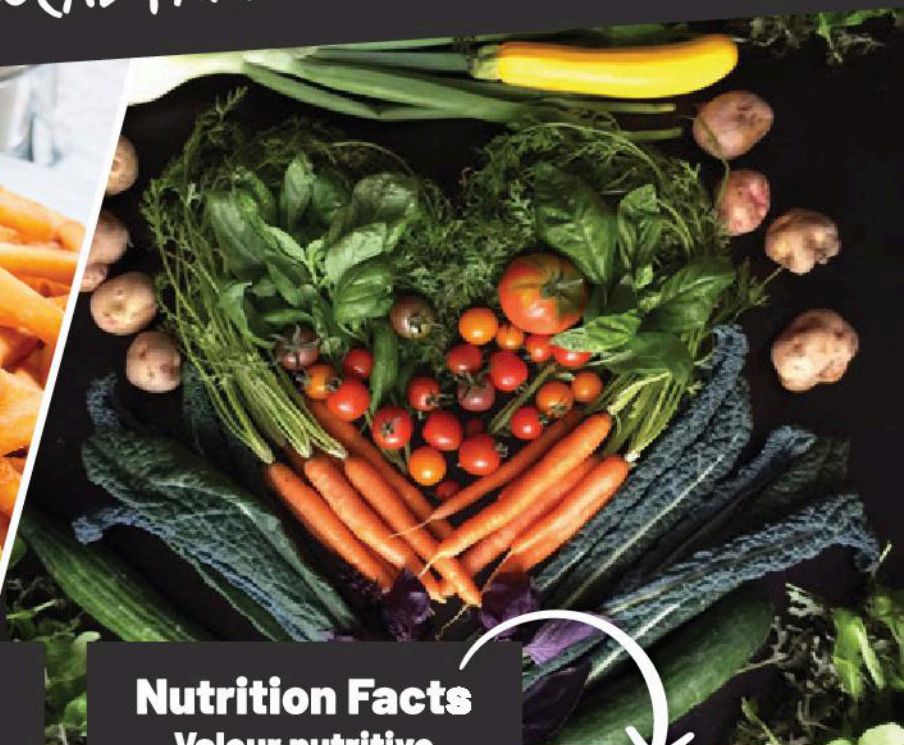


WHAT CAN YOU GET FOR \$20?

FAST FOOD VS. LOCAL FARMERS MARKET



Nutrition Facts Valeur nutritive

Per 2 double-patty hamburgers with large fries,
4 ketchups, 2 apple pies & 2 medium soft drinks (2,108 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 3,170	
Fat / Lipides 137 g	211 %
Saturated / saturés 39 g + Trans / trans 2 g	205 %
Cholesterol / Cholestérol 135 mg	45 %
Sodium / Sodium 3,410 mg	142 %
Carbohydrate / Glucides 420 g	140 %
Fibre / Fibres 22 g	88 %
Sugars / Sucres 155 g	
Protein / Protéines 66 g	
Vitamin A / Vitamine A 15 %	Calcium / Calcium 60 %
Vitamin C / Vitamine C 100 %	Iron / Fer 100 %

Just one meal!

3,170
Calories

137
grams of Fat

22g Fibre

3,410mg Sodium

Nutrition Facts Valeur nutritive

Per 1 vegetable basket (4,020 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 1,480	
Fat / Lipides 9 g	13 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 740 mg	31 %
Carbohydrate / Glucides 330 g	110 %
Fibre / Fibres 59 g	235 %
Sugars / Sucres 94 g	
Protein / Protéines 52 g	
Vitamin A / Vitamine A 760 %	Calcium / Calcium 100 %
Vitamin C / Vitamine C 1,100 %	Iron / Fer 280 %

Vegetable servings
for a family of 4 for
more than one meal

1,480
Calories

9
grams of Fat

740mg Sodium

59g Fibre