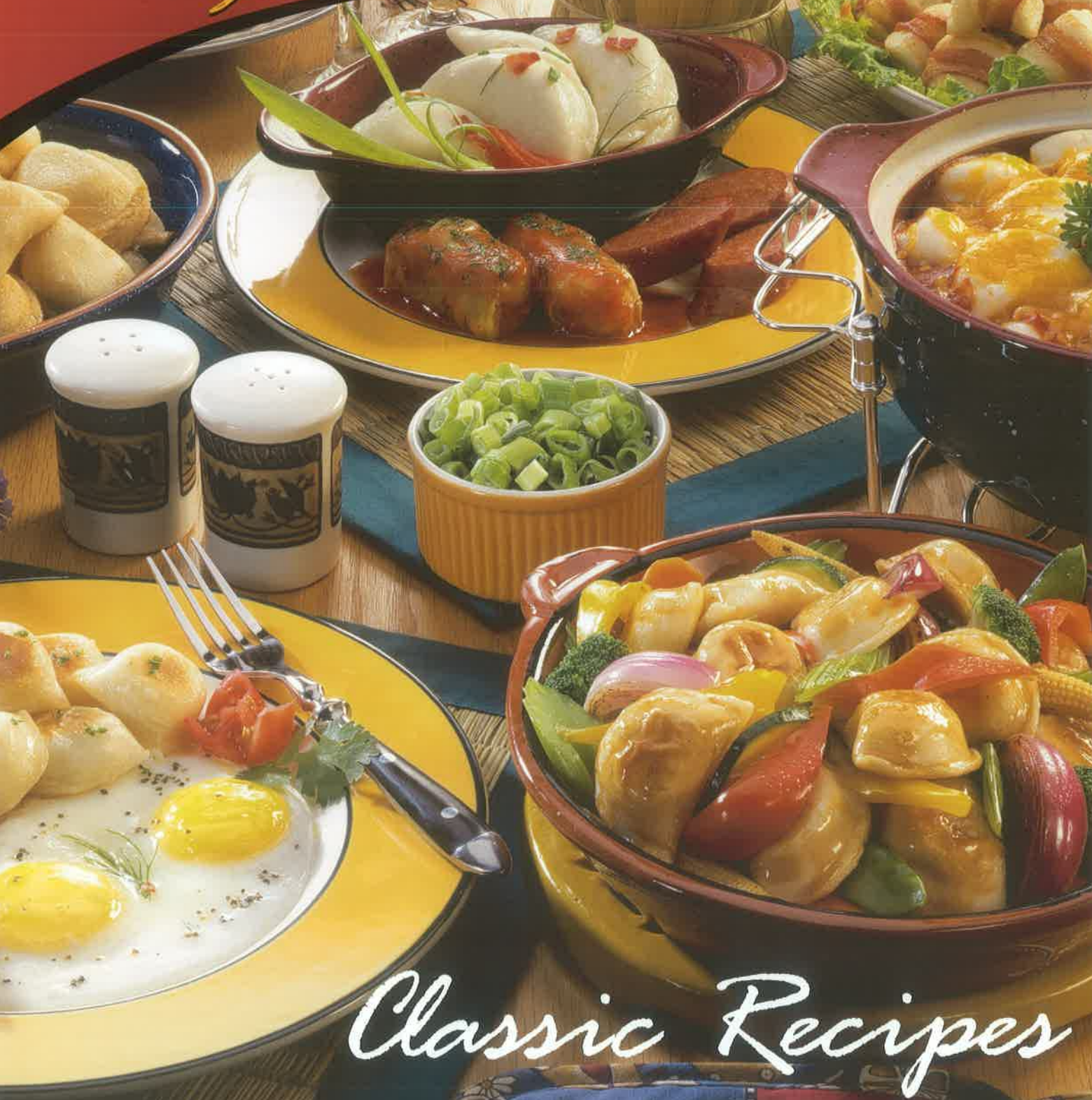


CHEEMO[®]

"So Cool We're Frozen"



Classic Recipes

Main Courses

Perogy Stir Fry

Makes 4-6 servings

16 - 24	CHEEMO Perogies
2 - 3 tbsp.	Canola Oil
Stir fry	(Onions, Peppers, Zucchini,
Vegetables	Broccoli, Cauliflower, Carrots, etc.)

Heat oil in a large skillet or wok. Add CHEEMO perogies and brown lightly on both sides until heated through. Remove perogies and keep warm. Add vegetables to skillet and sauté until tender crisp. Add 1 - 2 tablespoons water and cover with lid. Combine CHEEMO perogies and vegetables with your favourite stir fry sauce and season to taste.

Perfect Perogy Casserole

Makes 4-6 servings

16 - 20	CHEEMO Perogies
1	Onion, chopped
1/4 cup	Milk
1 tbsp.	Butter or Margarine
1/2 cup	Cooked Ham, diced
1	Green Pepper, diced
1/4 cup	Cheddar Cheese, shredded
10 oz. can	Condensed Mushroom Soup

In a small skillet melt butter or margarine and sauté onion and green pepper for 5 minutes. In a medium size casserole dish, combine frozen CHEEMO perogies, onion, green pepper, and ham. Combine milk and mushroom soup and pour over casserole. Top with cheddar cheese.

Bake 35 minutes at 175°C (350°F), or microwave until heated through.

Italian Style Perogies

Makes 4 — 6 servings

18 - 24	CHEEMO Perogies
1 tbsp.	Vegetable Oil
1/4 cup	Onions, sliced
1 lb	Lean Ground Beef
1/2 tsp.	Salt
1/4 tsp.	Pepper
1	Garlic Clove, minced
2 tsp.	Worcestershire Sauce
2 tsp.	Sugar
1 tbsp.	Oregano
28 oz. can	Tomato Sauce

Brown onions and beef in oil in a large heavy skillet. Add salt, pepper, garlic, Worcestershire sauce, sugar, oregano and tomato sauce.

Simmer for 35 minutes.

Boil CHEEMO perogies separately and serve topped with Italian sauce.

Did You Know?

CHIMO now CHEEMO is an Inuit greeting meaning, "We are friendly". The next time you toast your friends say, "CHEEMO!"

One kilometre is equal to 11,500 CHEEMO perogies laid end-to-end.

CHEEMO produces more than two million perogies a day.

CHEEMO
PREMIUM
Perogies

Note: Cooking times may vary based on type of oven used.



CHEEMO Perfect Perogy Casserole

Simple S

Lazy Lasagna

Makes 4 — 6 servings

18 - 24	CHEEMO Cottage Cheese Perogies
4 cups	Meat Sauce
1/2 cup	Mozzarella Cheese

In a large casserole dish, place one layer of frozen CHEEMO perogies. Add half the sauce and 1/4 of the cheese. Place a second layer of CHEEMO perogies and add the remainder of the sauce. Top with remaining cheese.

Bake at 175°C (350°F) for 30 - 35 minutes.

Spicy Mexican

10	CHEEMO Perogies or Burrito TriBites
2 tbs.	Hot Taco Sauce or Salsa
2 tbs.	Sour Cream

Prepare CHEEMO perogies by boiling or pan frying as per directions on the package. Combine hot taco sauce and sour cream and spread over perogies. Serve with your choice of meat.

Crispy Curried Perogies

18	CHEEMO Onion Perogies
1/4 cup	Margarine or Butter
1 tbsp.	Curry Powder
1	Apple, peeled
1/4 cup	Onions, sliced

Heat margarine in a frying pan, then add curry powder and onions. Add CHEEMO perogies and brown for 5 - 6 minutes on medium heat. Add apples (cut in 1/8 wedges), sauté for 3 minutes more and serve.

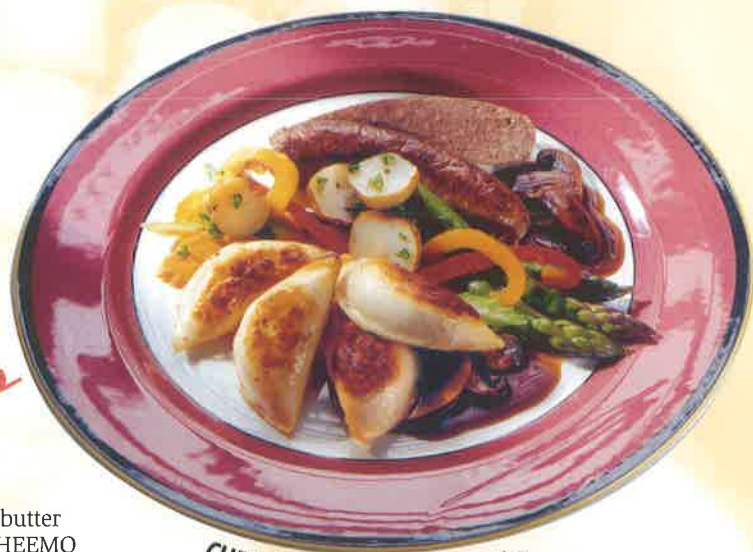


CHEEMO Perogies and Tri-Bites offer convenience, variety and easy preparation. Our products are made using only natural ingredients – fresh real potatoes, garden vegetables, quality cheeses and special flour blends.

CHEEMO products are pre-cooked and flash frozen to lock in flavour. They are an ideal complement to any meal or can be served as a quick nutritious snack.

CHEEMO Perogies are the #1 choice of consumers; produced by Heritage Frozen Foods Ltd., Canada's leader in the frozen perogy market.

CHEEMO products provide an exceptional combination of quality, convenience and value. Try our new recipes. They have been developed by Heritage Frozen Food's own certified chef de cuisine. - Bon appétit!



CHEEMO Pan Fried Perogies

Preparation Methods

CHEEMO products only need to be reheated before serving.

CANADIAN PAN FRIED - A traditional favourite



Cover bottom of frying pan with cooking oil, margarine, or butter and heat to 190°C (375°F), or medium heat. Place frozen CHEEMO products into frying pan and fry until golden brown - approximately 3-4 minutes - turn perogies over and brown on other side. Remove and serve with your choice of favourite toppings like sour cream, onions, or bacon bits.

BOILED - For a lighter taste of CHEEMO!



Place individually frozen CHEEMO products into boiling water for 3-5 minutes until they float to the top and are well puffed. DO NOT OVERCOOK. Drain in colander, toss gently in melted butter or margarine. Serve with sauteed onions, bacon bits, and/or light sour cream.

BARBECUE - A great alternative to baked potatoes!



Place a single layer of frozen CHEEMO products in double thickness of aluminum foil. Dot liberally with butter, margarine, or oil and season with salt and pepper. Add chopped onions if desired. Wrap loosely in foil and ensure edges of foil are sealed. Place on barbecue over medium heat for approximately 15 minutes, turning package over every 3-4 minutes to ensure even browning. Remove and serve with your favourite toppings.

BAKED - A light and crispy alternative



Place frozen CHEEMO products flat side down on a non-stick baking pan. Spray tops of perogies with cooking oil, or brush perogies with a light coating of cooking oil. Place in oven at 175°C (350°F) for approximately 15 minutes or until golden brown. Serve with non-fat sour cream or other favourite toppings.

DEEP FRY - Only by professionals in commercial kitchens.



CHEEMO
PREMIUM
Perogies

Appetizers

Bacon Wrapped

Wrap a slice of bacon around a CHEEMO perogy and secure with a toothpick. Place on broiler pan and broil 4 - 5 inches from heat for approximately 3 minutes. Remove from oven, turn and broil an additional 3 minutes or until bacon is cooked and perogy is well puffed.

Pan Fry or Broil with Dip

3 - 4 CHEEMO perogies per serving
Pan fry CHEEMO perogies until browned. Serve with salsa, sour cream or any other dipping sauce.

Burrito TriBites with Salsa

3 - 4 CHEEMO TriBites per serving
Lightly pan fry CHEEMO Burrito TriBites. Arrange on serving tray with a bowl of salsa, sour cream and guacamole.

Burrito TriBites, Nacho Style

3 - 4 CHEEMO TriBites per serving
Lightly brown CHEEMO TriBites for 5 - 6 minutes. Pour salsa over top and sprinkle with cheddar cheese. Broil or microwave until cheese is melted and serve.

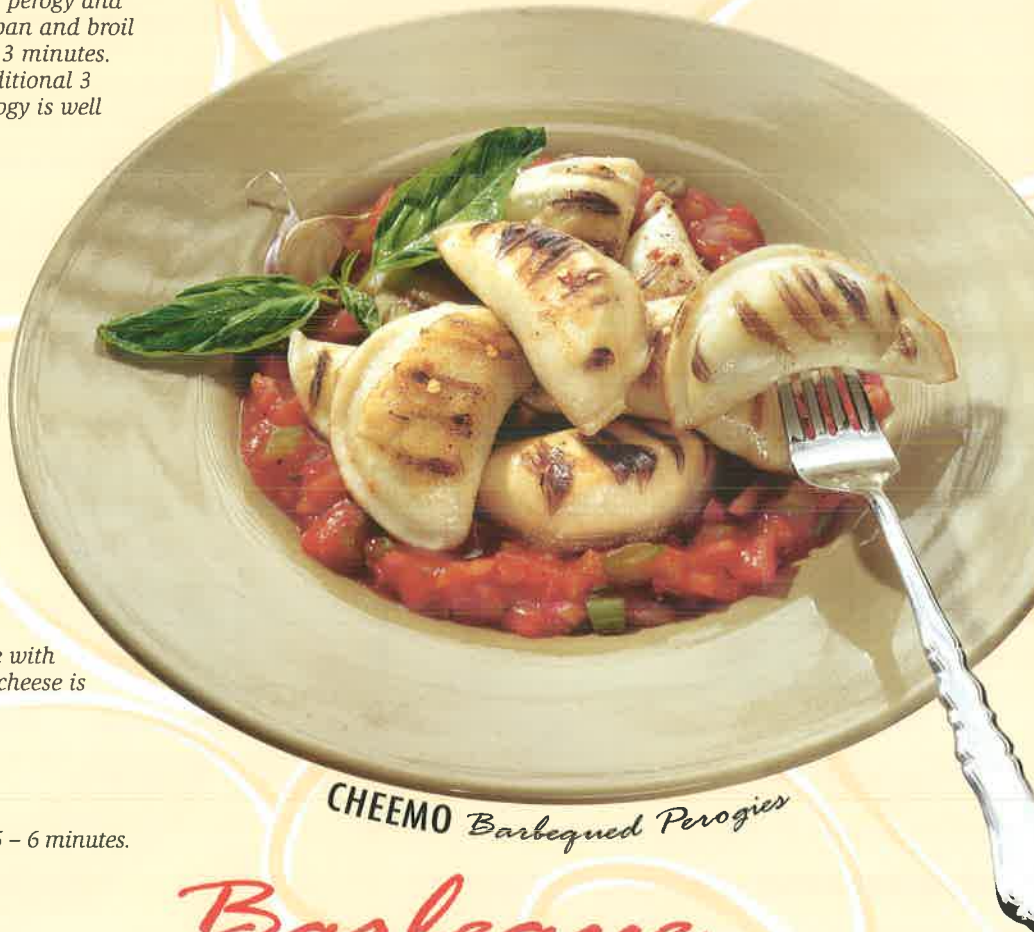
Veggie TriBites

3 - 4 CHEEMO TriBites per serving
Lightly brown CHEEMO Veggie TriBites for 5 - 6 minutes. Serve with plum sauce.

Low Fat Alternative

Try Cheemo Veggie TriBites, steamed or boiled.

Both CHEEMO Perogies and TriBites may be eaten with a variety of different sauces so don't be afraid to experiment with a sauce or dip of your choice.



CHEEMO Barbequed Perogies

Barbeque

Barbequed Perogies

Place CHEEMO Perogies on a double layer of aluminum foil. Dot liberally with butter or margarine and season with salt and pepper. Add 1-2 tbsp. water. Add chopped or sliced onions if desired. Wrap loosely, but be certain to seal the edges of the foil. Place on low to medium heat on the BBQ. Turn frequently. Cook for 10 - 15 minutes.

Saucy BBQ

18	CHEEMO Perogies
1/4 cup	BBQ sauce

Boil or pan fry CHEEMO perogies. Stir in BBQ sauce and serve.

For more recipes visit www.cheemo.com



Did You Know?

CHEEMO has been Canada's favorite perogy since 1972.

It would take 460,000,000 CHEEMO perogies to circle the earth.



"So Cool We're Frozen"

CHEEMO ® is a registered trademark of Heritage Frozen Foods Ltd.
Printed in Canada.



CHEEMO TriBites Star Fry

de Dishes

Easy Italian

- 18 CHEEMO Perogies
- 1/4 cup Olive Oil
- 1/8 cup Parmesan Cheese
- 1 Tomato, large
- 1/4 cup Onions, diced
- 1/4 tsp. Italian Seasoning

In a frying pan, on medium heat, add frozen CHEEMO perogies and olive oil. Fry until golden brown. Add onions and tomatoes (cut in 1/8 sections) and sauté for 2 - 3 minutes. Add parmesan cheese and Italian seasoning.

Dilled Mushroom

- 18 CHEEMO Perogies
- 10 oz. can Cream of Mushroom Soup
- 1/2 cup Milk
- 1/4 tsp. Dill Weed
- 1/8 tsp. Pepper

Heat mushroom soup in a sauce pan. Add milk, dill and pepper. Place CHEEMO perogies in a casserole dish and cover with sauce. Put covered casserole dish in microwave on high for 4 - 5 minutes.

Creamy Caraway

- 18 CHEEMO Perogies
- 1/2 cup Half and Half Cream or Whipping Cream
- 1/4 tbsp. Caraway Seed
- 2 Green Onions, chopped

Pour the half and half cream into a large skillet. On medium heat, combine CHEEMO perogies, caraway seed and green onions. Cook until most of the cream is absorbed.

Great Caesar

- 18 CHEEMO Perogies
- 1/4 cup Caesar Dressing
- Parmesan Cheese
- Bacon Bits
- Croutons

Boil CHEEMO perogies and drain. Add Caesar dressing, bacon bits, parmesan cheese and croutons.

Hungarian Stroganoff

- 8 CHEEMO Perogies
- 1/4 cup Margarine or Butter
- 1/2 Onion, medium sliced
- 1/4 cup Sour Cream
- 1 tsp. Sweet Paprika

Place frozen CHEEMO perogies in a frying pan with margarine and cook until golden brown. Add onions and sauté for an additional 2 - 3 minutes. Stir in sour cream and paprika and serve. Beef may also be added.

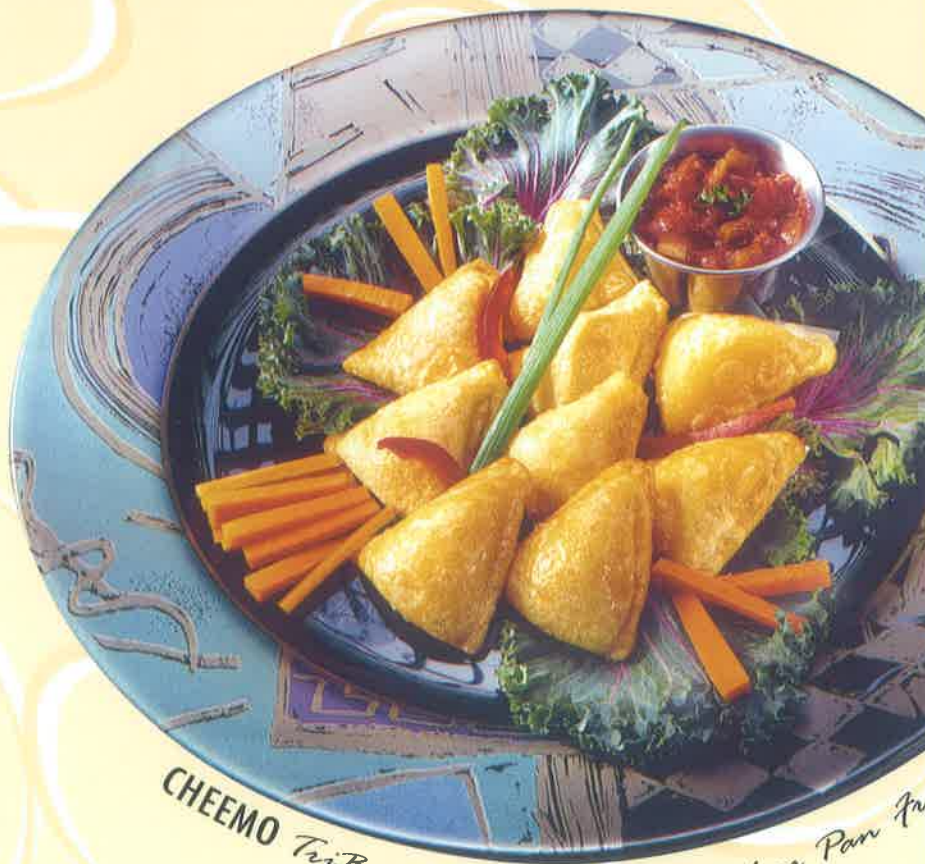
Garlic Butter Perogies

- 18 CHEEMO Perogies
- 1/4 cup Margarine or Butter
- 2 Garlic Cloves, crushed
- 1 tsp. Parsley, chopped

Heat margarine in skillet and sauté CHEEMO perogies with garlic until browned. Sprinkle with parsley and serve.

Did You Know?

CHEEMO perogies are made with real potatoes, onions and cheese. At CHEEMO quality always comes first.



CHEEMO TriBites Appetizers - Baked or Pan Fry



CHEEMO PREMIUM Perogies

**Category Leader...
#1 Choice of Consumers***

CHEEMO Perogies are manufactured by Heritage Frozen Foods Ltd., a family-owned and operated company. We have been providing consumers with premium perogies since 1972.

CHEEMO Perogies are made using only natural ingredients. We use fresh potatoes blended with real vegetables, quality cheeses, natural spices and special flour blends.

CHEEMO Perogies are pre-cooked and flash frozen to lock in the flavour. Consumers can enjoy our perogies in less than 10 minutes.

CHEEMO Perogies are available in a wide variety of flavours and sizes. Consumers have a lot of choice when it comes to our perogies.

Heritage Frozen Foods also does private label manufacturing and packaging. Contact us for complete details.

CHEEMO "So Cool We're Frozen"

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* AC Nielsen Item Ranking Report - Total Frozen Dinners & Entrees - Total West - Total Grocery Banner - CHEEMO Potato & Cheddar Cheese - January 2006