



Cultural Connections Food Information



Welcome to the Heifer Global Village! Below is food information for the Cultural Connections (half day) activity, to help you prepare for your visit.

The meal prepared during this program is gluten free and vegetarian.

Allergen Warning: Contains dairy. Please inform Global Village Coordinator Emily De Long, at emilyd@howellnaturecenter.org, if your child requires accommodation.

Ingredients:

Rice
White Quinoa
Sliced potatoes (pre-cooked)
Plain yogurt
Carrots
Green bell peppers
Onion
Garlic
Cumin
Coriander
Ginger
Turmeric
Salt
Vegetable Oil