



Global Gateway Food Information



Welcome to the Heifer Global Village! Below is food information for the Global Gateway (overnight) activity, to help you prepare for your visit.

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

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

While the final components of the meal are determined by the participants during trading, the following ingredients are all available in the program:

Rice
Quinoa
Potatoes
Cornmeal
Green peppers
Carrots
Onions
Garlic
Milk
Eggs
Cumin
Coriander
Ginger
Turmeric
Salt
Pepper
Vegetable Oil