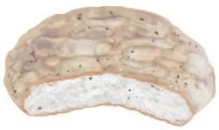
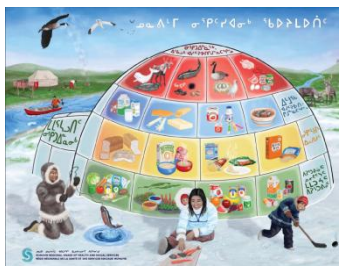
ᑎᒥᒍᑦ ᐱᐅᔪᐃᐧᑦ ᐅᖃᓚᒥᓗᑦ



- ᐃᓗᓐᓇᑎᒃ ᓄᑦᒪᕕᓂᑦ ᐱᐅᔪᐊᓕᖅᑐᑦ ᐅᖃᓚᒥᓗᓕᕆᔨᕐᑎᒃ. ᓂᓇᕆᐅᓚᓐᓇᑐᑦ ᓄᑦᒋᔨᑎᑦᓗᒋᑦ, ᖃᓚᒥᔪᖃᑎᒌᑎᓗᒋᑦ, ᓂᕿᔨᑎᑦᓗᒋᑦ ᐅᐊᕈᑎᒥᐊᔨᓗᑎᑦᓗᓂᑦ;
- ᐃᓗᓐᓇᑎᒃ ᐱᕈᖅᑐᕕᓂᑦ ᐱᐅᔪᐊᓕᖅᑐᑦ ᐱᕆᐅᓗᑎᒃ. ᓂᓇᔨᒪᔨᕕᑦ ᖃᓄᖅᑐᑎᑦᓗᒋᑦ ᐱᕈᖅᑐᕕᓂᑦ, ᒥᓄᑦᑕᖃᓄᓗᒋᑦ, ᒥᓄᑦᑕᒥᐅᕐᓇᑐᑎᑦ ᐃᒪᒥᑕᒃ ᒪᒪᖅᑐᖅ (ᔪᓂᑦ) ᐅᕐᓯᓗᓐᓂᑦ mayonnaise-ᒥᒃ ᐃᓕᓗᐃ ketchup-ᒥᒃ. Ċᓐᓇ ᑎᒥᒍᑦ ᐱᐅᔪᐊᓗᒃ ᒥᓄᑦᑕᖅᖃᖅ;
- ᐅᑦᓀᕈᒥᑦᑳᖏᑦ: ᓇᑦᓂᑲᖅᓗᑎᑦ ᓂᖅᑭᑳᖅᖃᑦᓂᓐᓂᒃ ᒪᒪᖅᑐᑎᖅᑲᓇᕐᓂᖅᐳᑐᑐᒃ ᐅᑦᑐᑎᑎᓗᒋᑦ Multi Grain Cheerios®, Shreddies®, Just Right®... ᑲᔪᓐᓇᑎᑦᓂᓂᖅᐳᓄᑦ fibre -ᑕᖃᖏᒥᒃ ᐊᒪᒪᓗ ᓂᖅᑭᓂᓂᒃ ᐃᓗᓐᓇᖃᖅᑐᒃ;
- ᐃᒪᒍᑦᓂᑦ ᒪᒪᖅᑐᑦ ᔪᖃᑦ, ᐃᒥᖏᑕᐅᔪᓐᓇᖏᖅ ᐃᒪᒍᓂᓗ, ᐊᒥᑐᑐᓂᖅᑲᐃᑦᑐᑦ ᐃᒪᒍᓂᓗᐃᑦ;

- ᐅᐊᕈᑎᒃ ᓄᑦᒪᕕᓂᑦ ᐃᓕᓴᕐᓂᒃ;
- ᔭᔭ;
- ᓂᐊᕈᔨᖏᖅ ᐅᕐᓯᓗᓐᓂᑦ ᓂᖅᑭᑦᓂᔨᖏᖅ peanut butter-ᖏᖅᑎᓂᓗᒍ;
- ᓂᕿᔪᖅ ᐱᑦᔪᓗᓐᓂᑦ;
- ᖏᖅᓯᒪᔭᕐᓂᖅ, ᐱᓗᐊᖅᑐᖏᖅ ᐊᓂᖅᓂᓂ ᐃᓚᔨᐅᓐᓂᕈᓂ: ᐊᓂᖅᓂᓂ ᐃᓚᔨᐅᔪᒪᔪᑦ ᖏᖅᓯᐊᓕᓗᐃᑦ, ᖏᓪᓕᒪᔪᐊᐲᑦ ᒪᒪᖅᑐᑎᖅᖏᖅᓂᖅᓂᑦ ᐊᒪᒪᓗ ᐅᖅᓯᖓ ᑎᒥᒍᑦ ᐱᐅᔪᐊᓚᖅᓂᑦ ᓂᐅᐃᖅᐃᓂᓂᓂᓐᓂᒃ, ᖏᓪᓕᒪᔪᐊᐲᓐᓂᓗ ᓂᐅᐃᐊᔪᓯᓂᒃ;
- ᐃᒪᒍᖅ, ᐃᒪᒍᖅ ᐊᐅᖅᖁᔪᑕᓂᒃ, ᖅᓴᓵ ᐅᐊᔪᑦᔪᓪᒪᖅᖁᑐᖅ ᔪᑭᒥᓂᑎ ᒍᒥᓂᖏᑭᑦ.



ᐱᐅᓂᖏᖅᑐᖅ ᓇᑦᓂᑲᑭᒪᑦ ᐅᖃᓚᒥᓗᖏᓂ ᓄᐃᑕᑎᑕᐅᔪᓂᒃ ᓄᓇᕐᒥᒃ ᓂᖅᑭᑦᓂᔨᖏᖅ ᖃᐅᔨᒪᐅᑎᓂ.