Appendix A

Newsletters and Questionnaires for Parents & Staff

SARE Report (April 2005)
Marketing to Preschool and After School Programs & Parents: FNE04-508

Hometown Food News

(518-758-7342) EMAIL: HOMETOWNFOODS@BERK.COM

QUICK MEALS—JANUARY 2005

TWO SERVING MEALS

Our stir fry meals are designed to feed two but with a little know how they can be stretched to serve more. Simply cook more rice and add more vegetables.

SEPARATE SPICE PACKETS

Our spices are packaged separately from the rest of the meal to give the cook more control of the flavor. If you don't like food spicy, use less.

SOUP KITS

Twenty minutes is all it takes to make homemade soup—high in flavors, low in salt, rich in nutrients. Each kit provides 4 servings.

Convenient frozen meals!

The grocery store's frozen food aisles are filled with meals packaged in loosely filled freezer bags, resulting in ice crystallization and freezer burned vegetables.

Hometown Foods has designed NEW meals with individually vacuum packaged components to preserve vegetable texture, color, flavor and nutrients.

Our Convenient, frozen meals are a step above the rest!

We do the prep work, make the sauces and find the rice, cheese, meat and spices to make a complete meal. You do the last minute cooking.

Our fruits and vegetables come from Hudson Valley regional farms and gardens. Meats are organic, grass fed, or locally grown. We buy Cabot cheese, Amish cheese or cheese from local producers. Our rice, pasta and spices come from United Natural Foods. We use the best we can grow or buy!

Our nutrient analysis program allows us to evaluate *every ingredient used.* Check out our "Nutrition Information" pages for every products we sell.

What makes our meals great?

1. **Built in portion control** helps you eat right.

2. Our main dishes contribute **3 to 4 servings of vegetables** to help you meet your daily requirements.

3. Nutrient loss is minimized by **blanching vegetables in boil in bags.**

4. **Freezing and vacuum packaging** are our only preservatives.

7. Our main dishes are **low in added fat, sugar & salt.**

THEY TASTE GREAT TOO!

Hometown Foods Main Dishes!

Stir Fry Meals

Cajun Vegetable Cheese: A combination of four garden vegetables topped with cheese and Cajun spices.

Curried Beef: Ground beef is simmered in a mild curry sauce and poured over rice and vegetables.

Chili Beef Goulash: Macaroni swims in a sea of spicy tomato sauce surrounded with vegetables and cheese.

Sweet and Sour Beef: Local beef combines with our sauce and taco seasoning to spice up this meal.

Homemade Soup Kits

Curried Butternut Chowder: Black beans and corn top a tasty combination of squash puree, vegetable broth and curry sauce.

Cheesy Pumpkin Soup: Cheddar cheese and spices flavor a pureed combination of pumpkin, onion, pepper and parsnip.

Hometown Food News

(518-758-7342) EMAIL: HOMETOWNFOODS@BERK.COM

FRUIT SAUCES—JANUARY 2005

Nutrition Note

You can visit the following website to learn about the nutrients in the fruits we use in our sauces. This website lists the world's healthiest whole foods.

www.whfoods.com/foodstoc.php

These fruits made their healthiest fruit list:

Apricot

Blueberries

Cantaloupes

Cranberries

Grapes

Plums

Red Raspberry

Strawberry

Watermelon

You will learn about the health benefits and see a nutritional profile of these foods.

"Year Round" Whole Fruit Sauces

Hometown Foods is dedicated to providing healthy fruit sauces made from regional fruits harvested at their peak of flavor. We buy organically grown or low spray fruits when available.

We process these whole fruits using simple small scale processing techniques to preserve their natural color, flavor, vitamins, minerals, fiber and antioxidants. We puree, freeze and vacuum package the ripe summer harvest. This preserves fruit quality. Oxidation, ice crystallization and freezer burn (surface drying) are kept to a minimum.

We combine two or three fruit purees to create uniquely flavored sauces that are low in added sugar. Less sugar is needed when you combine a sour or strongly flavored fruit puree with a naturally sweet fruit

Our sauces contain between 10% to 25% sugar. Yesterday's cooks had to add lots more sugar to make fruit preserves for their pantry.

You can have local fruits year round if you fill your freezer with our delicious, unique sauces.

Healthy fruit sauce combinations from Hometown Foods!

REPLACE THIS ICE CREAM SODA WITH OUR DELICIOUS AND NUTRITIOUS FRUIT SAUCE SMOOTHIES!

Fruit Sauce Uses

Hometown Foods has created the following unique whole fruit sauces:

Apricot/Muskmelon
Blueberry/Rhubarb/Cherry
Cranberry/Peach
Red Raspberry/Peach

We are experimenting with:

Grape/Plum/Honeydew
Plum/Rhubarb/Watermelon

Indulge yourself with these sauces on top of vanilla ice cream, cheesecake or yogurt.

A low calorie smoothie can be made with our sauce using seltzer and 1% milk. Replace seltzer with milk and you have a delicious milkshake.

Use our sauce as a topping for ricotta cheese on toast or on top of a mound of cottage cheese.

Add cottage cheese, cream cheese and gelatin for a "cool refrigerated snack"

Whole Fruit Sauces—Antioxidant Rich

Recent research investigations have discovered that whole fruits & vegetables contain a new category of nutrients: antioxidants. Antioxidants help plants fight the effects of sun, disease, injury, inflammation and dehydration. Our human bodies face these same environmental challenges. If we eat fruits and vegetables, these antioxidant chemicals can help us stay healthy too.

We recommend reading the book titled **THE COLOR CODE** to update your knowledge about the value of fruits that we use in our sauces. For instance, sour cherry is added to our blueberry/rhubarb sauce. Sour cherries have antioxidants that help reduce inflammation and also add a tart flavor to our antioxidant rich blueberries.

Hometown Food News

(518-758-7342) EMAIL: HOMETOWNFOODS@BERK.COM

BIRDSEED BREAKFAST. JANUARY, 2005

FAST & EASY!

For those consumers who are in a hurry, Hometown Foods has created Birdseed Breakfast as a convenience product. It is frozen in 1/2 cup portions ready for your stovetop or microwave. The cereal is presoaked to save preparation time.

Simply open the wrapper and place in a pot or microwave safe dish and cook in minutes.

We package 6 servings in a bag.

You can add dried fruit before cooking or sprinkle on cinnamon.

Or, use our frozen whole fruit sauces for tasty and delicious toppings!

A tablespoon of flaxseed meal in our cereal makes this an excellent source of omega-3 helpful for improving brain function.

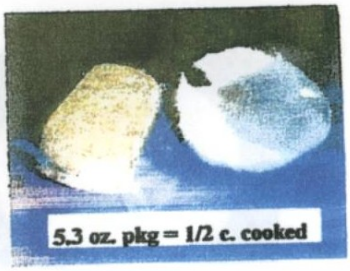
Birdseed Breakfast

Could eating like a bird be good for you? Have you ever seen a constipated bird? Of course not! Their constant movement and diet keep them fit and feeling good. Nutritionists have found that adult and children do not meet their need for fiber. Adding some whole grains and seeds to your family's diet might help you and your family members feel good too!

Hometown Foods, LLC has developed a cooked breakfast cereal that is easy to prepare. The presoaked grains and seeds contain the natural fiber and nutrients we all need. Flax provides Omega 3 fatty acids. Sunflower seeds are a good source of vitamin E. Sesame seeds provide calcium and iron. Millet and Quinoa are high in protein. Oatmeal is the powerful connector that holds our cooked cereal together and lowers your cholesterol. You can add raisins for their iron contribution and sweetness. This product offers a powerful morning nutrition punch! Learn more at our website:

ourhometownfoods.com

"Could eating like a bird be good for you?"



OUR CEREAL COMES PRE-SOAKED AND FROZEN, READY TO COOK IN MINUTES.

BIRDSEED BREAKFAST

Our frozen cereal provides additional nutrients not listed on the nutrition facts label.

EXCELLENT source of ...
Omega-3 (80%)
Manganese (71%)
Thiamin (49%)

GOOD source of ...
Phosphorus (17%)
Magnesium (15%)
Fiber (15%)
Copper (11%)
Riboflavin (10%)

Nutrition Facts

Serving Size: 1/2 cup (5.3 oz.)
Servings 1

Amount Per Serving	
Calories 160	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0.5g	2%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	6%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 5g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet.

Make your own Birdseed Cereal.

Birdseed Breakfast
3/4 cup steel cut oats
3 cups rolled whole oats
1/4 cup quinoa
1/4 cup sesame seeds
1/4 cup sunflower seeds
1/4 cup millet
1/4 cup flax seeds

Mix all ingredients together.Refrigerator birdseed mix. To make one adult serving, measure 1/4 cup of the mixture and add 1/2 cup of water to soak the grains and seeds overnight. Cook on top of the stove in a pan for 3 to 4 min. once the water boils. Or, place in a microwave safe dish and cook on high for 5 to 6 minutes. This produces two (1/4 c.) servings for a child or a 1/2 c. serving for an adult. ***Optional: Add 1 T. of flaxseed meal to each portion before cooking.***

Hometown Food News

(518-758-7342) EMAIL: ANNADAWSON@BERK.COM

QUICK BREADS—JANUARY 2005

What is fantastic about Quick Breads?

Unlike cookies, cakes and pies, they're healthy using less fat and sugar.

Nutrients are added by the use of pureed or grated fruits and vegetables, soaked whole grains, seeds and nuts.

Quick breads freeze well, cut easily when cold for simple portion control, and improve in flavor and texture during storage.

Quick Bread Kits!

Hometown Foods has created quick bread kits that include a dry mix and a frozen liquid mix. The dry mix consists of flour, sugar, spices, baking powder and soda. A frozen liquid mix consists of oil, egg, milk and whole fruit puree. Included with the liquid mix is a mixture of soaked and cooked steel cut oats, millet, quinoa, flax seeds, sesame seeds and sunflower seeds.

Quick Breads—a potpourri of whole fruits, grains, seeds and

All ingredients including the pan are provided. A nutrition label and directions are also provided.

All you do is thaw the liquid mix in the refrigerator overnight; mix in the dry ingredients and pour the mixture in the pan.

Our quick bread kit makes one (24 oz.) loaf. Cut the bread into 12 pieces for a 2 oz. adult serving. A child's portion is 1 oz.

Currently available for sale is **Banana Coriander**. We are experimenting with:

Apple Cinnamon
Cranberry Orange

ADD FRUITS AND VEGETABLES TO YOUR DIET THE QUICK WAY WITH OUR "QUICK BREADS"!

Whole Grain & Seed Nutrients

Oats—B vitamins, vitamin E, iron, calcium and phosphorus.

Millet—B vitamins, phosphorus, potassium, magnesium and iron.

Quinoa—The highest percentage of proteins of all grains.

Flax seeds—omega 3 fatty acids, manganese and fiber.

Sesame seeds—Copper and Manganese.

Sunflower seeds—Vitamin E and B1 (Thiamin)

In addition to nutrients from whole grains and seeds, Hometown Foods quick breads are **low in cholesterol, saturated fat and sodium.**

Banana Coriander Quick Bread

Sift dry ingredients together in a large bowl.
1 2/3 c. all purpose flour
3/4 c. sugar
1 T. baking powder
1/2 t. baking soda
2 t. ground coriander

Mix liquid ingredients together in a separate bowl.
1/3 c. oil
1 c. mashed banana
1 large egg, well beaten
1/4 c. milk + 1/2 t. vinegar
1 t. vanilla extract
1/2 c. walnuts (optional)

Stir together until just moistened. Grease a 9"×5"×3" loaf pan. Line the bottom with wax paper. Bake in a preheated oven at 350° for 1 hr. Check with a toothpick for doneness.

Hometown Food News

(518-758-7342) EMAIL: HOMETOWNFOODS@BERK.COM DRESSING & SAVORY SAUCES—JANUARY 2005

Dilly Dressing

1 cup cottage cheese

1 cup cream cheese

1/2 cup sweet & sour sauce

2 T. chopped onions

2 t. dill weed

Combine all ingredients in a blender. Blend until smooth. Pour the dressing into a container. Keep refrigerated!

Butternut Squash Chowder

1 cup butternut squash puree

1 cup vegetable broth

1/2 cup curry sauce

1/2 cup sweet corn kernels

1/2 cup cooked black beans.

Combine butternut squash puree, vegetable broth and curry sauce in a pot. Bring to a simmer. Add the corn and black beans and continue cooking. Ladle the soup into bowls. Serve

Savory Sauces!

Curry Sauce

Savory sauces are great for flavoring stir fry meals, soups, marinades or dressings.

Hometown Foods has created five sauces:

Chili Sauce
Curry Sauce
Duck Sauce
Italian Tomato Sauce
Sweet & Sour Sauce

Stir Fry Meals

One package of sauce flavors a stir-fry meal of 1 lb. of vegetables and 4 oz. of meat. Ground beef and pork combine well with chili, Italian tomato or curry sauce. Duck sauce works well with pork, chicken and turkey. Sweet & Sour sauce can be used with all meats.

Other Uses

We use sweet & sour sauce for dilly dressing. We use curry sauce for our butternut squash chowder.

Local Veggies are the Best Choice!

Local vegetables are more nutritious and delicious than fresh produce that travels great distances. Whether you grow your own garden or stop at a road side stand, you can tell the difference in quality from store produce.

But, sometimes vegetables need a dressing to tempt our taste buds. You will never have to cry again about the calories in a topping if you use our

DILLY DRESSING!

Try dilly dressing on tomatoes, tossed salad, avocado, cooked brocolli and cauliflower. Or, use as a dip for carrots!

Dilly Dressing for vegetables

Hometown Foods has created a low-calorie dressing using cottage cheese instead of oils, mayonnaise or sour cream. Many store dressings contain preservatives and use these high fat ingredients.

Our dilly dressing contains no preservatives or additives and is high in protein. It can be frozen for long term storage and then thawed in the refrigerator for use.

The ingredient list reads:
Cottage Cheese, Cream Cheese, Hometown Foods Sweet & Sour Sauce (Water, Vinegar, Cider*, Onions*, Brown Sugar, Tomato Puree*, Sugar, Arrowroot, Garlic*), Dill*, Gelatin

Compared to 2 T. of Litehouse Dilly Dip at 150 cal., our dressing is 45 cal.

*Locally grown!

Staff/Children Product Evaluation Form

Product: Dilly Dip with Vegetables **Daycare name**_____
Date:

1. **How did you serve the dip and vegetables?**

2. **How many children tried the dip and vegetables?**_____ **List the fresh vegetables that you normally serve the children.**

3. **What reaction did the children have to the dip and vegetables?**
   Dip: taste_____
   other_____
   Vegetables: cucumbers
   _____
   Zucchini
   _____
   blanched broccoli
   _____

4. **What needs to be changed in terms of flavor, consistency, serving size, packaging, or other attributes?**

5. **Would you like to have the dip as a dressing with lettuce/tomatoes/cucumbers in the future?**

6. **This dip is made using cottage cheese and cream cheese instead of oils, sour cream and mayonnaise. What are your thoughts about serving this high protein dip?**

Parents' Product Evaluation Form

Product: Dilly Dip with Vegetables **Daycare**_____
Date:

Dear Parents,

You are important people in our grant. You choose the food your family eats. Often you are challenged in the grocery store to find "nutritious snacks" when there are aisles filled with chips, cookies and candy. We believe local companies like Hometown Foods, LLC can meet your needs for healthier alternatives. Your opinions are important to us.

We use freezing to create nutritious snacks. Our dip is frozen and can be thawed within hours in the refrigerator—a convenient snack accompaniment to fresh carrots or cucumbers.

Please fill out this product evaluation sheet so we can learn which products to keep and which to improve. Thank you in advance for your cooperation.

Anna Dawson

1. **Who tried the dip and vegetables at home?**

2. **Where do you normally get your vegetables in the summer?**

3. **Would you use this as a dip or dressing in the future?**

4. **Name and describe the fresh vegetables that you normally serve your family.**

5. **Check which alternatives are important to you when choosing a dip or dressing!**

_____ **Taste**
_____ **Nutrition**
_____ **Package size** _____ **Package attractiveness**
_____ **Cost**
_____ **Lack of preservatives/additives**
_____ **Other**_____

DAYCARE PROVIDER EVALUATION

Evaluator's name_____

STIR-FRY MEAL "Cajun Vegetable Cheese Medley"

We have provided you with a stir-fry meal for the children. Please help us learn more about designing this kind of meal to meet your needs.

1. **How did you prepare and serve the meal? Circle or write in what you did.**
   A. **We cooked the vegetables separately and served everything separately.**
   B. **We mixed the rice, vegetables and cheese and served them mixed together.**
   C. **We used only a little spice or no spice knowing that children are sensitive to spices.**
   D. **We made and served the meal as intended for adults.**

2. **Please give us any ideas you might have about changing this product to meet your needs.**

3. **How many child sized servings can you get out of a package? (We guessed six servings.)**

4. **Describe some of the children's reactions to this food.**

5. **Which of the following meals do you think the children might like?**

   ____ **Mild sausage flavored vegetables with cheese served with rice.**

   ____ **Sweet & Sour flavored vegetable stir-fry on rice.**

   ____ **Macaroni and Beef goulash with tomato sauce & veggies.**

   ____ **Pizza with vegetables, cheese and tomato topping**

Vegetable Evaluation

Daycare Provider Name_____

Dear Parent,

Your child was served a meal from Hometown Foods this week that contained frozen and vacuum packaged vegetables. This technique preserves the color, flavor and texture of vegetables. Pan frying quickly cooks the vegetables. They taste great!

We wanted you to try this cooking technique and some vacuum packaged carrots. We have provided you with a sample of our carrots along with chive butter. You only need a little chive butter to keep the carrots from sticking to the fry pan. Explore your imagination on how to use the leftover chive butter. It is great on toast or on baked potatoes, but you might use it to flavor an omelet.

Help us learn more about the food items that you would choose to feed your family by answering the questions below.

Anna Dawson

1. Who tasted the carrots?

2. What was their reaction?

3. Have you ever pan fried frozen vegetables before?

4. Check the frozen vegetables below that you buy and serve your family.

   _____A. spinach _____B. carrots ____ C. cauliflower
   _____D. broccoli _____E. zucchini ____F. onions
   ____G. peppers ____H. butternut squash ____I. String beans
   ____J. corn L. brussel sprouts ____M. mashed potatoes
   ____N. French fried potatoes

   List any others not mentioned above:

5. Check other frozen and vacuum packaged foods that would interest you?

   ____A. Vegetable Pizza with cheese and tomato sauce
   ____B. Crock pot meals
   ____C. Frozen dressings with no preservatives or oil
   ____D. Soups
   ____E. Chili ____F. Other foods containing beans such as:

Staff/Children Product Evaluation Form

Product: Fruit Breads **Daycare name:_____**
Date: **Staff name:**

Dear day care provider,

1. **How many children tried the fruit breads?_____ List the baked products such as cookies, cakes, doughnuts, and muffins that you normally serve the children.**

2. **What reaction did the children have to the fruit breads?**

   Banana bread: taste_____

   other_____

   Lemon bread: taste_____

   other_____

3. **What needs to be changed in terms of flavor, texture, serving size, packaging, or other attributes?**

4. **Would you like to have the fruit bread as a healthy snack for the children in the future?**

5. Check the ingredients you want us to use in the fruit breads we create. Note that there is a price difference.

_____ All organic

_____ Mixed organic and conventional

_____ All conventional

Suggestions:

Parents' Product Evaluation Form

Product: Fruit Breads Date_____ Daycare_____

Dear Parents,

Cookies, cakes, doughnuts and muffins are foods that we all love. The worry is that portions and calories are too much for 21st century adults and children. We have created fruit breads to address this concern. We have provided a mouthful of flavors with fruits and spices, plus, whole grains and seeds for increased fiber. Our fruit breads fit an 8 oz. mini loaf pan. When cut into 4 pieces, an adult gets a 2 oz. portion, which is half the size of a grocery store muffin. When cut into 8 pieces, it is child size. Help us evaluate these breads. Thank you in advance for your cooperation.

1.

Nutrition Facts

Serving Size 1/4 loaf (57g)
Servings Per Container 4

Amount Per Serving	
Calories 180	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 95mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 3g	

Here is the nutrition label for "Lemon Bread". This label is applicable to adults not children. A child up to 12 would get 1/8 of the 8 oz. loaf. Would you like all of our products to have a nutrition label?_____ If you answered yes, how does this help you make buying decisions?

Vitamin A 0%	•	Vitamin C 8%
Calcium 4%	•	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

3. **Which baked products do you buy your family on a weekly basis? List where you buy these products (e.g. bakery, homemade, mix, already baked, frozen, doughnut store, grocery bakery, farmer's market).**

Cake _____ Doughnut _____

Muffins_____ Cookies_____ Other_____

4. **Check the ingredients you want us to use in the fruit breads we create. Note that there is a price difference.**

_____ All organic ingredients _____ Mixed organic and conventional ingredients
_____ All conventional ingredients

5. **Which attribute would you like *increased, decreased* or kept the *same*?**

_____ sweetness_____ moistness_____ fiber_____ loaf size_____ flavor choices
____Other improvements_____

Day Care Provider Evaluation—Fruit Sauces/Pudding

Day care name_____ Date_____

Hometown Foods, LLC
362 Eichybush Rd.
Kinderhook, NY 12106
518 758 7342 or email: annadawson@berk.com

Dear Daycare Provider,

Thank you for helping us evaluate and test our food products at your center. Your participation was much appreciated. This is the last product that we will deliver as part of the grant.

We have written a letter to the daycare parents asking if they would be interested in attending a "tasting party" in the future. Attendees will have the opportunity to win an insulated cooler filled with frozen Hometown Food products. If you would like to attend, please fill out the contact information so we can send you an invitation. Just put it in the "Product Evaluation Box" at your center.

Name_____ Role at the daycare center_____

Address_____

Phone_____ Email:_____

We are working on a product catalog and a website. We also are planning to offer classes where we will share how we make our products. We will keep in touch.

Sincerely,
Anna Dawson

1. What were the children's reactions to the "Creamy Blueberry Pudding"?

2. What are your thoughts about this kind of snack for daycare children?

3. Would you be interested in trying other fruit sauce flavors in a pudding product?____
   Check which ones you would like to try.
   ____A. apricot, muskmelon
   ____B. cranberry, peach
   ____C. concord grape, plum, honeydew
   ____D. strawberry/rhubarb
   ____E. strawberry
   _____F. red raspberry/peach
   _____G. blueberry/rhubarb/cherry

4. How did the children react to the blueberry milk shake?

5. What do you think about having whole fruit milk shakes for the children?

6. Which fruit flavors listed above do you think the children might like?

PARENT EVALUATION OF FRUIT SAUCES

Hometown Foods, LLC
362 Eichybush Rd.
Kinderhook, NY 12106
Email: annadawson@berk.com
Phone: 518 758 7342

Dear Parent,

These are the last samples of food that will be distributed. Many thanks to those who have filled out the evaluation forms. It is important to learn that "cost is important but pretty packaging is not". Farmers, college foods professors, extension folks and child care professions look forward to what we learn in this grant. Perhaps future funding of day care feeding programs may be effected by the responses you give. Not responding tells us there is no interest in healthy local convenience foods. I hope our small parent response was due to being too busy.

You can still participate by filling out the contact information space below:

Name_____ Ages of children in day care_____
Address_____
Phone:_____Email:_____

Naomi Handley, our Daycare Mom, would be happy to call and visit on the phone. Or, you can mail us your evaluations. Easier still—drop them off at your daycare providers' "Evaluation Form Box".

Should you be interested in learning more, this contact information form will ensure your receiving an invitation to a "TASTING PARTY" where you have a chance to win an insulated cooler full of frozen Hometown Foods products.

Sincerely,
Anna Dawson

1. **Who sampled the Blueberry Pudding?**

2. **What do you think of this product that combines whole fruit sauce with cottage cheese?**

3. **At daycare the children had a blueberry fruit sauce smoothie. Do you make smoothies for yourself and the children? _____ If yes, what fruits do you use?**

   _____

   If no, why not?

4. **Which of the following fruit sauce combinations would you like to try?**

   _____A. apricot, muskmelon
   _____B. cranberry, peach
   _____C. concord grape, plum, honeydew melon
   _____D. strawberry/rhubarb
   _____E. strawberry
   _____F. red raspberry/peach
   _____G. blueberry/rhubarb/cherry