



FOR IMMEDIATE RELEASE: January 25, 2011

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Ian's Voluntarily Recalls Two Food Products Due To Risk of Listeria Contamination

(JUNEAU, AK). Ian's is voluntarily recalling specific lot numbers of two products due to a risk of contamination with *Listeria monocytogenes*.

The affected products have been distributed to retailers in Alaska and are sold in the frozen foods section.

The following two products (a total of 492 individual packages) with the specific use-by dates and UPC codes listed are being recalled:

- 8-ounce boxes of Ian's Wheat Free, Gluten Free Mac and No Cheese with a use-by date of 26 Aug 2011 and UPC code 7-49512-43670-8 (372 packages impacted)
- 8-ounce boxes of Ian's Wheat Free, Gluten Free French Bread Pizza with a use-by date of 28 Aug 2011 and UPC code 7-49512-91572-2 (120 packages impacted)

Consumers who purchased the above products with the specific use-by dates and UPC codes listed are asked to return the products to the place of purchase. Products that do not contain the specific use-by dates and UPC codes listed above are not affected by the recall. Consumers with questions can contact Ian's at 1-800-543-6637 twenty-four hours a day, seven days a week, or at customerservice@iansnaturalfoods.com. More information is available on the Ian's website at www.iansnaturalfoods.com.

Listeria monocytogenes is an organism that can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems. Although healthy persons may suffer only short-term symptoms such as high fever, severe headaches, stiffness, nausea, abdominal pain and diarrhea, Listeria infection can cause miscarriages and stillbirths in pregnant

women. People exhibiting any of these symptoms should contact their healthcare providers.

For more recall details, please visit:

<http://www.fda.gov/Safety/Recalls/ucm240988.htm>

For more information on recalls affecting Alaskans, visit DEC’s website:

http://www.dec.state.ak.us/eh/fss/recalls/food_recalls.html.

DEC is now on Twitter. Follow updates at <http://twitter.com/AKDEC>.

MAC & NO CHEESE - WHEAT FREE/GLUTEN FREE RECIPE



Nutrition Facts
Serving Size 1 Bowl (8 oz)
Servings Per Container 1

Amount Per Serving		% Daily Value
Calories 270 Calories from Fat 0%		
Total Fat	0g	0%
Saturated Fat	0.5g	2%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	650mg	27%
Total Carbohydrate	46g	19%
Dietary Fiber	4g	16%
Sugars	2g	
Protein	9g	

Vitamin A 0% **Vitamin C 0%**
Calcium 8% **Iron 0%**

Percent Daily Values are based on a diet of other people's misdeeds.
*Percent Daily Values are based on a diet of other people's misdeeds.
†Percent Daily Values are based on a diet of other people's misdeeds.
‡Percent Daily Values are based on a diet of other people's misdeeds.

Ingredients: Brown rice pasta, white granulated rice, rice bran, water, vegetable base, rice milk powder, water, cornstarch, canola oil, nutritional yeast, sea salt, onion powder, garlic powder

SOY CHEESY FRENCH BREAD PIZZA - WHEAT FREE/GLUTEN FREE RECIPE



Nutrition Facts
Serving Size 1 slice (4.0 oz)
Servings Per Container 2

Amount Per Serving		% Daily Value
Calories 220 Calories from Fat 70		
Total Fat	15g	30%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	350mg	12%
Total Carbohydrate	34g	11%
Dietary Fiber	3g	12%
Sugars	3g	
Protein	1g	

Vitamin A 0% **Vitamin C 0%**
Calcium 2% **Iron 0%**

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Ingredients: Bread (water, GMO free corn starch, tapioca starch, safflower oil, evaporated cane juice, celn B (corn fiber), salt, guar gum, glucono-delta-lactone, instant yeast, pectin, sodium bicarbonate, sodium alginate, methylcellulose, vitamin blend (niacin)), Organic Pizza Sauce (organic tomato paste, water, organic evaporated cane sugar, organic spices, sea salt), Non-dairy Mozzarella Cheese (filtered water, expeller pressed canola oil, cultured dextrose, salt, lactic acid, calcium sulfate, soy protein, vanilla natural extract of chivory), camemboer (from seaweed), agar, sea salt, natural flavor (vegetar), calcium lactate (vegetar), lactic acid (vegetar). **CONTAINS SOY.**