

# ALLERGENS AND OTHER PRODUCT INFORMATION

Please Note: Most of Mrs. Gerry's products are made in the same manufacturing facility. If you have any questions, please contact Customer Service at (800) 642-9662.

Based on information provided by our ingredient suppliers, and to the best of our knowledge, we have created the chart below. An "X" in the column denotes that the allergen is present in this product.

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Products By Category	Milk	Eggs	Peanuts	Tree Nuts	Fish	Shellfish	Soybeans	Wheat*	Vegetarian	Vegan	Fat Free / Low Fat	Low Sodium	Low Carbohydrate	BE**	No Added Preservatives	No MSG	Can Be Heated
<b>Heatable Side Dishes</b>																	
Calico Beans									X	X	Low Fat					X	X
Classic Mashed Potatoes	X						X		X							X	X
Country Style Mashed Potatoes	X						X		X							X	X
Gourmet Macaroni & Cheese	X	X					X	X	X							X	X
Hearty Mashed Potatoes	X								X							X	X
Premium Macaroni & Cheese	X	X					X	X	X							X	X
Premium Mashed Potatoes	X								X							X	X
Premium Poultry Gravy							X				Fat Free		X	X		X	X
Steakhouse Baked Beans											Low Fat					X	X
<b>Bases &amp; Dressings</b>																	
Broccoli Toss Base		X															X
Lemon Garlic Pasta Base		X						X	X								X
Macaroni Base		X						X	X						X	X	
<b>Coleslaws</b>																	
Creamy Coleslaw		X							X						X	X	
Deli Fresh Coleslaw		X							X						X	X	
Dixie Coleslaw		X							X						X	X	
Extra Creamy Coleslaw		X							X						X	X	
Steakhouse Coleslaw		X							X						X	X	
Sweet Pepper Slaw									X	X	Low Fat				X	X	X
<b>Desserts</b>																	
Cheesecake Supreme	X						X		X					X			X
Cookies 'N' Creme	X						X	X	X					X			X
Fruit Salad	X						X							X			X
Hawaiian Ambrosia	X			X Coconut			X							X			X
Mandarin Orange Mist	X						X					X					X
Pistachio Pineapple	X			X Almonds, Pistachios			X		X								X
Rice Pudding	X	X							X		Low Fat						X
Strawberry Greek Yogurt Parfait	X										Low Fat	X					X
Strawberry Surprise							X					X					X
Tapioca Pudding	X	X							X		Low Fat						X
<b>Dips</b>																	
Dill Pickle Dip	X	X							X				X		X	X	
Old Fashioned Dill Dip	X	X							X			X	X				X
Old Fashioned Spinach Dip	X	X							X				X				X
Southwestern Dip	X	X							X				X		X	X	
<b>Kits</b>																	
Cheddar Broccoli Pasta Kit	X	X						X	X								X
Cheese Tortellini Salad Kit	X	X					X	X									X
Italian Pepperoni Pasta Kit								X	X	X							X
Oriental Crunch Kit				X Almonds			X	X	X	X		X			X		X
Parmesan Bows Kit	X	X						X	X								X
Seven-Layer Salad Kit	X	X											X				X

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<b>Pasta Salads</b>																	
Bacon Cheddar Rotelli	X	X						X									X
Bacon Cheeseburger Mac	X	X					X	X									X
Chopped Salad	X							X	X					X			X
Deli Fresh Macaroni	X	X						X	X								X
Deviled Egg Pasta		X						X	X								X
Greek Feta	X							X	X								X
Jalapeno Popper Pasta	X	X						X									X
Macaroni	X	X						X	X						X		X
Parmesan Peppercorn Pasta	X	X						X	X								X
Pasta Italiano								X	X	X	Low Fat						X
Ranch Pasta	X	X						X									X
Rotelli Pasta								X	X	X							X
Seafood Pasta		X			X Pollock	X Crab, Shrimp	X	X									X
Smoked Gouda Pasta	X	X						X									X
Smokehouse Pasta	X	X						X									X
Spring Salad		X						X	X								X
Summer Fresh Pasta		X						X	X								X
Taco Pasta	X	X						X	X								X
Tortellini Carbonara Pasta	X	X						X									X
White Macaroni		X						X	X								X
<b>Potato Salads</b>																	
Baked Potato	X	X															X
Country Style Potato		X							X								X
Deli Fresh Potato		X							X								X
Deluxe Loaded Potato	X	X					X							X			X
Deviled Egg Potato		X							X								X
Dill Potato	X	X							X								X
German Potato											Low Fat			X			X
Gourmet Potato	X	X							X								X
Mustard Potato		X							X								X
Old Fashioned Potato	X	X							X								X
Original Potato		X							X								X
Steakhouse Potato	X	X															X
Traditional Potato		X							X								X
<b>Proteins</b>																	
Egg Salad		X							X				X				X
Ham Salad		X					X								X		X
Homestyle Chicken Salad		X						X									X
Homestyle Egg Salad		X							X				X				X
Supreme Seafood Salad		X			X Pollock	X Crab, Shrimp	X	X									X
Tuna Salad		X			X Tuna		X								X		X

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<b>Specialty Salads</b>																	
Beet 'N' Onion									X	X	Fat Free				X	X	
Cowboy Caviar									X	X	Low Fat	X				X	X
Cucumber 'N' Onion									X	X	Fat Free				X	X	
Mexican Style Street Corn	X	X							X							X	X
Mushroom									X	X	Fat Free				X	X	
Pea 'N' Cheese	X								X							X	
Three Bean									X	X	Fat Free				X	X	
<b>Seasonal Items - Available for Shipment after Labor Day through December 31st</b>																	
Cranberry Almond Pasta Kit		X		X Almonds				X	X						X	X	
Cranberry Orange Relish									X	X	Fat Free	X			X	X	X
Harvest Corn									X	X	Low Fat	X				X	X

\* Mrs. Gerry's is not a gluten-free facility; however, by thorough washdowns and good manufacturing practices, we believe the products identified on this chart as "not having wheat present" would meet the requirements of the gluten-free labeling rule.

\*\* Bioengineered (BE) The National Bioengineered Food Disclosure Standard requires foods containing detectable modified genetic material to be labeled or disclosed as bioengineered.

**Definitions:**

Vegetarian = Product does not contain meat, fish, or poultry flesh.

Vegan = Product does not contain meat, fish, poultry, milk and milk products, eggs and egg products, honey, or any other animal products (such as rennet, gelatin, lard, etc.).

Fat Free = Less than 0.5 Grams of Fat per Serving.

Low Fat = 3 Grams of Fat or Less per Serving.

Low Sodium = 140 mg of Sodium or Less per Serving.

Low Carb = 10 Grams of Carbohydrates or less per Serving.

Can Be Heated = Heat to 165°-180°F, stirring occasionally. In some of these products, oil will separate if heated too long.