

# FRESHLY MADE, SIMPLY FROZEN.

## You Be the Judge: Frozen Prepared Meals VS Quick Serve Restaurants (QSR)

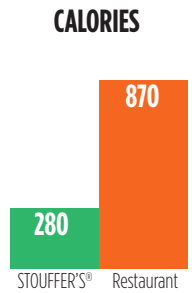
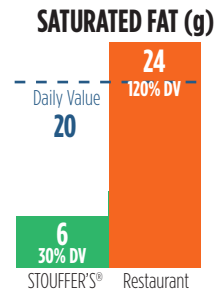
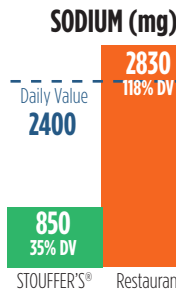
STOUFFER'S®, LEAN CUISINE®, DIGIORNO®, HOT POCKETS® and LEAN POCKETS® recipes are freshly made with passion from quality ingredients chosen with care. We quick-freeze each meal to help lock in taste, texture and nutrition, so they're ready when you're ready to eat them. We invite you to find out how the sensible portions of our meals stack up nutritionally against some of the popular items you find in major national restaurant chains and fast-food restaurants.



**STOUFFER'S® Lasagna with Meat & Sauce**  
(Freshly made pasta, rich meat sauce, real mozzarella cheese, 90 oz)

**National Midscale Italian Restaurant Lasagna**  
(Pasta, meat sauce, mozzarella, ricotta, Parmesan and Romano cheese)

**Daily Value**  
Based on a 2000 calorie diet



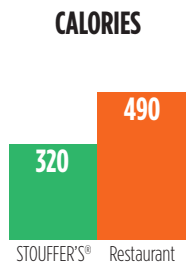
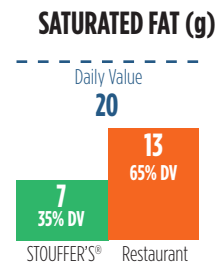
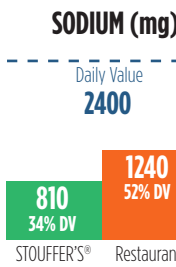
Swap frozen for QSR once a week and save 30,680 calories a year!



**STOUFFER'S® Macaroni & Cheese**  
(Freshly made pasta, real cheddar cheese sauce)

**National Fast-Casual Restaurant Macaroni & Cheese**  
(Tender shell pasta, rich cheese blend including Vermont white cheddar cheese sauce)

**Daily Value**  
Based on a 2000 calorie diet



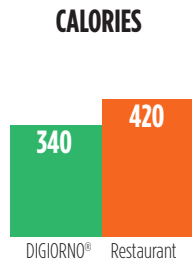
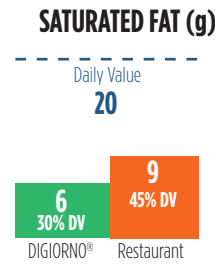
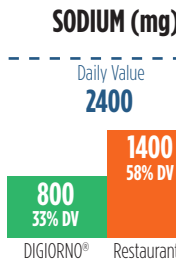
Swap frozen for QSR once a week and save 8840 calories a year!



**DIGIORNO® pizzeria!™ Pizza Primo Pepperoni**  
1/4 pizza (133g) serving

**National leading pizza chain's thin crust pepperoni**  
1/4 pizza (130g) serving

**Daily Value**  
Based on a 2000 calorie diet



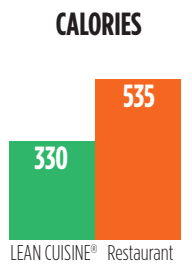
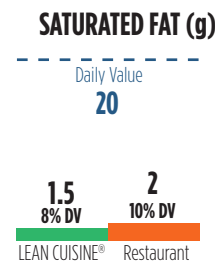
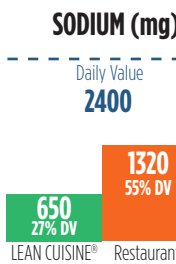
Swap frozen for QSR once a week and save 4160 calories a year!



**LEAN CUISINE® Sesame Chicken**  
(Sesame breaded chicken tenderloins, pasta, green beans and red peppers)

**National Midscale Gourmet Chinese Restaurant, Sesame Chicken on White Rice**  
(Chicken breast, broccoli, white rice, red bell peppers, onions, spicy sesame sauce)

**Daily Value**  
Based on a 2000 calorie diet



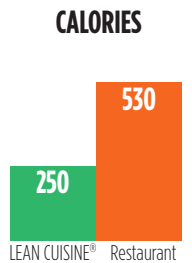
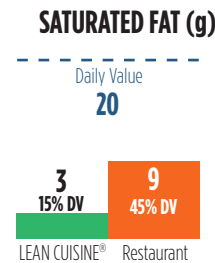
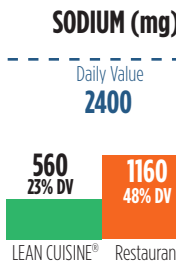
Swap frozen for QSR once a week and save 10,660 calories a year!



**LEAN CUISINE® Cheese Ravioli**  
(Reduced fat cheese ravioli, ricotta cheese, Romano cheese, chunky tomato sauce)

**National Midscale Italian Restaurant Cheese Ravioli with Marinara Sauce**  
(Cheese-filled ravioli topped with marinara sauce and melted Italian cheeses)

**Daily Value**  
Based on a 2000 calorie diet



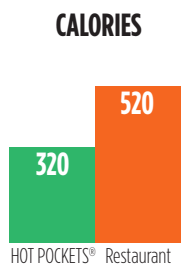
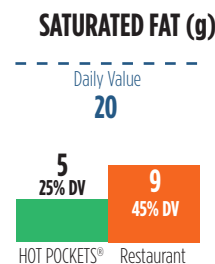
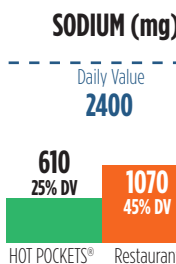
Swap frozen for QSR once a week and save 14,560 calories a year!



**HOT POCKETS® Meatballs & Mozzarella**  
(Meatballs and reduced fat mozzarella cheese with sauce in a garlic buttery seasoned crust)

**National Sandwich Chain Restaurant Meatball Marinara Sandwich**  
(Wheat bread, provolone)

**Daily Value**  
Based on a 2000 calorie diet



Swap frozen for QSR once a week and save 9880 calories a year!