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GO NUTS! Pecans are a Superfood														O'RE SANDE	ADDRESS, PHONE - SAMBI	TEAM
The American Heart Association (AHA) has added Georgia Pecans to its list of certified heart-healthy foods. Research has shown that eating a handful of pecans each day may be as effective at lowering LDL ("bad" cholesterol) as some prescription medications.														E. JAINE JOINES, TEST IN THE DIT SOLVED TEST	NAME, ADDRESS, PHONE - SAMPLE: JANE JONES 125 N. MAIN ST 555-1212	SCH1
The FDA released a statement noting that a diet consisting of 1.5 ounces of nuts per day, such as pecans, may reduce the risk of heart disease. Unsaturated fats, like those in pecans, have been shown to lower total blood cholesterol and preserve HDL (good cholesterol) to help fight heart disease.															\$ 02.00 lo 02.	SCHERMER S-PECANS-R
Pecans are the most antioxidant rich tree nut and are among the top 15 foods to contain the highest antioxidant capacity. Antioxidants are powerful nutrients that slow the aging process and reduce the risk of cancer, heart disease, diabetes and Alzheimer's.															32 / 10 02 / 1	CARAMEI PECANS MANMONHIAUSES
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CANS. (912) 712															TOTAL	



OUR FAMILY'S

FARM FRESH PECANS A Fundraising Favorite For Over 75 Years

FRESH & NATURAL PECANS

America's only indigenous nut is a homogrown superfood that can be homogrown superfood that can be toosed in salads, blended in a smoothic, added to vegetables or eaten whole as a snack any time of year.

SOUTHERN PRALINE PECANS

CANDIED PECANS

Roasted just before receiving a sweet candy coating in our circa 1940s copper cauddrons, our candied pecans are a sweet treat. All are made with our freshly shelled and hand selected Fancy Mammoth Halves.

HEALTHY & DELICIOUS

A fundraiser you can feel good about