

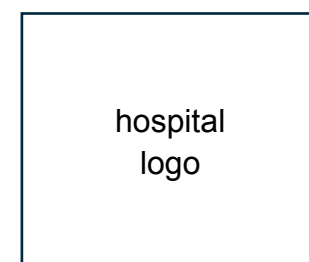
# EAT SEEDS

FOR YOUR PROTEIN NEEDS

Seeds make a crunchy snack and salad topper, and can be blended into sauces like tahini.

**Power your day  
with seeds.**

BROUGHT TO YOU BY



## **SATISFYING**

Seeds are packed with protein and many are rich in omega fatty acids, magnesium, vitamin E, and calcium.

## **SUSTAINABLE**

Seeds require less water and land to grow than other proteins making them a planet-friendly, low-carbon food.

## **SUPPORTIVE**

Buying local seeds helps our farmers and regional economy thrive.

