



## Frequently Asked Questions

### Do you have any gluten-free foods?

Yes, we do. We understand how important it is for people who have been medically diagnosed with gluten sensitivity to obtain accurate information about their food to help plan their meals and diets. We have reviewed our entire pantry of foods and have divided our food into three groups: gluten-free, should not contain gluten but has not yet been validated as gluten-free, and contains gluten.

Our validated gluten-free foods include:

<u>Brands</u>	<u>Category</u>	<u>Items</u>
Act II	Microwave popcorn	All varieties
Orville Redenbacher's	Ready-to-pop popcorn in Jars	All sizes
Orville Redenbacher's	Microwave popcorn	All varieties, except Two-Step Cheddar and White Cheddar.
Orville Redenbacher's	Ready-to-eat popcorn	All varieties
Poppycock	Ready-to-eat popcorn	Original, Apple Crisp, Pecan Delight, Chocolate Lovers, Cashew
Crunch 'n Munch	Ready-to-eat popcorn	Caramel and Buttery Toffee
Fiddle Faddle	Ready-to-eat popcorn	Caramel and Butter Toffee
Jiffy Pop	Pre-seasoned ready-to-pop Popcorn	All varieties

Egg Beaters	Pasteurized egg products	All varieties
Hebrew National	Frankfurters and deli meats	All items, except Franks in a Blanket
Hunt's	Tomatoes	All fresh-pack items, such as whole, diced, etc.
Peter Pan	Peanut butter	All items
Reddi-wip	Whipped toppings	All varieties
Swiss Miss	Cocoa mix	All varieties
Swiss Miss, Snack Pack	Pudding	All varieties, except those containing tapioca

### **What is gluten?**

Gluten is a protein that comes primarily from wheat, but is also found in barley and rye. Oats don't contain gluten, but may come into contact with wheat, barley or rye, so oats should not be assumed to be gluten-free. We understand the importance of avoiding gluten for people with certain medically diagnosed conditions. Based upon scientific information, FDA draft guidelines and the World Health Organization Codex Alimentarius both consider a level of less than 20 ppm (parts per million) to be "gluten-free." Our foods must meet this standard before carrying a gluten-free claim.

### **How do you know that your food is gluten-free?**

Our food labeled as "gluten-free" undergoes rigorous ingredient and preparation review, along with testing to validate that claim. We start by reviewing the label and our recipe to determine which ones should not contain gluten, and then talk to our ingredient suppliers. Next, we review our preparation and cleaning steps. Finally, we test the food to make sure it contains less than 20 ppm (parts per million) gluten.

### **Why can't you label a food item as gluten-free based on the ingredients listed?**

Reviewing the ingredients listed on the label is only one step. Testing is required to further validate if a food item contains less than 20 ppm (parts per million) gluten and can carry a gluten-free claim.

### **What are the foods that shouldn't contain gluten, but haven't yet been validated as "gluten-free"?**

Once we review the label, our recipe and the ingredient specifications to confirm that no gluten was added to a food, it falls into the "should not contain gluten" group. Foods that do not contain gluten but have not been validated as "gluten-free" may still be appropriate for those with gluten sensitivities, but these products have not completed this rigorous review. Many of these foods are undergoing the final stages of our gluten-free validation, so continue to check our website for updates as more foods are added to the gluten-free list.

Should not contain gluten foods include:

- Hunt's tomato paste and tomato sauces (except pasta sauces)
- Hunt's ketchup
- Wesson oils
- DAVID sunflower seeds and pumpkin seeds
- PAM cooking spray: all varieties except PAM baking
- Parkay, Blue Bonnet, Fleischmann's and Move Over Butter spreads
- Ro\*Tel tomatoes (except sauces)

### **Do you have a pathogen control program?**

Yes, we do. We follow rigorous food safety practices in all our food preparation and storage facilities. Our foodborne pathogen control program starts with making sure our buildings and equipment are cleaned and maintained, and that we have systems in place to keep out anything that could potentially contaminate our food.

Keeping it clean is key to pathogen control. Cleaning our mixing, sifting, cooking, freezing and all our preparation equipment, utensils, other food contact surfaces and floors is just as important to us as it is in your kitchen. We monitor our preparation and cleaning processes to ensure they are done properly. For example, it is critical that the right time and temperature is followed to ensure our canned foods are safe, just as it is in home canning. Testing for certain contaminants (pathogens) is also done – on ingredients, the equipment and the environment.

Training is also important. We train our team members to know how to clean and prepare our foods so that pathogens are controlled. And of course, we have to have a great team. We have canning, food safety, sanitation, microbiology and chemistry experts on our team so that you can trust our food to be delicious and safe.

### **What is HACCP?**

HACCP stands for Hazard Analysis Critical Control Point and is a preventative approach to food safety.

### **Do you have a HACCP program?**

Yes, we do. We have had HACCP plans in place for many years. In fact, all of the facilities where our food is made have HACCP plans.

We review every step – from the ingredients we buy, to how our ingredients and finished foods are transported, stored, and prepared, to our cleaning and sanitizing procedures.

A thorough hazard analysis is done for every food and every line in our facilities to identify potential physical, chemical and biological hazards. Then we identify and implement the preventative steps needed to ensure the food we make every day is safe. Our pathogen control programs are an important part of our HACCP plans.

And we don't just make a plan once. Our HACCP plans are thoroughly reviewed at least every year by a team of experts to ensure they are up to date with the most current preventative controls and to comply with the newest food safety regulations and industry best practices.

### **What are you doing to reduce the sodium content in your food?**

In October 2009, we announced a pledge to reduce salt across our Consumer Foods portfolio by 20 percent by the end of 2015. Building on efforts that began in 2006, this objective will further reduce salt in our food each year. The scope of ConAgra Foods' sodium reduction efforts is broad and diverse, including as many as 20 brands, 160 food varieties and all temperature categories in the supermarket.

### **Is it safe to eat your food if it includes ingredients produced using biotechnology (also referred to as “biotech, genetically modified organisms or GMO”)?**

Throughout the past two decades, biotechnology has been used to improve yield, nutrition, resistance to drought and insects, and other desirable qualities of several common food crops, including corn and soy. At ConAgra Foods, we only purchase and use ingredients that comply with U.S. Department of Agriculture and Food and Drug Administration (FDA) regulations for

food safety and nutrition. Both the U.S. Environmental Protection Agency and the FDA have concluded that biotech food that is approved for human consumption is as safe and nutritious as food that is developed through more conventional methods.

### **Will you continue to use biotech ingredients in your food?**

The use of biotechnology is one of the most effective and sustainable ways to keep our food affordable, accessible and safe and helps us continue to provide a high quality of food to our consumers. We understand the field of food biotechnology is constantly shifting as advancements are made in the world of science. We will continue to reevaluate our internal policies, relying heavily on evolving science, consumer and customer expectations, and regulatory decisions. Ultimately, consumers will decide what is acceptable in the marketplace based on the best science and public information available. We will continue to listen carefully to our customers and consumers about biotechnology.

### **Do you make any food without biotech ingredients?**

We provide a range of alternatives for those who want food without biotechnology ingredients. All of our Lightlife refrigerated soybean-based vegetarian foods only use non-GMO soy beans. For all our other Lightlife foods, we require our ingredient suppliers to guarantee that they use no genetically engineered soybeans.

### **How do I know animals are treated properly in making your food?**

The only way to deliver quality food is to follow quality procedures, and that includes how farm animals are raised and processed. We believe in the humane treatment of animals. It's the right thing to do, and it plays a key role in the quality of our food.

Our Supplier Quality Program outlines specific expectations for appropriate animal care, and we encourage all our suppliers to purchase only from farms that comply with industry guidelines, including those established by the U.S. Department of Agriculture and the Food Marketing Institute.

### **Does the packaging of your food contain BPA?**

Bisphenol A, or BPA, is one component of the thin, flexible lining found inside food metal cans. At ConAgra Foods, we only use BPA as part of the liner inside some of our cans and it is the type of liner safely used by the vast majority of the food and beverage industry. We use this type of plastic lining to better protect the safety and quality of the canned foods we make. For example:

- Using this thin lining inside our canned foods extends their shelf-life by preventing the food inside the can from spoiling and it also helps prevent corrosion inside the can itself.

- This thin lining also helps protect the taste of many foods. Without this lining on the inside of cans, foods may have a "tinny" taste that most consumers find distasteful.

### **Is it safe to eat your food that is packaged using BPA?**

We remain confident in the safety of all our food, including canned items that utilize liners made with BPA. We comply with and will continue to comply with all applicable food and packaging safety requirements and regulations.

The Food and Drug Administration (FDA) does not recommend that families change their use of canned foods including infant formula and other foods, as the benefit of a stable source of good nutrition outweighs any potential risk from BPA exposure. For those consumers who wish to reduce or minimize their exposure to BPA, the Department of Health and Human Services (HHS) has posted recommendations on its website, which can be accessed [here](#).

### **Do you make any food without BPA packaging?**

We have begun packaging some canned foods, specifically tomatoes, in non-BPA lined cans, and we will continue to evaluate non-BPA liners for the remainder of our canned-food portfolio. Additionally, ConAgra Foods does not use the type of plastic that is made from BPA for our frozen meals trays or other foods with plastic packaging. The companies that manufacture the plastic frozen meal trays ConAgra Foods uses have certified that there is no BPA used in the manufacturing of the trays we use, nor in the manufacturing of the components that are used to make the trays themselves.

As an ongoing commitment to food safety and quality, we are constantly looking for new and better ways to package our food. Any replacement for BPA-containing coatings will need to pass rigorous safety and quality testing before it would be accepted by ConAgra Foods for use in our packaging. We will continue to closely monitor any emerging regulations, as well as consumer expectations, regarding BPA use in food contact applications.

### **Can I reuse the plastic containers of your frozen meals?**

No, you should not reuse these plastic containers as they are not designed for multiple uses.