



Non-Dairy Made Easy

A Nourishing Guide for Dairy-Free Living



Something for Every Body.



#nourisheverybody



The most diverse line of non-dairy beverages with more than 20 options to choose from.

INGREDIENTS MATTER



Our focus on **authenticity** lets the **true flavor** and **natural nutrition** of ingredients shine. We know exactly where and how our Non-GMO ingredients are grown because they're all Certified to the Source.®



Choices, Choices

As versatile as dairy, we'll show you how non-dairy beverages can be **SIPPED, BLENDED, STIRRED** and **BAKED** in your favorite recipes.

FRESH TASTE

Shelf-stable cartons capture and preserve the flavor and freshness of each beverage – conveniently available in your pantry.

Let's get started!



Our Varieties

Almond Subtle roasted taste

Fact

Versatile for almost any application.

Great Uses

Sipping
Smoothies
Cereal
Oatmeal
Baking
Soups
Sauces



Light Consistency

Choose From:

- ✓ Original
- ✓ Vanilla
- ✓ Unsweetened Original
- ✓ Unsweetened Vanilla

NUTRITIONAL BENEFITS

Loaded with Riboflavin (B2) and vitamin D.

Coconut Authentic coconut taste

Fact

Original sweetened only with coconut water – no cane sugar added.

Great Uses

Sipping
Smoothies
Baking
Soups & Asian-inspired recipes



Medium Consistency

Choose From:

- ✓ Original
- ✓ Unsweetened Original
- ✓ Unsweetened Vanilla

NUTRITIONAL BENEFITS

Packed with potassium, vitamin D, vitamin B12 and a natural source of Medium Chain Fatty Acids (MCFAs).

Hazelnut Distinctive nutty taste

Tip

8 oz. Chocolate is great for the lunchbox.

Great Uses

Sipping
Smoothies
Coffee
Baking



Medium Consistency

Choose From:

- ✓ Original
- ✓ Chocolate

NUTRITIONAL BENEFITS

Loaded with calcium, Riboflavin (B2), vitamin A and vitamin D.

Hemp Mild nutty taste

Tip

Best used for baking.

Great Uses

Smoothies
Coffee
Baking – extra fluffy pancakes!
Soups
Sauces
Salad dressings



Creamy Consistency

Choose From:

- ✓ Original
- ✓ Vanilla
- ✓ Unsweetened Original
- ✓ Unsweetened Vanilla
- ✓ Chocolate

NUTRITIONAL BENEFITS

Packed with essential amino acids, calcium, magnesium and omega 3 & 6.

Our Varieties

Oat Mild sweet flavor

Fact
Sweetened
only with oats
– no cane
sugar added.

Great Uses

Sipping
Smoothies
Cereal
Oatmeal
Baking
Soups
Gravy/Sauces



**Medium
Consistency**

Choose From:

- ✓ Original
- ✓ Vanilla

NUTRITIONAL BENEFITS

Full of calcium, protein,
vitamin D, Riboflavin (B2)
and 10% of daily iron.

Rice Mild neutral flavor

Tip
Ideal for those
with allergies
to nuts, gluten
and soy.

Great Uses

Sipping
Smoothies
Cereal



**Light
Consistency**

Choose From:

- ✓ Original
- ✓ Vanilla

NUTRITIONAL BENEFITS

Loaded with calcium
and vitamin D.

Soy Rich and lightly sweet – no beany taste

Fact
Closest
nutritional
match to
dairy milk.

Great Uses

Sipping
Smoothies
Cereal
Coffee



**Creamy
Consistency**

Choose From:

- ✓ Ultra Soy Original
- ✓ Ultra Soy Vanilla
- ✓ Select Soy Original
- ✓ Select Soy Vanilla
- ✓ Organic Unsweetened Soy

NUTRITIONAL BENEFITS

Features 5-10 g soy
protein per serving.

Cashew Mild, slightly nutty taste

Fact
Made with
Organic and
Fair Trade™
Certified
cashews.*

Great Uses

Sipping
Smoothies
Coffee
Cereal
Oatmeal
Baking
Sauces
Soups



**Creamy
Consistency**

Choose From:

- ✓ Original
- ✓ Unsweetened Original
- ✓ Vanilla
- ✓ Unsweetened Vanilla

NUTRITIONAL BENEFITS

Carrageenan free.

*Supports safe working conditions and sustainable growing practices in the farming communities

Free of Dairy, Full of Nutrition

What's
in a cup?
(per 8 oz.
serving)

Key allergen and nutrient
comparison of Pacific's original
non-dairy beverages to dairy milk.

	Pacific. OAT Original	Pacific. ULTRA SOY Original	Pacific. ALMOND Original	Pacific. HEMP Original	Pacific. RICE Original	Pacific. HAZELNUT Original	Pacific. COCONUT Original	Pacific. CASHEW Original	DAIRY MILK (2%)
Calories	130	140	60	140	130	110	60	70	130
Protein (grams)	4	10	1	3	1	2	0	2	8
Calcium (% Daily Value)	35%	30%	2%	50%	30%	30%	6%	4%	30%
Fat (grams)	2.5	5	3	5	2	3.5	4	4	5
Sugar (grams)	19	8	7	14	14	14	3	5	12
Iron (% Daily Value)	10%	10%	2%	6%	6%	2%	2%	0%	0%
Gluten- Free		✓	✓		✓	✓	✓	✓	✓
Nut-Free	✓	✓		✓	✓				✓
USDA Certified Organic	✓		✓				✓	Made with Organic Cashews	
Non-GMO Project Verified	✓	✓	✓	✓	✓	✓	✓		

○ Available in **unsweetened varieties**

● Available in **flavored varieties** (eg. Vanilla, Chocolate)

10 Best Plant-Based Foods for Calcium and Protein

“The popularity of non-dairy beverages is growing every day. If you’re thinking, ‘Well, if I don’t drink cow’s milk, where will I get my protein and calcium from?’ You’re not alone! The truth is that there are many plant-based foods full of these nutrients – including non-dairy beverages!”

— Megan Roosevelt, RDN & Founder of HealthyGroceryGirl.com



CALCIUM

✓ Pacific Foods Hemp Original 480 mg OF CALCIUM PER 1 CUP

A great source of plant-based nutrition. Every eight-ounce serving of our hemp non-dairy beverage is packed with essential amino acids, 3 grams of protein, omegas 3 and 6, calcium and vitamins.

- ✓ **Tempeh** packed with fiber and nutrients, this is a great versatile meat alternative
- ✓ **Kale** stash in smoothies for a green boost of nutrition or season and bake in the oven for a healthy, crunchy snack
- ✓ **Almonds** blend to make your own nut butter or add to granola, cold cereal, oatmeal or smoothies for crunch and protein
- ✓ **Broccoli** excellent source of vitamin K, vitamin C, folate, dietary fiber and much more



PROTEIN

✓ Pacific Foods Ultra Soy 10g OF PROTEIN PER 1 CUP

In addition to being a natural source of protein, our soy non-dairy beverages are packed with all the essential amino acids our bodies need, including calcium and vitamins A, B, D and E.

- ✓ **Lentils** cook for a nutrient-dense alternative to meat in meatballs, taco filling or salad topping
- ✓ **Beans** make black bean brownies for a protein and fiber-packed treat or use as a base for vegetarian meatballs and burgers
- ✓ **Quinoa** use cooked as a hot or cold cereal by combining with non-dairy beverage, cinnamon and fruit or serve in place of rice
- ✓ **Seeds** (sunflower, sesame, chia, hemp, etc.) sprinkle seeds on top of salads, in smoothies or add to baked goods to increase protein and healthy fats

Sources: <http://www.vrg.org/nutrition/calcium.php>, <http://nutritionstripped.com/10-plant-based-proteins-eating>

Non-Dairy Sipping Guide

Sweet or subtle, our original varieties suit any palate!

CREAMY



Soy



Hemp



Cashew



Oat



Hazelnut



Coconut



Rice



Almond

SUBTLE

SWEET

LIGHT

How to Build the Perfect Smoothie

1 Start with your favorite non-dairy beverage
1 cup (8 oz.)

2 Sweeten with fruit
1 cup

- Berries
- Citrus
- Mango
- Pineapple
- Peach

3 Add some greens
1/2 cup

- Spinach
- Kale
- Swiss chard
- Your favorite leafy green

4 Make it creamy
1/4 cup

- Banana
- Plant-based yogurt
- Avocado
- Silken tofu



5 OPTIONAL Power it up or add a pinch of flavor

1 serving

- Nuts
- Hemp seeds
- Chia seeds
- Flax seeds
- Plant-based protein powder

1/2 tsp

- Cinnamon
- Cacao nibs
- Fresh ginger
- Turmeric
- Raw honey

Tips:

- For a thicker smoothie, use frozen fruit, reduce the amount of non-dairy beverage and/or toss in a handful of ice.
- 8 oz. oat, almond or hemp are perfectly portioned for smoothies!
- With shelf-stable cartons, you can always have non-dairy on hand.



Baker's Dairy-Free Conversion Chart

replace:

Milk

Swap with any non-dairy beverage of your choice

Add to recipe earlier than directions specify to enhance flavor.



TIP: Unsweetened non-dairy beverages make for a slightly denser texture in muffins and cakes.

replace:

Buttermilk



Cup of oat or hemp

tbsp vinegar or lemon juice



Mix together and let rest for 5-10 minutes.

TIP: Avoid almond, hazelnut and soy – they curdle when combined with acid (like vinegar or lemon).

replace:

Whipped Cream



Can full fat coconut milk, refrigerated for 24 hours



tbsp organic powdered sugar



tsp pure vanilla extract

Open the can of coconut milk and scoop the thick layer of milk into a chilled mixing bowl (save the liquid for smoothies). Beat on high speed for 15-20 seconds, just until the mixture turns to liquid. Add the powdered sugar (amount depends your taste) and vanilla extract and blend on high speed for 1-2 minutes, until light and creamy. Use immediately or store in an air tight container for up to three days.

TIP: Chocolate non-dairy varieties will make your baked goods appear slightly darker and taste sweeter.

replace:

Evaporated Milk



Cups any non-dairy beverage



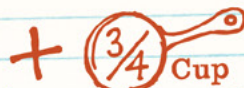
Simmer in saucepan over medium-high heat, stirring constantly until reduced to 1 cup (approx. 15 minutes). Cool and use immediately or seal tightly and store in refrigerator for up to one week.

replace:

Sweetened Condensed Milk



Cup evaporated non-dairy beverage



Cup sugar



Make evaporated non-dairy beverage (above), keep in saucepan and do not cool. Add sugar and stir over medium-high heat until fully dissolved. Cool and use immediately or seal tightly and store in refrigerator for up to one week.

MEAL BY MEAL

Dairy-Free Breakfast

Recipe on
page 14

Use in a
smoothie
or smoothie
bowl

- ✓ Start with any non-dairy variety that suits your taste!

Replace coffee
creamer

- ✓ Hemp makes frothy lattes
- ✓ Hazelnut adds subtle flavor and sweetness
- ✓ Chocolate Hemp or Hazelnut makes for a mocha-like experience

AVOID:
Almond—
which tends
to separate
when added
to coffee

Pour over
cereal

- ✓ Soy adds a protein boost and rich, dairy-like texture
- ✓ Rice has a neutral flavor and natural sweetness
- ✓ Unsweetened varieties don't overpower sweeter cereals

Recipe on
page 15

Mix in
pancake batter

- ✓ Hemp keeps the texture perfectly light and fluffy
- ✓ Rice works best for thin crepes

MEAL BY MEAL

Dairy-Free Lunch

Whip into salad dressings

- ✓ Try hemp or soy for a super creamy ranch dressing
- ✓ Add whole grains to your greens with an oat-based dressing

Sip it straight

- ✓ Almond delivers a classic, subtle roasted flavor
- ✓ Soy and oat supply protein and nutrients
- ✓ Coconut has a refreshing, authentic coconut taste

Bake into biscuits or muffins

- ✓ Make buttermilk with oat or hemp plus lemon juice for light and fluffy biscuits
- ✓ Hazelnut adds a nice golden color to baked goods

Buttermilk replacement on page 9

Recipe on page 18

Recipe on page 17

MEAL BY MEAL

Dairy-Free Dinner

Recipe on
page 19

Stir into versatile sauces

- ✓ Soy and hemp boost nutrition
- ✓ Swap milk for your favorite non-dairy 1:1

Recipe on
page 20

Make into ice cream

- ✓ Blend frozen bananas with any non-dairy beverage for an instant frozen treat
- ✓ Use hemp in your traditional recipe and slow churn for silky texture

Blend in soups

- ✓ Coconut's clean, rich flavor plays up spicy flavors and is a lighter alternative to canned coconut milk
- ✓ Soy adds a silky richness to cream-based soups

AVOID:
Hazelnut—it's great for baking but too sweet for savory recipes

Recipe on
page 22



Bananas Foster Coconut Chia Pudding

YIELD: Makes 2 servings

INGREDIENTS

FOR CHIA PUDDING

¼ cup chia seeds

1 cup Pacific Foods Organic Coconut Original Non-Dairy Beverage

2 tsp raw honey or pure maple syrup, more to taste

FOR BANANAS FOSTER TOPPING

2 large bananas

4 tbsp organic coconut oil or vegan butter

¼ cup coconut sugar

1 tsp vanilla extract

Optional: 2 tbsp dark rum

Optional: ¼ cup chopped walnuts



INSTRUCTIONS

1. In a bowl, place chia seeds, coconut milk, and sweetener and mix until combined. Place bowl into refrigerator for at minimum 3-5 hours or overnight. Once ready to assemble, remove chia pudding from the refrigerator and taste. Adjust sweetener as desired.
2. In a skillet heat organic coconut oil or vegan butter until melted and add in sugar, whisking until combined.
3. Stir in vanilla and sliced bananas, cooking for 2-4 minutes while occasionally mixing.
4. Add in optional rum and walnuts and let cook for an additional 3-4 minutes.
5. Remove from heat, let cool for 5 minutes and layer bananas foster topping with chia seed pudding in a bowl, mug, or cup and enjoy!



Recipe by: Lexi Kornblum,
Lexi's Clean Kitchen
www.lexiscleankitchen.com





Banana Mango Smoothie Bowl

YIELD: Makes 1 smoothie bowl

INGREDIENTS

SMOOTHIE

$\frac{3}{4}$ cup Pacific Foods Organic Almond Unsweetened Original Non-Dairy Beverage

1 cup frozen mango

1 small frozen banana

1 tsp chia seeds

Handful of ice

Optional: 1 scoop protein powder

TOPPINGS

Sliced banana

Slivered almonds

Granola

Berries

Coconut flakes

Pepitas

Chia seeds

Shaved dairy-free chocolate chunks

Nuts of choice

Dried fruit

Nut butter



INSTRUCTIONS

1. Place smoothie ingredients in your high-speed blender and blend until smooth.
2. Pour into a bowl, add your toppings and devour!



Recipe by: Lexi Kornblum,
Lexi's Clean Kitchen
www.lexiscleankitchen.com





Hearty Hemp Pancakes

Yield: Makes 12 4-inch pancakes

INGREDIENTS

- 2 cups all-purpose flour
- 2 tbsp sugar
- 1 tbsp baking powder
- 1 tsp salt
- 1 ½ cups Pacific Foods Hemp Original Non-Dairy Beverage
- 2 large eggs
- ¼ cup organic coconut oil, melted and cooled
- 1 tsp vanilla extract
- Optional: top with vegan butter and pure maple syrup



INSTRUCTIONS

1. In a large bowl, combine the flour, sugar, baking powder, baking soda and salt. In a separate bowl, whisk together the hemp non-dairy beverage, eggs, vanilla and the melted and cooled organic coconut oil. Add to the dry ingredients and mix until just combined. Do not over mix.
2. Preheat a skillet over medium heat and grease with vegan butter or oil. Pour ¼-½ cup of batter (depending on desired pancake size) into the pan and cook until edges appear dry and bubbles are visible on top, about 3 minutes. Flip and cook on the other side 2-3 minutes until browned.
3. Serve immediately or keep warm in a 200 degree oven until ready to serve. Store leftovers in an airtight container in the fridge for up to 1 week, or freezer for up to 1 month. Reheat in the toaster.



Recipe by: by Annalise Sandberg
of Completely Delicious
www.completelydelicious.com





Cinnamon Hazelnut Chocolate Chip Muffins

YIELD: Makes 12 muffins

INGREDIENTS

FOR MUFFINS

- 1½ cups gluten-free all-purpose flour
- ¾ cup sugar
- 1 tbsp + 1 tsp ground cinnamon
- 1½ tsp baking powder
- ½ tsp baking soda
- ½ tsp kosher salt
- ½ cup + 2 tbsp Pacific Foods Hazelnut Original Non-Dairy Beverage
- ½ cup safflower oil
- 2 large eggs, room temperature
- 2 tsp pure vanilla extract
- ½ cup coarsely chopped hazelnuts, toasted
- ¼ cup dairy-free dark chocolate chips

FOR STREUSEL

- ¼ cup coarsely chopped hazelnuts, toasted
- 3 tbsp light brown sugar
- 1 tbsp organic coconut oil or vegan butter
- 1 tsp ground cinnamon



Recipe by Sarah of
Snixy Kitchen
www.snixykitchen.com



INSTRUCTIONS

1. Preheat oven to 350 degrees and line muffin tin with liners.
2. Prepare streusel topping by mixing all ingredients together in a bowl until evenly combined and clumpy when pressed together. Set aside.
3. Whisk flour, sugar, cinnamon, baking powder, baking soda, and salt together in a medium bowl.
4. In a separate bowl, whisk together hazelnut non-dairy beverage, oil, vanilla, and eggs until combined.
5. Add liquid ingredients to dry ingredients and mix until completely smooth.
6. Fold in chopped hazelnuts and chocolate chips.
7. Divide batter among 12 muffin liners, filling each ¾ full.
8. Sprinkle the streusel topping over muffins.
9. Bake for 18-20 minutes, until a toothpick inserted into center comes out clean. Transfer muffin to a wire rack to cool before serving.





Tahini Ranch Dressing

YIELD: Makes 4 servings

INGREDIENTS

FOR DRESSING

½ cup tahini

½ cup Pacific Foods Hemp Original Non-Dairy Beverage

2 tbsp olive oil

Lemon juice

Salt and pepper to taste

FOR SALAD

1 head romaine lettuce (chopped)

2 cups spring salad greens

1 cup cherry tomatoes (cut in half)

¼ cup sunflower seeds



INSTRUCTIONS

1. Combine tahini, hemp non-dairy beverage, olive oil, lemon and salt and pepper together. Whisk vigorously with a fork until completely combined and smooth.
2. Combine dressing with lettuce, spring salad greens, and cherry tomatoes, toss to thoroughly coat salad greens. Sprinkle with sunflower seeds.





Rosemary Biscuits

YIELD: Makes 12 biscuits

INGREDIENTS

- 2 cups all-purpose flour
- 1 cup Pacific Foods Organic Oat Original Non-Dairy Beverage
- 1 tbsp lemon juice
- 1 tbsp baking powder
- ½ tsp baking soda
- ¾ tsp salt
- 4 tbsp vegan butter (very cold, cut into small pieces)
- 2 tbsp rosemary (minced)



INSTRUCTIONS

1. Preheat oven to 425 degrees. While oven is preheating add lemon juice to oat non-dairy beverage and let sit for 5 minutes.
2. In a large chilled mixing bowl, combine dry ingredients. Add pieces of cold vegan butter and using a pastry cutter, combine until the vegan butter is in very small pieces.
3. Add oat non-dairy beverage and combine until a sticky dough forms, don't overmix.
4. Transfer to a lightly floured surface, fold the dough over itself 5 times.
5. Using a pastry cutter or water glass, cut out biscuits and transfer to a parchment-lined cookie sheet.
6. Bake for 10-15 minutes until biscuits start to turn golden brown.





Thai Coconut Shrimp Soup

YIELD: Makes 1 medium-sized pot of soup; about 4 servings

INGREDIENTS

- 1 teaspoon sesame oil
- 3 tbsp fresh lime juice
- 3 tbsp low-sodium soy sauce
- 2 tsp sriracha (or sriracha style) hot sauce
- 1 pound medium shrimp, peeled and tails removed
- 2 tbsp red curry paste
- 2 large strips of lime zest (you can use a vegetable peeler to help you with this)
- 1 tbsp fresh grated ginger or fresh ginger juice
- 5 cups chicken or vegetable stock
- ¾ cup rice (I used long-grained jasmine)
- 2 cups Pacific Foods Organic Coconut Unsweetened Original Non-Dairy Beverage
- 1 cup frozen red bell pepper strips
- 1 cup frozen peas
- 1 carrots, peeled and cut into thin strips
- 2 jalapeño peppers, seeds removed and cut into thin slices
- ¼ cup fresh cilantro, chopped



Recipe by: Ashley Manila,
Baker By Nature
www.bakerbynature.com



INSTRUCTIONS

1. In a medium-sized skillet heat the oil over medium-high heat. Once hot, add the shrimp, lime juice, soy sauce, and hot sauce; cook for 2 minutes, then flip the shrimp and cook for another 2 minutes. Remove pan from heat and set aside.
2. In a large saucepan or stockpot combine the red curry paste, lime strips, ginger and chicken stock; bring to a rolling simmer over medium heat.
3. Add rice, stir well to combine, then partially cover the pan and simmer on medium-low heat, stirring occasionally, until rice is almost done, about 20 minutes.
4. Stir in the coconut non-dairy beverage, peppers, and peas. Bring mixture back to a simmer and continue cooking for another 10-15 minutes, or until the rice is soft to the bite.
5. Stir in the shrimp and all of the liquid they were cooked in; cook for another 2 minutes. Stir in carrots, jalapeños, and cilantro.
6. Pour into bowls, top with additional cilantro if desired, and serve at once!





Five Minute Peanut Sauce

YIELD: Makes 4 servings

INGREDIENTS

½ cup Pacific Foods Organic Coconut Unsweetened Original Non-Dairy Beverage

⅓ cup organic peanut butter

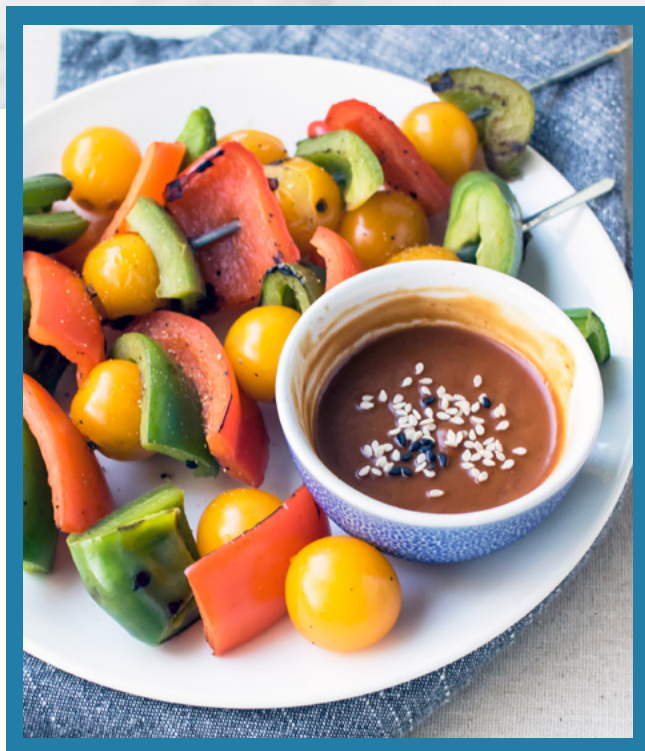
1 tbsp soy sauce

1 tbsp sesame oil

1 tbsp lime juice

½ tbsp warmed honey
(or sub agave syrup if vegan)

Optional: Top with sesame seeds



INSTRUCTIONS

1. In a small bowl, combine coconut non-dairy beverage, peanut butter, soy sauce, sesame oil, lime juice and honey. Whisk vigorously with a fork until completely combined and smooth. Top with sesame seeds.
2. Serve with your favorite grilled or fresh veggies.





Creamy Oat Mashed Potatoes

YIELD: Makes 6 servings

INGREDIENTS

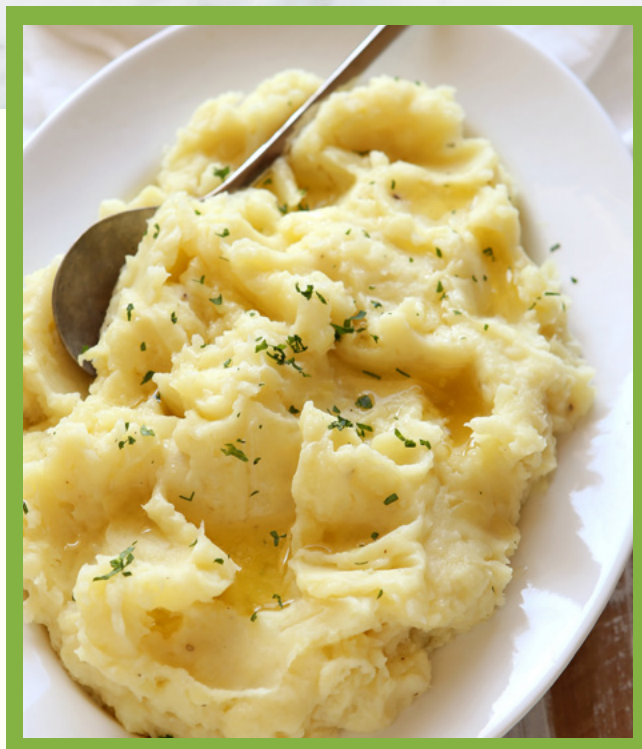
3 lbs yukon gold potatoes, peeled and diced

½ cup Pacific Foods Organic Oat Original Non-Dairy Beverage

5 tbsp olive oil, plus additional for drizzling

1 ½ tsp salt, plus more to taste

½ tsp fresh black pepper



INSTRUCTIONS

1. Add the diced potatoes to a large pot, cover with cold water, and salt generously.
2. Bring to a boil, then reduce heat and simmer until fork tender, about 20 minutes.
3. Drain and return potatoes to the pot. Add oat non-dairy beverage, olive oil, salt and pepper. Mash until thick and creamy.
4. Taste and adjust seasoning as needed. Before serving, drizzle with olive oil, if desired.



Recipe by: by Annalise Sandberg
of Completely Delicious
www.completelydelicious.com





Raspberry Fudge Swirl Coconut Ice Cream

YIELD: Makes 6 servings

INGREDIENTS

2 (14 oz.) cans coconut cream, chilled in the fridge overnight

½ cup Pacific Foods Organic Coconut Original Non-Dairy Beverage

½ cup organic sugar (or sub coconut sugar)

1 tsp vanilla extract

1 ½ cups raspberries (fresh or frozen)

½ cup dairy-free chocolate chips

1 tsp coconut oil

1 tsp honey (or sub agave syrup if vegan)



INSTRUCTIONS

1. In a small sauce pan, simmer raspberries and honey on low heat for 3 minutes (6 minutes if using frozen berries). The resulting consistency should be a mixture of liquid and raspberry pieces. Place in the refrigerator and let cool for 10 minutes.
2. In a small bowl, heat chocolate chips and coconut oil in the microwave for 30 second increments until melted. Set aside to cool slightly.
3. Remove coconut cream from fridge carefully without shaking. Scoop out the coconut cream into a large mixing bowl (without the clear liquid that should have settled at the bottom of the can). With an electric mixer, whip until creamy and smooth, about 3 minutes.
4. Add vanilla, coconut non-dairy beverage, and sugar. Continue whipping for an additional 2 minutes.
5. Scoop ½ of the coconut mixture into to a parchment lined freezer safe container, swirl ½ of the raspberry puree and ½ of the chocolate into the coconut mixture, then layer with the remaining coconut mixture and the remaining raspberries and chocolate.
6. Freeze overnight. Set out at room temperature for 15-20 minutes before scooping.



ABOUT

Pacific Foods

from our family to yours

What matters most is



letting the pure flavor of simple ingredients shine, and giving people clean, nourishing foods that help them eat and live their best.



We partner with our local food bank, elementary schools and donation centers on an ongoing basis to stock them with

NOURISHING
meals and ingredients.

115,092
MEALS DONATED
— IN 2016 —



As our founder says...

“

We all deserve access to nourishing foods. It's as simple as that. This idea guides our work every single day. ”

— CHUCK EGGERT, FOUNDER AND CEO



We actively work to reduce our environmental impact with conservation efforts that have prevented nearly 2,000 metric tons of CO2 emissions annually.

EQUAL TO TAKING 421 CARS OFF THE ROAD EACH YEAR



View the full range of our products, explore additional recipes and learn more about our values at

www.pacificfoods.com





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