

# HEARTY, SHELF-STABLE, CARBON NEUTRAL

## VEGETABLE HARVEST STEW

Packed with

— NAVY BEANS —



**18g**  
protein

**12g**  
fiber

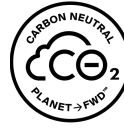
**30%**  
DV iron

**530**  
calories

**M** **MATRIARK**

WOMEN  
OWNED™





Matriark Foods upcycles farm surplus and fresh-cut remnants into delicious, healthy products that are better for people and our planet. We partner with farmers and businesses to build better food systems.

**The First Carbon Neutral, Healthy, Shelf-Stable Meal in a Box featuring vegetables grown in New York State.**

Made with sweet potatoes, carrots, navy beans, kale, and rice, Matriark’s Vegetable Harvest Stew is a hearty meal in a box. This carton is packed with protein, fiber, and iron and provides the **healthy calories of a full meal.**

Matriark is on a mission to make tasty, nutritious food while creating better food systems for everyone: we purchase the perfectly delicious vegetables that don’t fit perfectly in a box for the grocery store. Too big and too small are just right for a hearty stew.

When you eat with Matriark, you’re nourishing yourself and the planet with every meal you enjoy.

- Great for an every day nutritious meal
- Keep on hand for emergencies.
- Can be eaten at room temperature or warmed on stove top or in microwave.
- **Free from top 9 allergens: milk, eggs, nuts, fish, crustaceans, shellfish, wheat, soy and sesame.**  
**Certified Kosher.**

**“FeedMore WNY is pleased to use Matriark Foods as a vendor to provide nutritious food to our community members in need. Not only does Matriark’s Vegetable Harvest Stew taste delicious, but it is healthy and uses ingredients sourced from New York State farmers. Matriark’s certification as a Nourish New York vendor enables FeedMore WNY to offer their high-quality product to the community members we serve, while also supporting New York farmers and producers.”**

Catherine Schick, FeedMore WNY

For more information and pricing reach out: [info@matriarkfoods.com](mailto:info@matriarkfoods.com). You can learn more at: [matriarkfoods.com](http://matriarkfoods.com).

**Nutrition Facts**

Serving size 1 Carton (510g)

Amount per serving  
**Calories 530**

	% Daily Value*
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 3g	15%
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 68g	<b>25%</b>
Dietary Fiber 12g	43%
Total Sugars 6g	
<b>Protein</b> 18g	
Calcium 157mg	10%
Iron 5mg	30%
Potassium 1064mg	25%

Not a significant source of trans fat, cholesterol, added sugars and vitamin D.

\*The % Daily Value 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.

**Ingredients**

Vegetable Broth (Water, Mirepoix Puree [celery, carrots, onions]), Navy Beans, Sweet Potatoes, Kale, Carrots, Brown Rice, Olive Oil, Red Bell Peppers, Onions, Cumin, Coriander, Turmeric, Salt, Garlic, Smoked Paprika, Cayenne Pepper, Black Pepper.

**Shelf Life**

24 months. Refrigerate after opening and use within 5 days.

**18 oz Carton:**

Unit Weight: 18 oz (510 g)

Unit Dimension (L x W x H):

1.75" x 3.25" x 5.5"

Packaging: Tetra ReCart carton

Case Pack: 12 x 18 oz units per case

Case Weight: 15 lbs

Case Dimension (L x W x H):

11.5" x 7" x 5.625"

Cases per pallet: 147 (Ti/Hi: 21/7)

Pallet Dimension (L x W x H):

48" x 40" x 45"

Pallet Weight: 2,245 lbs

**Unit UPC: 860002862590**



**Case UPC: 10860002862597**

