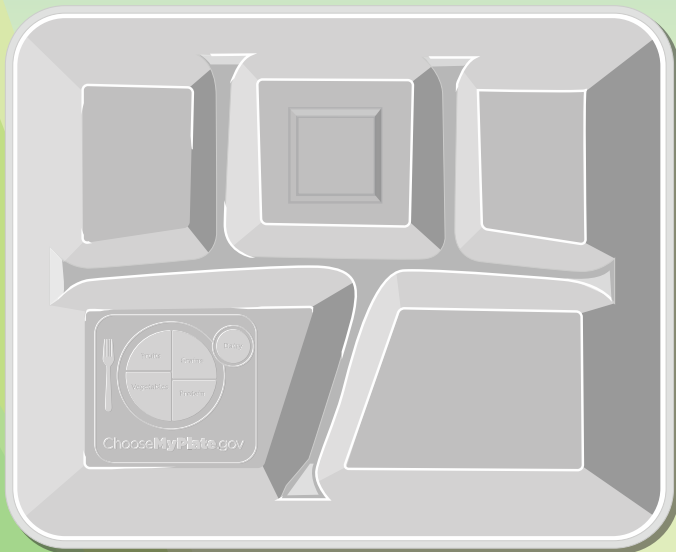


D&W FINE PACK & CHOOSEMYPLATE.GOV

CREATING A HEALTHIER LUNCH



D&W FINE PACK TRAYS

- ✓ All New Design
- ✓ Re-Sized Compartment to fit Milk Carton
- ✓ Increased height of partitions to prevent spillover
- ✓ 25% Stronger Versus our Original Tray
- ✓ Environmentally Conscious: Our trays are manufactured with Co2 and an active organic catalyst, helping accelerate the degradation process.
- ✓ Made in America

New ChooseMyPlate.Gov Trays

Item No.	Description	Material/Color	Outside L x W (in.)	Depth (in.)	Case Wt.	Cube (ft.3)	Sleeve Pack	Case Pack	Ti x Hi	UPC
FT5-500-CMP	ENVIROFOAM TRAY 5 COMPARTMNT	PS White	10.38 x 8.31	1.16	14.2	4.35	125	500	4 x 5	974320
FT5-500-SK-CMP	ENVIROFOAM COMBO-PAK	PS White	10.38 x 8.31	1.16	21.6	5.66	125	500	4 x 5	974337
FT5-500W-CMP	ENVIROFOAM TRY 5 COMPART WHEAT	PS Wheat	10.38 x 8.31	1.16	14.2	4.35	125	500	4 x 5	974344
GFT5-500-CMP	envioware TRAY 5COMP WHITE	PS White	10.38 x 8.31	1.16	14.2	4.35	125	500	4 x 5	974351
GFT5-500W-CMP	envioware TRAY 5 COMP WHEAT	PS Wheat	10.38 x 8.31	1.16	14.2	4.35	125	500	4 x 5	974368

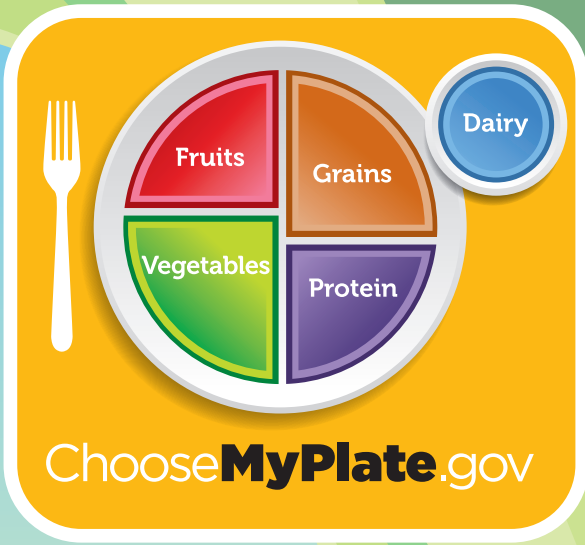


www.dwfinepack.com

MADE IN THE USA



EAT THE MYPLATE WAY



- ✓ Enjoy your food but eat less.
- ✓ Avoid oversized portions.
- ✓ Make half your plate fruits and vegetables.
- ✓ Make at least half your grains whole.
- ✓ Compare sodium, sugars, and saturated fats in foods and choose the foods with lower numbers.
- ✓ Drink water instead of sugary drinks.
- ✓ Switch to fat-free or low-fat (1%) milk.
- ✓ Be active your way.

HOW TO FILL MY PLATE



Apples • Bananas • Grapefruit • Lemons
Oranges • Strawberries • Cantaloupe
100% Apple Juice • 100% Grape Juice

- Enjoy fruit with meals, as snacks, or as a dessert



Brown Rice • Rolled Oats • Popcorn
Whole-Wheat Flour Spaghetti • Bulgur • Whole
Rye • Quinoa

- Limit grain desserts and snacks, such as cakes, cookies, and pastries.



Dark Green Leafy Lettuce • Broccoli • Potatoes
Corn • Butternut Squash • Red Pepper •
Garbanzo Beans • Zucchini

- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.



Lean Cuts of Beef, Pork, Chicken • Eggs • Black
Beans • Lentils • Soy Beans • Almonds • Walnuts
• Haddock • Salmon • Shrimp • Tuna

- Vary your protein routine. Try main dishes made with beans and seafood, like tuna salad or bean chili.



Fat-Free or Low-Fat (1%) Milk, Yogurt,
Cheese Calcium-Fortified Soy Milk



Walking • Jogging • Biking • Hiking
• Tennis • Basketball • Soccer • Swimming



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. • Choose Vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese. • Drink water instead of sugary drinks.



Code	Explanation	Temperature Range						
		Flash Freeze	Freezer	Refrigerator	Room Temp.	Warming Temp.	Microwave	Oven
PS	Polystyrene	-40° F	-15°-15° F	33°-47° F	72° F	150°-200° F	250° F	400° F
				20°F ← → 150°F				

Note: These are typical values, based on testing and published guidelines. They are not intended for use as limiting specifications nor as a substitute for product testing under your specific conditions. D&W Fine Pack assumes no liability whatsoever in connection with the use of information or findings contained herein.



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