

Fill Your Plate with SUPERFOODS

FAMILY FEATURES

Superfoods, by definition, are calorie sparse and nutrient dense, adding health and flavor benefits to dishes. They are superior sources of antioxidants and essential nutrients — nutrients we need but cannot make ourselves. Adding them to your daily diet, you can add freshness and flavor to meals and snacks you love.



Omega-3s, Please

The edible skin and soft bones give Alaska canned pink salmon four times the omega-3s EPA and DHA, twelve times the vitamin D as many popular canned meats and fish, 25 percent of adult RDA for calcium and nearly the daily reference amount for selenium. Stir them in and enjoy. Buy any brand — look for Alaska on the lid or label. For more information, visit www.wildalaskaseafood.com.



High-Quality Plant-Based Protein

Having a simple, but nutritious on-the-go snack can sure come in handy. All-natural and certified gluten-free, SOYJOY snack bars are baked with pieces of real fruit and non-genetically modified ground whole soybeans. The protein in soybeans provides all nine essential amino acids, making them a source of high-quality, complete protein. Available in seven flavors, at only 130-140 calories, SOYJOY is easy, tasty and wholesome — perfect for any snack occasion. For more information, visit www.soyjoy.com.



Creamy & Calcium Rich

With a rich, creamy taste and a wide variety of uses, Blue Diamond's Almond Breeze Almondmilk is a super food staple in kitchens everywhere. Almond Breeze can be enjoyed alone, over cereal, in smoothies and in cooked dishes — making it as versatile as it is delicious. Almondmilk is low in calories and high in calcium — plus, it is gluten and cholesterol-free. The unsweetened version of Almond Breeze Original provides a touch of the almond's natural sweetness, but eliminates added sugar. For more information, visit www.AlmondBreeze.com.



Packed with Potassium

Not only are potatoes delicious and versatile, but they also pack a nutritional punch. One medium potato has 110 calories and is free of fat, sodium, cholesterol and gluten. Potatoes provide more potassium than a banana and almost half of the recommended daily value of vitamin C. They're also a good source of vitamins and minerals like B6, iron and fiber, which can aid in weight loss and lower cholesterol. For more information, visit www.catwisconsinpotatoes.com.

Nebraska Wind And Solar Conference Slated Oct. 23-30

LINCOLN, Neb. — Headlining the agenda for the seventh annual Nebraska Wind and Solar Conference and Exhibition are four keynote speakers who will help lay the foundation of the theme for this year's conference "Turning Challenges into Nebraska Opportunities." The conference is planned for Oct. 29-30 in La Vista, Nebraska, at the La Vista Conference Center.

Tom Keirnan, president of the American Wind Energy Association (AWEA), will open the conference Wednesday morning and address the "Current State of Wind Development." Kiernan joined AWEA in May of 2013 and spent the previous 15 years as President of the National Parks Conservation Association. Prior to that, he

worked for the Environmental Protection Agency (EPA) and was instrumental in President George H.W. Bush's administration's efforts to implement the 1990 Clean Air Act Amendments.

Wednesday's luncheon speaker will be Dr. Karen Wayland of the U.S. Department of Energy (USDOE). Dr. Wayland is the Deputy Director for State and Local Cooperation in the office of Energy Policy & Systems Analysis. She is a recognized expert in national energy and environmental policy and comes to DOE after two years of providing strategic consulting to business and nonprofit clients.

The luncheon speaker on Thursday will be Bob Dixon, mayor of Greensburg, Kansas. On May 4, 2007, a

tornado swept through Greensburg razing 95 percent of the town. Mayor Dixon and other community leaders led the town's charge to become a model for other rural towns who wanted to be green. The town is powered by 100 percent renewable power, and large commercial buildings must meet LEED platinum standards.

"We are excited to welcome these speakers to our conference and know they will provide the knowledge to turn challenges into opportunities in Nebraska," said John Hansen, Committee Co-Chairman.

For participant registration, and to view the program, go to www.NebraskaWindandSolar-Conference.com.

BUY FRESH, BUY LOCAL

- Raspberries are ready for picking. Farmer in the Dell Raspberry Farm, 40250 285 St., Delmont, SD. Call (605)779-2018 or (605)680-4050.

Advertise Here! Contact the Press & Dakotan Classifieds staff at (605) 665-7811 or stop at 319 Walnut St., Yankton, SD 57078.

P&D CLASSIFIEDS WORK! CALL (605) 665-7811