

ANNUAL REPORT

2016



Award-winning
Stir It Up!
Recipes
Inside



· F · M · I ·
FOUNDATION

INTRODUCTION

The FMI Foundation has a longstanding track record of supporting industry-wide efforts to bolster the safety of the food supply and assist consumers in matters of health and wellness. Foundation programming in 2016 strategically aligned with our mission to improve food safety, health, and nutrition in the communities food retailers serve in that we focused on creating a safer food system and fostering family meal occasions.

National Family Meals Month™ gained significant traction in 2016, launching in September with fanfare in New York City's Time Square, as part of FMI Foundation's national promotion. Retailers, suppliers, and allies met shoppers' needs, providing support and practical solutions. The movement evolved from a social media event to one incorporating omni-channel programming implemented online and in the store, in the media, and in communities throughout the country.

To support the dual role of raising awareness about National Family Meals Month™ as well as Foundation funds, the annual fundraising event held at FMI's Midwinter Executive Conference in January was redesigned as *Stir It Up!*, a culinary competition focused on family meals. *Stir It Up!* raised more than \$1,000,000, a record amount for any FMI Foundation Event. The award winning menus and recipes are included in this report.

An important facet of the Foundation's food safety work is sponsorship of a number of scholarships and grants that ensures the future execution of a science-based safe food environment by promoting education and professional development. Grants were awarded to the International Food Protection Institute's Applied Science, Law, and Policy Fellowship, Institute for Food Technologists' Global Food Traceability Center, the Center for Produce Safety, and the Partnership for Food Safety Education, along with ten deserving students who received the Food Safety Auditor Scholarships.

Enclosed you will find the 2016 FMI Foundation Annual Report. We hope you experience as much pride reading about the causes served and the programs executed by the FMI Foundation on your behalf as we do implementing them. We also seek your continued support of and involvement in the variety of programs sponsored by FMI's Foundation.

Sincerely,



Leslie G. Sarasin
President, FMI Foundation
President and Chief
Executive Officer, FMI



Randy B. Edeker
Chairman, FMI Foundation
Chairman and Chief
Executive Officer, Hy-Vee, Inc.

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FMI Foundation Accomplishments:

- Scholarships
- Grants
- National Family Meals Month™
- 2016 Gold Plate Awards
- *Stir It Up!*





2016 FMI Foundation Scholarship Program

Food Safety Auditor Scholarships

The food industry must rely on third-party certification to ensure that products are safe. Training proficient professionals with a passion for food safety, to fill positions in the food auditing field is critical. The FMI Foundation, in collaboration with the Safe Quality Food (SQF) Institute, awarded scholarships to 10 university food and agricultural science students. Each winner received a \$3,000 scholarship and an all-expense paid trip to the SQF conference to network with the more than 750 food safety professionals in attendance.

See more: www.fmifoundation.org
www.fmi.org/foundation/scholarship

Meet the Winners!

PHOTO ABOVE FROM LEFT TO RIGHT:

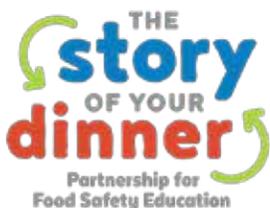
- Gabriela Arteaga Arredondo, Masters, Texas Tech University
- Katelyn Ortega*, Masters, Texas Tech University
- Emily Mason, Masters, McGill University
- Anna Sophia Harrand, Ph. D., Cornell University
- Pedro Menchik, Ph. D., Cornell University
- Deepak Kumar Duraivelu Rajmohan, Masters, Oklahoma State University
- Jose Brandao Delgado, Ph. D., Louisiana State University
- Libia Ortiz Tellez, Masters, ITESM Monterrey Institute of Technology
- Madhumeeta Dutta, Masters, North Carolina State
- Hannah Beuse, Bachelors, Iowa State University
- Brenda Inestroza, Masters, Texas Tech University

*2015 WINNER



The FMI Foundation Grants Strengthen the Fields of Food Safety, Nutrition, and Health

In 2016, the FMI Foundation funded grants to the following programs to strengthen research, education, and training in food safety, nutrition, and health:



Partnership for Food Safety Education's

November 2016 consumer campaign, entitled "The Story of Your Dinner" - a

program that tells the story of food safety throughout the food chain, including the important role consumers play when preparing food at home.

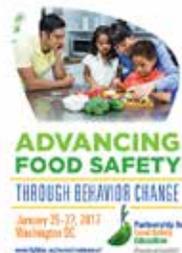
See more: <http://www.fightbac.org/food-safety-education/the-story-of-your-dinner/>

2017 Consumer Food Safety Education Conference

hosted by the Partnership for Food Safety Education addressed the topic of "Advancing Food safety Through Behavior Change." The

FMI Foundation was a platinum sponsor of this conference, targeted to food safety and public health educators, that focused on behavior change strategies to improve food safety practices.

See more: <http://www.fightbac.org/events/conference-2017-presentations/>



The FMI Foundation Grants Strengthen the Fields of Food Safety, Nutrition, and Health



International Food Protection Institute's Applied Science, Law, and Policy Fellowship designed to ensure that the next generation of leaders in food protection understand issues of importance that impact food retail.



Institute for Food Technologists Global Food Traceability Center fosters collaborative research and communications and provides tools to raise the capabilities of agri-food businesses to trace food borne illnesses.

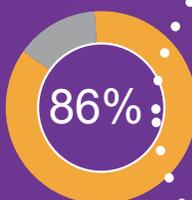


Center for Produce Safety develops ready-to-use, science-based solutions to prevent or minimize produce safety with an emphasis on *Listeria Monosytopenes*.

US Grocery Shopper Trends 2016

The FMI Foundation co-sponsored FMI's *US Grocery Shopper Trends 2016* food safety, health, and nutrition sections. The research highlights that as consumer trends towards healthier lifestyles continues to grow, shoppers are trusting food retailers to be a key ally to help them eat healthy and to ensure the foods they purchase are safe.

See more: <http://www.fmi.org/forms/store/ProductFormPublic/u-s-grocery-shopper-trends-2016>



of shoppers are confident that the food they buy at their grocery store

is safe

Source: US Grocery Shopper Trends, 2016



National Family Meals Month: The Campaign that Turned into a Movement

In September, the retail food industry celebrated the second annual National Family Meals Month™ to raise awareness of the benefits of family meals and provide needed support to consumers.

The goal of the campaign is to encourage one more meal at home each week. The FMI Foundation led the charge in promoting the campaign nationally and built on its turnkey resources to help collaborators support shoppers in implementing family meals at home.

The campaign launched September 1ST with a NYC Times Square billboard. The FMI Foundation collaborated with Litton Entertainment to produce a PSA that ran Saturday mornings in September on ABC's "Litton's Weekend Adventures."

Earned media yielded 76 articles ranging from daily newspapers, community newspapers, online news sites, and print magazines. Nationally, articles appeared in *US News and World Report* and *The Huffington Post*. Local news stations and trade publications also covered the movement.



National Family Meals Month:

The Campaign that Turned into a Movement

This year, the campaign evolved beyond social media to a visible presence in stores and communities. Fifty-four retailers, 15 suppliers, and 37 allies joined in promotion with the largest increase among allies. Twitter activity yielded a total of 8,000+ family meals-related tweets and a 14% increase in participation over 2015.

National Family Meals Month™ won the Silver Award from the American Society of Association Executives in “The Power to Enrich Lives” category and Nielsen research demonstrated its positive effect on families and retailers.



Omni-Channel execution and Innovation by food retailers including:

- In store activities including store tours, meal preparation demonstrations, cooking classes, and contests
- Retail dietitians featured in newscasts throughout September
- Family Meal kits
- Meal solutions featuring prepared foods
- Innovative apps and social media strategies
- Programs for food retail in-store clinics
- Partnership with community organizations
- Employee engagement

All these activities resulted in a greater reach to and support of shoppers and families ultimately benefited.

National
Family Meals
Month™
September 2016
Accomplishments

It worked! Of the shoppers who had familiarity with the National Family Meals Month™ Campaign

- **85%** of those shoppers expressed importance in eating more meals together as a family vs. 64% who had not seen the campaign
- **85%** of those shoppers reported healthier behaviors as a result.



RANDY EDEKER, HY-VEE, INC., RECEIVES GOLD PLATE AWARD FROM LESLIE SARASIN, FMI FOUNDATION

2016 Gold Plate Award Winners:

Excellence in National Family Meals Month™ Programming

Meet the Winners!



Skogen's Festival Foods offered Dine at Home Deli items as meal solutions and ran paid ads garnering 4,332 website clicks and 688,886 impressions. Facebook advertising received 4,511 web site clicks and 438,023 impressions.



K-VA-T Food Stores' Food City implemented comprehensive promotions targeting customers and associates, including digital signage, recipe booklets at all 134 stores, and an insert in the weekly ad.



Hy-Vee, Inc. created educational materials, offered in-store family cooking classes with its 228 dietitians, easy pickup and delivery meal options, and donated \$100,000 to Meals from the Heartland.



Merchants Distributors Inc. established the "Taco Night" meal solution event for families across over 300 retailers and multiple states along the East Coast.



The Campbell Soup Company combined National Family Meals and Fruits & Veggies—More Matters Months, using social media to encourage sharing photos of family dinners and veggie-centric meals.



Rosie Applications earned over 200,000 online impressions, engaged nearly 300 unique website visitors, and awarded \$500 to families. Online grocery sales increased 12% in September among 11 participating partners.

In addition, these companies were awarded **honorable mentions** for their 2016 National Family Meals Month™ campaigns:

- Martin's Super Markets, Inc.** – "National Family Meals Month Family Meals Champion Contest"
- Price Chopper Supermarkets** – "Family Mealtimes Matter"

- The Kroger Co.**– "We're in! With delicious, easy ideas. Kroger bringing families together"
- Meijer, Inc.** – "Be a #FamilyFoodRockstar"

See more at: www.fmi.org/2017GoldPlate



Stir It Up! Fundraising Event

FMI Foundation redesigned its annual fundraising event to be a lively cooking competition designed to accentuate the FUN in fundraising and celebrate the good grocers do to support family meal occasions. The new event called *Stir It Up!* was enjoyed by over 450 retailers and suppliers who took advantage of the opportunity to network with colleagues and taste all the delicious family meals prepared for the contest. The FMI Foundation raised a record-setting \$1,032,000 to support food safety, nutrition, and health programming!

See more at: www.fmi.org/2017StirItUp
 Stir It Up: www.fmi.org/stiritup

Meet the Winning Family Meals Menus

Easiest and Most Affordable:

The Coca-Cola Company

see menu and recipes on pg 14

Tastiest:

Hy-Vee, Inc. and Unilever

see menu and recipes on pg 16

Healthiest:

Wakefern Food Corp.

see menu and recipes on pg 19

Best Culinary Adventure:

PepsiCo, Inc.

see menu and recipes on pg 22

Summary of FMI Foundation's Finances

CURRENT ASSETS

as of December 31, 2016

| | |
|-----------------------|-------------|
| Cash/Cash Equivalents | \$378,615 |
| Investments | \$8,871,246 |
| Total Assets | \$9,250,044 |
| Total Net Assets | \$8,415,140 |



2017 Donor List

EXECUTIVE CHEF



MASTER CHEF



SOMMELIER/SOUS CHEF



MAITRE D'

Catania Oils
General Mills, Inc.
The Procter & Gamble Company

The Clorox Company/
Kimberly Clark Corporation

TASTE TESTER

Albertsons Companies
Bimbo Bakeries USA
Blackhawk Network
Burris Logistics
C&S Wholesale Grocers, Inc.

H-E-B
Key Food Stores Co-operative, Inc.
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Nestle USA, Inc.
Publix Super Markets Charities

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Associated Wholesale Grocers, Inc.
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Brookshire Grocery Company
Conagra Brands
Daymon
Eagle Family Foods Group, LLC
Ernst & Young LLP
Festival Foods
The Fred W. Albrecht Grocery Co.
Husmann Corporation

IGA, Inc.
Inmar, Inc.
K-VA-T Food Stores, Inc.
Kruger Products USA
Lunds & Byerlys
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Mondelez International
Northgate Gonzalez Markets
Post Consumer Brands
Schnuck Markets, Inc.
TCC Global
The Pictsweet Company
Topco Associates, LLC
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Ellwood City Save-A-Lot
Emerge Strategic Solutions
GS1 CA
GS1 US
Highland Park Market
HY Brandt Louie
Imperial Distributors, Inc.
Kies Consulting, LLC
Knowlan's Super Markets, Inc.
Longo Brothers Fruit Markets, Inc.

Materne No. America
Mitchell Grocery Corporation
Pfizer Consumer Healthcare
Precima
Price Chopper Supermarkets
Purity Wholesale Grocers
R & B Foods, Inc.
Recall Infolink, Inc.
Rehrig Pacific Company
Save-A-Lot
Service Management Group
SmartBrief, Inc.
TATA Consulting Services
The Food Partners, LLC
Time, Inc.
W. Lee Flowers

Appendix

Menus & Recipes from *Stir It Up!*



FMI FOUNDATION presents

Stir it Up!

Where food industry leaders prepare, share and dare to make the best family meal



Menu

Carved Whole Roasted, Free-Range Chicken with Winter Vegetables

Classic Coca-Cola Float with a Twist

WINNER of 2 Stir It Up! Gold Mitt Awards:

Easiest Family Meal and Most Affordable Family Meal



Classic Coca-Cola Float with a Twist

MAKES 4 SERVINGS

INGREDIENTS

- 4 6oz glasses
- 8 2oz scoops vanilla ice cream
- 4 8oz Coca-Colas
- 4 oz spiced sugar

METHOD

Place two 2oz scoops of Vanilla Ice Cream into 6oz glasses

Sprinkle 1 tbsp of spiced sugar over ice cream

Pour Coca-Cola over top of ice cream scoops

Enjoy as soon as possible!

Spiced Sugar

INGREDIENTS

- 4 oz sugar
- 4 oz powdered sugar
- 1 nutmeg nut (grated)
- 1 cinnamon stick (broken up)
- 2 cloves

METHOD

Combine all ingredients in a blender.

Pulse until all ingredients are completely ground.

Remove and store in an airtight container until ready for use.

Carved Whole Roasted, Free-Range Chicken with Winter Vegetables

MAKES 6 SERVINGS

INGREDIENTS

1 (4 to 4 1/2-pound) whole free-range, organic chicken

2 1/2 TSP kosher salt, divided

2 TSP freshly ground black pepper, divided

6 fresh rosemary sprigs, torn in half, divided

1 bunch (about 20) fresh thyme sprigs, torn in half, divided

1/4 cup olive oil

1/4 cup (1/2 stick) unsalted butter

1 large parsnip, peeled and coarsely chopped into 1-inch pieces

2 large carrots, peeled and coarsely chopped into 1-inch pieces

1 medium turnip, peeled, and cut into 1-inch wedges

1/4 large rutabaga, peeled and cut into 1-inch wedges

1 large yellow onion, peeled, halved and sliced into 1/2-inch wide slices

6 fingerling potatoes, quartered

1/4 pound assorted wild mushrooms or cremini mushrooms

8 large garlic cloves, peeled

1 1/2 TSP Hastings Creations Poultry Salt or kosher salt

Crusty French baguette, for serving

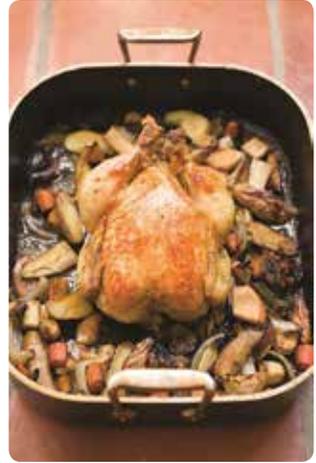
METHOD

Rinse the chicken under cold running water, drain, and pat dry. Season the cavity with 1 teaspoon of the kosher salt and 1/2 teaspoon of the pepper. Stuff the cavity with half of the rosemary and half of the thyme. Tuck the wings behind the chicken and tie the legs together with butcher's twine. Allow the chicken to rest at room temperature for 30 minutes while the vegetables are being prepared.

Preheat the oven to 400°F.

Heat the olive oil and butter in a large cast-iron skillet over medium heat until the butter is melted. Add the next 8 ingredients (parsnips through garlic) and the remaining rosemary and thyme sprigs, tossing until well coated. Season the vegetables with the remaining 1 1/2 teaspoons kosher salt and 1 teaspoon of the black pepper. Cook the vegetables over medium heat, stirring occasionally, for 5 minutes. Transfer the vegetables to a large baking dish or roasting pan.

Season the outside of the chicken with the poultry salt and remaining 1/2 teaspoon of pepper. Arrange the chicken on top of the vegetables and roast at 400°F for 30 minutes. Reduce the oven temperature to 350°F and continue cooking for 40 to 45 minutes, basting occasionally with the pan juices, or until the chicken is golden brown and cooked through and the vegetables are tender. Remove from the oven and allow the chicken to rest for 10 minutes. Cut the legs and thighs away from the cavity of the chicken, allowing the juices to drain into the vegetables. Allow the chicken to rest an additional 5 to 10 minutes. Carve the chicken into 8 pieces (two wings, two drumsticks, two thighs, and two breast halves.) Divide the vegetables and chicken evenly between 6 dinner plates and spoon the pan juices over each serving. Serve immediately with crusty bread slices.



FMI FOUNDATION presents

Stir it Up!

Where food industry leaders prepare, share and dare to make the best family meal

HyVee

With Sous Chef:



Menu

Hy-Waiian Beef Sliders With Jicama and Mango Salsa

Crab Cake Sliders with Aioli

Spiralized Mediterranean Veggie Salad

The Cheesecake Factory Bites®, Topped with Fresh Berries

WINNER *Stir It Up!* Gold Mitt Award:

Tastiest Family Meal

Hy-Waiian Beef Sliders

MAKES 12 SLIDERS

INGREDIENTS

12 (2.6 oz each) prepped
burger patties (*recipe
below*)

12 slider buns

12 TBS soy glaze (*recipe
below*)

12 strips candied bacon,
cut in half (*recipe below*)

12 TBS jicama salsa
(*recipe below*)

12 TBS mango salsa
(*recipe below*)



METHOD

Smash burger patty on flat top.

Toast bun on flat top grill.

Once burger is cooked to guests' desired temp; cover patty with soy glaze and finish cooking.

Remove burger from grill and place on bun. Top with candied bacon, jicama and mango salsas.

INGREDIENTS

- 2 lbs (85/15) ground beef
- 1 TBS ranch seasoning
- 2 TBS cup cold water

Burger Prep

METHOD

Mix ranch seasoning and water to make a slurry. Pour over ground beef and fold gently until fully combined. Form into 6 patties.

INGREDIENTS

- 2 TSP sesame oil
- 1 TBS minced garlic
- 1 TBS minced fresh ginger
- 1 TSP crushed red pepper
- 1 cup soy sauce
- 1/2 pound brown sugar

Soy Glaze

METHOD

Sauté sesame oil, garlic and ginger until garlic starts to "blonde".

Quickly add the crushed red pepper, soy and brown sugar.

Bring to a boil and reduce heat to medium until "nappe" on the back of a spoon.

INGREDIENTS

- 12 strips raw thick cut bacon
- 1/2 cup brown sugar
- 1 TBS fresh cracked black pepper

Candied Bacon

METHOD

Place bacon strips on a sheet tray. Evenly cover bacon with brown sugar and black pepper.

Place in a 350 degree oven and bake until almost crispy.

Remove bacon and let cool.

Jicama Salsa

INGREDIENTS

- | | |
|------------------------------------|------------------------------|
| 3 oz peeled and small diced jicama | 1/2 TBS minced cilantro |
| 3 oz small diced fresh pineapple | Salt and pepper, to taste |
| 1 oz small diced red peppers | Juice of 1/2 lime |
| 1/2 TBS minced garlic | 1 TBS honey |
| 1/2 TSP minced jalapeno | 1/2 TBS finely minced ginger |

METHOD

Combine all ingredients and let flavors meld.

Mango Salsa

INGREDIENTS

- 2 fresh mangoes, diced
- 1 TBS minced red onion
- 2 TBS small diced red pepper
- 1 TBS chopped cilantro
- 1 TBS honey
- Salt and pepper, to taste
- Pinch of crushed red pepper

METHOD

Combine all ingredients and let flavors meld.



Crab Cake Sliders with Aioli

METHOD

Combine crabmeat, Hellmann's® or Best Foods® Light Mayonnaise, parsley, egg, Worcestershire sauce, horseradish, mustard, Old Bay Seasoning, salt and hot pepper sauce in medium bowl.

Shape into patties using 1/3-cup crab mixture for each, then roll in cracker crumbs.

Heat I Can't Believe It's Not Butter!® in large skillet over medium heat and cook crab cakes until golden brown and crisp, turning once.

Serve, if desired, on a toasted slider bun with aioli.

MAKES 9 CRAB CAKES

INGREDIENTS

- 1 pound fresh crabmeat, picked through for shells
- 2 TBS Hellmann's® or Best Foods® Light Mayonnaise
- 1 TBS chopped fresh parsley leaves
- 1 egg
- 2 TSP Worcestershire sauce
- 1 1/2 TSP horseradish
- 1 1/2 TSP Dijon mustard
- 1/4 TSP salt
- Dash hot pepper sauce
- 8 saltine crackers, crushed
- 1/4 cup I Can't Believe It's Not Butter!® Spread
- 9 toasted slider buns
- 1/2 cup aioli

Spiralized Mediterranean Veggie Salad

SERVES 10

INGREDIENTS

- 3 medium zucchinis, spiralized using a larger attachment
- 1 large carrot, peeled, spiralized using the fine attachment
- 1/2 small red onion, julienned
- 1 (10.5oz) container cherry tomatoes, halved lengthwise
- 1 (14.5oz) can quartered artichoke hearts, drained
- 1 (15oz) can chickpeas, drained and rinsed
- 1/2 cup halved pitted kalamata olives
- 1/2 cup crumbled feta or shredded parmesan cheese
- 1/4 cup chopped fresh Italian parsley
- salt and pepper, to taste
- 1 bottle Garlic Parmesan Dressing, as needed

METHOD

Place all ingredients, except dressing in a large bowl and toss.

Right before service, slowly pour just enough dressing over the vegetables to coat; season to taste with salt and pepper. Lightly toss (preserving vegetable spirals) and serve.

FMI FOUNDATION presents

Stir it Up!

Where food industry leaders prepare, share and dare to make the best family meal

Wakefern
FOOD CORP.®

Menu

Sizzling Sesame Shrimp

Chickpea Lettuce Wraps with Chicken

Cauliflower Fried Rice

Broiled Mango with Honey-Lime Yogurt

WINNER Stir It Up! Gold Mitt Award:

Healthiest Family Meal

Sizzling Sesame Shrimp

PREP TIME: 15 MINUTES | COOK TIME: 6 MINUTES
MAKES 4 SERVINGS

INGREDIENTS

| | |
|---|--|
| 2 TBS chili-infused or regular sesame oil | 2 TSP peeled, grated fresh ginger root |
| 3/4 lb. large raw shrimp, peeled and deveined | 1 TBS brown sugar |
| 3 garlic cloves, minced | 3 green onions, thinly sliced |
| 3 TBS orange or lime juice | 2 TSP sesame seeds, toasted |
| 2 TBS low-sodium soy sauce | Hot cooked brown rice |

METHOD

In a wok or large nonstick skillet heat oil over medium-high heat until hot. Pat shrimp dry with paper towels. Add shrimp and garlic to wok. Stir-fry 2 to 3 minutes or just until shrimp turn pink. Using a slotted spoon, transfer shrimp to a large plate.

Add orange juice, soy sauce, ginger and brown sugar to wok. Cook and stir 3 minutes or until thickened and syrupy.

Return shrimp to wok. Add green onions; stir-fry 1 minute or just until heated through. Sprinkle with sesame seeds, and serve over brown rice.

PER SERVING: 285 CALORIES, 10G FAT, 1G SATURATED FAT, 130MG CHOLESTEROL, 390MG SODIUM, 30G CARBOHYDRATE, 2G FIBER, 20G PROTEIN



PREP TIME: 25 MINUTES
COOK TIME: 10 MINUTES
MAKES 4 SERVINGS

INGREDIENTS

- 4 (4-oz.) boneless, skinless chicken breasts
- 2 cups rinsed and drained canned garbanzo beans (chickpeas)
- 1 large celery stalk, finely chopped
- 3 TBS finely chopped red onion
- 2 TBS finely chopped drained sun-dried tomatoes in oil, 1 TBS oil reserved
- 2 TBS finely chopped drained roasted red peppers
- 1 TBS extra virgin olive oil
- 1/4 TSP smoked paprika or paprika
- 1/8 TSP ground cumin
- 1/8 TSP ground red pepper
- 8 romaine lettuce leaves
- 1 medium avocado, pitted, peeled and chopped
- 1 cup chopped cucumber
- 1 cup quartered cherry tomatoes
- Fresh ground black pepper (optional)

PER SERVING: 370 CALORIES, 15G FAT, 2G SATURATED FAT, 70MG CHOLESTEROL, 400MG SODIUM, 28MG CARBOHYDRATE, 9G FIBER, 35G PROTEIN



Chickpea Lettuce Wraps with Chicken

METHOD

Coat a grill pan with nonstick cooking spray; place over medium-high heat. Season chicken with salt and pepper to taste. Grill chicken 5 to 7 minutes per side, or until chicken is cooked through (165°F). Let cool slightly; dice and set aside.

In a medium bowl and using the back of a fork, coarsely mash most of the beans. Stir in celery, onion, sun-dried tomatoes, reserved sun-dried tomato oil, roasted red peppers, olive oil, paprika, cumin and ground red pepper.

For each lettuce wrap, evenly spoon bean mixture into lettuce leaves. Top with avocado, cucumber and cherry tomatoes. Season with black pepper to taste (if desired), and serve.

PREP TIME: 10 MINUTES
COOK TIME: 8 MINUTES
MAKES 4 SERVINGS

INGREDIENTS

1 TBS vegetable oil

1 large garlic clove,
crushed

1/2 TSP grated fresh
ginger

1 (12-oz.) pkg. frozen
riced cauliflower or fresh
cauliflower crumbles

2 TBS low-sodium soy
sauce

2 egg whites, lightly
beaten and scrambled

Cauliflower Fried Rice

METHOD

In a large nonstick
skillet heat oil over
medium heat.

Add garlic and
ginger; cook and
stir 1 minute. Add
cauliflower; cook and stir 5 minutes or until vegetables are
crisp-tender. Stir in soy sauce; cook 1 minute.

Stir in scrambled egg; cook and stir 1 minute or until
heated through.

PER SERVING: 60 CALORIES, 3.5G FAT, 0.5G SATURATED FAT, 0MG
CHOLESTEROL, 240MG SODIUM, 6G CARBOHYDRATE, 2G FIBER, 4G
PROTEIN RECIPE ADAPTED FROM GREEN GIANT®



Broiled Mango with Honey-Lime Yogurt

METHOD

Preheat broiler to high. In a small bowl
stir together yogurt and lime zest.
Cover and set aside until serving time.

Place mangoes on a cutting board. Starting from the stem
end and using a sharp knife, cut lengthwise down the sides
of each mango to remove the flesh from the pit, cutting
as closely to the pit as possible; discard pits. Carefully
peel mango slices, holding with a paper towel, if needed,
for easy handling. Cut each slice lengthwise into wedges.
Place mangoes in a single layer on a large, rimmed baking
sheet. Sprinkle evenly with brown sugar.

Broil 3 to 5 minutes or just until mangoes begin to
brown and sugar bubbles. Transfer to serving bowls. Top
mangoes with yogurt mixture, sprinkle with pistachios (if
desired), and serve.

PER SERVING: 150 CALORIES, 0.5G FAT, 0G SATURATED FAT,
5MG CHOLESTEROL, 15MG SODIUM, 35G CARBOHYDRATE, 3G FIBER,
5G PROTEIN

PREP TIME: 15 MINUTES
COOK TIME: 3 MINUTES
MAKES 4 SERVINGS

INGREDIENTS

1 (6-oz.) container honey
fat-free Greek yogurt

1 TSP lime zest

2 large ripe mangoes

1 TBS dark brown sugar

1 TBS finely chopped
toasted pistachios
(optional)

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Stir it Up!

Where food industry leaders prepare, share and dare to make the best family meal



PEPSICO

Menu

Green Oats and Ham – *Quaker Steel Cut Oat Risotto Cake, Naked Cold Pressed Bright Greens Pistou, Pancetta, Rold Gold Parmesan Crisp, Smoked Paprika*

Grilled Fillet of Beef – *Starbuck's Double Shot Espresso and Port Wine Reduction, Sabra Chickpea Panisse, Stacy's Gremolata*

Grandma's Soft Cookies **Baked Alaska**, *Smartfood Kettle Popcorn Brittle*

WINNER Stir It Up! Gold Mitt Award:

Best Culinary Adventure Family Meal



YIELD: 1 SERVING

INGREDIENTS

2 TBS whipped red pepper yogurt

1 cup Steel Cut Oat Risotto

2 Pcs crispy prosciutto

3 leaves micro red amaranth leaves

Green Oats and Ham Plating

PROCEDURE

Place Red Pepper Yogurt in center of plate and swoosh.

Place Steel Cut Oat Risotto on top of Red Pepper Yogurt in center of plate.

Wedge a large piece of Crispy Prosciutto into the middle of Steel Cut Oat Risotto.

Place Micro Red Amaranth Leaves around plate.

Naked Cold Pressed Bright Greens Pistou

PROCEDURE

Using a food processor, puree all ingredients together until a coarse, pesto like mixture is develops.

Notes: When measuring spinach and parsley in volumes, leaves should be lightly packing in measuring cups.

Store pistou chilled until use.

YIELD ~4-6 SERVINGS

INGREDIENTS

| | |
|--|--|
| 2 cups parsley, italian flat-leaf, large stems removed | 1 TSP lemon zest, fresh |
| 2 TBS thyme, fresh, leaves | 3 TBS extra virgin olive oil |
| 1/2 cup basil, fresh, leaves | 1/4 TSP kosher salt |
| 2 cloves garlic, fresh whole cloves | 1/8 TSP black pepper, ground |
| 4 cups baby spinach leaves | 2/3 cup Naked Cold Pressed Bright Greens Juice |

YIELD~4-6 SERVINGS

INGREDIENTS

Part A

3 TBS extra virgin olive oil

1/4 cup shallots - minced

1.5 TBS garlic - minced

2 cups Quaker Steel Cut Oats

2/3 cup white wine, chardonnay

5.5 cups vegetable stock, low-sodium

1.50 cups water, boiling

2.75 TSP kosher salt

Part B

2/3 cup parmesan cheese, grated

2 TBS butter, unsalted

1/2 cup heavy whipping cream

1 cup Naked Bright Beet Pistou

Quaker Steel Cut Oat Risotto

PROCEDURE

Part A

Can be prepared up to 2 days before service

In a rondo, heat vegetable stock until boiling and hold on simmer.

In another saucepot on medium-high heat, cook garlic and shallots until slightly translucent (~2-5 minutes).

Stir in steel cut oats and cook, while stirring continuously, for 1-2 minutes. Ensure that all oats are coated in olive oil.

Pour in white wine and cook until almost demi-sec.

Lower heat of oat mixture to medium.

While continuously stirring, ladle hot veg stock into oats in small batches.

Cook oats until al dente texture, ~30-40 minutes.

Remove oat mixture from heat. Proceed to Part B or refrigerate until service.

Part B

If oat risotto has been refrigerated, reheat over medium heat with additional vegetable broth.

Once risotto is hot, reduce heat to low and stir in Parmesan cheese, butter, and cream.

Add pistou at last minute, once all other ingredients have been properly incorporated.

Red Pepper Whipped Yogurt

PROCEDURE

Combine all ingredients in a Vitamix blender and blend on high until well pureed.

Refrigerate

Allow yogurt to sit outside of refrigeration for 15-30 minutes prior to service.

Mix well prior to plating.

YIELD ~4-6 SERVINGS

INGREDIENTS

1/2 Cup Fage Nonfat Greek Yogurt

1/4 cup goat cheese, softened

0.25 cup cream cheese, softened

1/3 Cup Roasted Red Peppers - no extra juice

1/8 TSP kosher salt

1/16 TSP black pepper

1/2 TSP smoked paprika

Crispy Prosciutto

YIELD~4-6 SERVINGS

INGREDIENTS

12 Pcs thinly sliced prosciutto (preferably San Daniel)

PROCEDURE

Preheat oven to 350F

Place thin slices of prosciutto on a parchment lined sheet tray

Bake for around 15 minutes, until prosciutto has deepened in color and is crispy.

Once cool, break prosciutto into large pieces

Hold until service

Beef Fillet

YIELD~4-6 SERVINGS

INGREDIENTS

2.5 lbs beef tenderloin

2 TBS vegetable oil

Kosher salt to taste

Black pepper to taste

PROCEDURE

Season beef tenderloin generously with salt and pepper.

Sear all sides of beef tenderloin in oil and finish in oven until meat has reached medium rare (125F).

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Campbell's

Tasting Menu

Cilantro Rice

Three Pepper Roasted Vegetables

Mexican Marinated Shrimp

Mexican Marinated Shrimp



PREP: 20 MINUTES | MARINATE: 4 HOURS
COOK: 4 MINUTES
MAKES: 8 SERVINGS

INGREDIENTS

1 cup plus 2
tablespoons olive oil

2 ½ pounds (16/20
count per pound)
uncooked shrimp,
peeled, deveined and
tails removed

1/2 cup lime juice

1/4 cup chopped
fresh cilantro leaves

2 TBS minced garlic

1 TBS ground cumin

2 TSP ground ancho
chili pepper

1 TSP chili powder

1/2 TSP ground black
pepper

1/2 TSP ground
chipotle pepper

1/2 TSP kosher salt

1/4 TSP smoked
paprika

METHOD

Reserve 2 tablespoons oil. For the marinade, stir the remaining ingredients except the shrimp in a large bowl.

Add the shrimp to the marinade and toss to coat. Cover and refrigerate for 4 hours.

Remove the shrimp from the marinade. Discard the marinade.

Heat half the reserved oil in a 12-inch skillet over medium-high heat. Add half the shrimp and cook for 4 minutes or until cooked through, stirring occasionally. Repeat with the remaining oil and shrimp.

Three Pepper Roasted Vegetables

PREP: 20 MINUTES | COOK: 20 MINUTES
MAKES: 16 SERVINGS

INGREDIENTS

| | |
|---|---|
| 1 cup olive oil | 1 pound zucchini, cut into 1-inch cubes (about 3 cups) |
| 1/4 cup chopped fresh cilantro | 9 ounces yellow onions, cut into 1-inch pieces (about 1 cup) |
| 1/4 cup chopped garlic | 10 ounces red bell pepper, cut into 2-inch long strips (about 2 cups) |
| 1 TBS chili powder | 10 ounces green bell pepper, cut into 2-inch long strips (about 2 cups) |
| 1 TSP kosher salt | 1 jar (16 ounces) Pace® Restaurant Style Three Pepper Salsa |
| 2 TSP ground chipotle pepper | |
| 1/2 TSP ground black pepper | |
| 1/4 TSP smoked paprika | |
| 1 pound yellow squash, cut into 1-inch cubes (about 3 cups) | |

METHOD

Heat the oven to 425°F. Stir the oil, cilantro, garlic, chili powder, salt, ground chipotle pepper, black pepper and paprika in a medium bowl.

Place the yellow squash and zucchini in a large bowl. Add half the oil mixture and toss to coat. Arrange the squash on a rimmed baking sheet.

Place the onions and bell peppers in a large bowl. Add the remaining oil mixture and toss to coat. Arrange the onions and peppers on a rimmed baking sheet.

Roast the vegetables for 10 minutes or until tender.

Heat the roasted vegetables and salsa in a 6-quart saucepot over medium heat until the mixture is hot, stirring occasionally.

Cilantro Rice

PREP: 10 MINUTES
COOK: 40 MINUTES
MAKES: 16 SERVINGS

INGREDIENTS

| |
|---------------------------------------|
| 1 TBS olive oil |
| 2 TBS minced garlic |
| 4 cups Swanson® Chicken Stock |
| 1 TBS sea salt |
| 2 cups uncooked brown rice |
| 2 TBS lime juice |
| 1/2 cup chopped fresh cilantro leaves |

METHOD

Heat the oil in a 3-quart saucepan over low heat. Add the garlic and cook for 2 minutes.

Increase the heat to medium-high. Stir in the stock, salt and rice and heat to a boil. Reduce the heat to low. Cover and cook for 40 minutes or until the rice is tender and most of the liquid is absorbed. Stir in the lime juice and cilantro before serving.



Save the Date

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FMI Midwinter Executive Conference
Sunday, January 28, 2018

National Doral Miami, Miami, FL

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