



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.

Ingredients:

White Rice
Quinoa
Potatoes
Cornmeal, flour, sugar, Baking powder
Carrots
Green or Red bell peppers
Onion
Garlic cloves
Milk
Eggs
Cumin
Coriander
Ginger
Turmeric
Salt
Ground Black Pepper
Sugar
Vegetable Oil