cultivate and strengthen our local economy
 - Inspire and empower community
 - Champion environmentally responsible practices
-

Cooperatively yours,
Food Shed Co-op Board



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