

SCHEDULE A SPORTS PHYSICAL for your child

**WORKING
FOR A
HEALTHIER YOU**



Sports and camp physicals now free for a limited time at your Perdue Wellness Center

Also known as a pre-participation physical examinations (PPE), a sports physical ensures your child is healthy and physically ready for their chosen activity such as:

Baseball • Football • Martial arts • Soccer • Track

PPE helps minimize the risk of injury while your child plays.

Call or stop by to make an appointment.



Working for a healthier you:

Thank you for trusting us with the health care of your dependents and children. Protecting and preserving the health of your family is our primary duty and our highest honor.

Your Wellness Center offers:

- Pediatric and Adult Primary Care
- Well-Child Physical Exams and Check-Ups
- Sick-Visit Walk-Ins
- Sports and Pre-Operation Physical Exams
- Annual Physicals
- Chronic Disease Management
- Immunizations
- Routine lab tests, such as strep, flu, urinalysis, etc.
- Medication Refills



Urgent medical services are also available and include fever, colds, flu, ear pain, sore throats, respiratory and urinary tract infections, rashes and minor injuries, as well as chronic medical conditions such as ADHD, asthma, allergies and eczema.

Visit your Wellness Center to make an appointment.

Under federal law, dependents can remain on their parents' or guardians' family insurance plans until they are 26 years old. They are eligible for coverage regardless of financial dependency, residency, marriage, student or employment status.



National Truck Driver Appreciation Week

SEPT. 11-17



"I'm looking forward to my ride-along, as are members of the senior management team.

I hope to see you on the highway during National Truck Driver Appreciation Week."

Randy Day, CEO



As part of our company's celebration of National Truck Driver Appreciation Week Sept. 11-17, you are invited to "hit the road" and ride along with one of our company's professional drivers.

This annual event is a great opportunity for you to learn more about the working day of our professional drivers. Equally important, it is a way for us to show our appreciation for the work they do.

Managers and other salaried associates across all of Perdue Farms — Perdue Foods and Perdue AgriBusiness — are invited to ride along with Perdue Transportation Inc. (PTI) drivers as well as egg truck, feed delivery, chick bus, and live haul drivers. With those options, you can schedule a longer haul with one of our over-the-road drivers, or a short, local trip.

Either way, we encourage you to participate in our National Truck Driver Appreciation Week ride-along.

To schedule your ride, contact your local transportation or live production manager, or Jay Jones, Transportation Manager for PTI.





Internal/External Resource

PERDUE FARMS AT A GLANCE

PERDUE FARMS

is a fourth-generation, family owned U.S. food and agricultural company based in Salisbury, Maryland. Since our beginning on Arthur and Pearl Perdue's Farm in 1920, to our expansion into agribusiness and introduction of the PERDUE® brand of chicken under Frank Perdue, and continuing with our third generation of family leadership with Chairman Jim Perdue, we've remained family owned and operated.

Now in our second century, our path forward is about getting better, not just bigger. We continue to listen –and respond– to consumers, customers, and other stakeholders, continuously innovating and improving in what we produce and what we do.

We never use drugs for growth promotion in raising poultry and livestock, and we are actively advancing our animal welfare programs. Our brands are leaders in no-antibiotics-ever chicken, turkey, pork, beef, and lamb, and in USDA-certified organic chicken and beef.

OUR BUSINESSES: Through our two operating divisions, Perdue Foods and Perdue AgriBusiness, we are empowering consumers, customers, and farmers with trusted choices.



PERDUE FOODS raises animals to create products for consumers and retail and foodservice customers. Through our leadership in animal care and no-antibiotics-ever, we are driving change in animal agriculture.

Our brands are leaders in no-antibiotics-ever, -vegetarian-fed chicken, turkey, pork and beef and USDA certified organic chickens, as well as premium pet treats.

- PERDUE®, PERDUE® SIMPLY SMART® and PERDUE® HARVESTLAND® no-antibiotics-ever, -vegetarian- fed poultry
- PERDUE® HARVESTLAND® and PERDUE® SIMPLY SMART ORGANICS® USDA Certified Organic Chicken
- COLEMAN NATURAL® no-antibiotics-ever, -vegetarian-fed poultry, pork, lamb, and beef
- NIMAN RANCH® No-antibiotics-ever, American Humane Certified pork and no-antibiotics-ever, no-hormones beef and lamb
- PRAIRIE GROVE® no-antibiotics-ever pork
- Petaluma Poultry's ROSIE® organic chicken and ROCKY® free chicken are local brands from chicken raised in and around Sonoma Valley, California
- Draper Valley Farm's ROXY™ organic chicken, RANGER® free-range chicken and DRAPER VALLEY® no-antibiotics-ever chicken are local brands from chicken raised and distributed in the Pacific Northwest
- Yummy® all natural, no-antibiotics-ever chicken products
- SPOT FARMS® and FULL MOON® premium dog treats made with human-grade ingredients



AgriBusiness

PERDUE AGRIBUSINESS is an international agricultural products and services company that:

- Sources, merchandises, and processes agricultural commodities, offering a diverse portfolio of products including grains, soybean meal, blended feed ingredients and animal nutrition, and seed oils for food and other uses
- Provides a range of services, including logistics, accounting, risk management and information technology
- Imports and exports agricultural commodities
- Operates grain storage in excess of 75 million bushels, including nine marine facilities
- Processes oilseeds and refines oils
- Blends feed ingredients



Annual Sales
\$7.8 Billion



Associates
20,590



Poultry Farmers
1,790



Grain Farmers
7,342



Hog Farmers
840



Beef Cattle Ranchers
34

سبتمبر شهر مكافحة الجوع*

انضم إلى حملة الطعام على مستوى الشركة:

لنكافح الجوع في مجتمعاتنا!

✓ **ما الذي يمكنك فعله؟** تبرع بالمواد

الغذائية غير المعرضة للتلف التي سيتم التبرع بها لأحد بنوك أو موائد الطعام المحلية في مجتمعك.

✓ **أين؟** ابحث عن سلة جمع طعام في موقعك.

✓ **الموعد:** 1-23 سبتمبر

✓ **السبب:** ليس من المفترض أن يضطر أحد للاختيار بين الطعام والكهرباء أو رعاية الأطفال.

هذا خيار مستحيل يواجهه العديد من جيراننا في كثير من الأحيان.



٢٠ نوعًا من الأطعمة غير المعرضة للتلف تحتاجها بنوك الطعام

زبد الفول السوداني
الأرز
الحليب المجفف
الحساء واليخنة وصلصة الفلفل الحار
حبوب الإفطار الكاملة

أصابع الجرانولا
البطاطا المهروسة الفورية
وجبات في علبة
المكسرات
المعكرونة

الخضروات المعلبة
زيوت الطهي (زيت الزيتون والكانولا)
المقرمشات
الأعشاب والتوابل المجففة
الفواكه (المعلبة أو المجففة)

عصير التفاح
البقوليات المعلبة
الدجاج المعلب
الأسماك المعلبة (التونة والسلمون)
اللحوم المعلبة (لحم الخنزير المتبل ولحم الخنزير)

**FEEDING
AMERICA**

* في إطار حملة شهر مكافحة الجوع من شبكة Feeding America

ستتبرع Perdue بكمية 10000 رطل من المواد البروتينية لأحد بنوك أو موائد الطعام المحلية نيابة عن الموقع الذي يجمع أكبر عدد من الأبطال.

Septanm Se Mwa Aksyon Kont Grangou*

Rejwenn kanpay kòlèk manje a nan tout antrepriz la: Konbat grangou nan kominote nou yo!

✓ **Kilè:** 1-23 Septanm

✓ **Poukisa:** Pèsòn pa ta dwe oblije chwazi ant manje ak elektrisite oswa gadri. Se yon chwa enposib ke anpil nan vwazen nou yo souvan fè fas ak li.

✓ **Kisa ou ka fè?** Fè don atik manje ki pa ka gate ke yo pral remèt kòm don bay yon bank alimantè lokal oswa yon gadmanje nan kominote nou an.

✓ **Kikote?** Chèche yon bwat koleksyon manje nan lokal ou an.



20 atik ki pa ka gate ke bank alimantè yo bezwen

Pire pòm
Pwa nan bwat
Poulè nan bwat
Pwason nan bwat (touna ak somon)

Vyann nan bwat (SPAM ak Janbon)
Legim nan bwat
Lwil pou fè manje (oliv ak kanola)
Krakèz
Zèb ak epis seche

Fwi (nan bwat oswa seche)
Ba granola
Pòm detè kraze enstantane
Repa nan yon bwat
Nwa

Pasta
Manba
Diri
Lèt an poud
Soup, ragou ak chili
Sereyal grenn antye

Perdue pral fè don 10,000 liv pwoteyin bay yon bank alimantè lokal oswa yon gadmanje nan non lokal la ki kolekte plis liv yo.

**FEEDING
AMERICA**

*An kolaborasyon avèk
Mwa Aksyon kont Grangou Feeding America

စက်တင်ဘာလသည် ဆာလောင်မွတ်သိပ်မှု တိုက်ဖျက်ရေးလ ဖြစ်ပါသည်*

ကုမ္ပဏီတစ်ခုလုံးရှိ အစားအသောက်ဝေငှမှုတွင် ပါဝင်ပါ-
ကျွန်ုပ်တို့၏ လူမှုအသိုင်းအဝိုင်းရှိ ဆာလောင်မွတ်သိပ်မှုကို တိုက်ဖျက်ပါ။

✓ **အချိန်**- စက်တင်ဘာ 1-23

✓ **ဘာကြောင့်လဲ**- မည်သူမျှ အစားအသောက်နှင့် လျှပ်စစ်မီး သို့မဟုတ် ကလေးစောင့်ရှောက်မှုကြား ရွေးချယ်မှုမပြုလုပ်ရသင့်ပါ။ ဤအရာသည် ကျွန်ုပ်တို့ အိမ်နီးချင်းများ မကြာခဏ ကြုံတွေ့ရတတ်သော မဖြစ်နိုင်သောရွေးချယ်မှုတစ်ခုဖြစ်ပါသည်။

✓ **သင်ဘာလုပ်နိုင်ပါသလဲ။** သင့်ပတ်ဝန်းကျင်ရှိ ဒေသန္တရစားနပ်ရိက္ခာဘဏ် သို့မဟုတ် စားဖိုဆောင်သို့ လှူဒါန်းမည့် မပျက်စီးနိုင်သော အစားအစာများကိုလှူဒါန်းပါ။

✓ **နေရာ** သင့်တည်နေရာတွင်ရှိသော အစားအသောက်စုဆောင်းသည့်ပုံးကို ရှာဖွေပါ။



အစားအစာဘဏ်မှ လိုအပ်လျက်ရှိသော မပျက်စီးနိုင်သော အရာ အမျိုး 20

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|--|--------------------------------------|-------------------------------|-----------------------------------|
| ပန်းသီးဆောင်း | ဟင်းချက်ဆီများ (သံလွင်နှင့် ကနီလာဆီ) | အသင့်စား အာလူးထောင်းချက် | နို့မှုန့် |
| စည်သွပ် ပဲစေ့များ | မုန့်ကြိပ် | ဖာထဲတွင်ထည့်ထားသောအစားအစာများ | ဟင်းချို၊ စုပ်ပြုတ်နှင့် ငရုတ်သီး |
| စည်သွပ် ကြက်သား | ဆေးဖက်ဝင်အပင်ခြောက်များနှင့် ဟင်းခတ် | အခွံမာသီးများ | စီရီယယ် ကောက်နှံစေ့ကြမ်း |
| ငါးသေတ္တာ (တူနာနှင့် ဆယ်မှုန့်ငါး) | အမွှေးအကြိုင်များ | ပါတော | |
| စည်သွပ်အသား (စပမ်နှင့် ဝက်ပေါင်ခြောက်) | အသီး (စည်သွပ် သို့မဟုတ် အခြောက်) | မြေပဲ ထောပတ် | |
| စည်သွပ် ဟင်းသီးဟင်းရွက်များ | ဂရန်နိုလာ အချောင်းများ | ဆန် | |

Perdue သည် ပေါင်အများဆုံးစုဆောင်းသည့်နေရာကိုယ်စား ဒေသန္တရစားနပ်ရိက္ခာဘဏ် သို့မဟုတ် စားဖိုဆောင်တစ်ခုထံသို့ ပရိုတင်းပေါင် 10,000 လှူဒါန်းမည်ဖြစ်ပါသည်။



*Feeding America ၏ Hunger Action Month နှင့် ပူးပေါင်း၍

Septemba ni Mwezi wa Uhamasishaji Dhidi ya Baa la Njaa*

Jiunge na kampeni ya kuchangisha chakula kote ndani ya kampuni:
Pambana na njaa katika jamii zetu!

✓ **Lini:** Tarehe 1 hadi 23 Septemba

✓ **Kwa nini:** Asiwepo mtu wa kuchagua baina ya chakula na umeme au matunzo ya mtoto.

Hilo ni chaguo lisilowezekana ambalo wengi wa majirani zetu mara kwa mara hukumbana nalo.

✓ **Unaweza Kufanya Nini?**

Changia vyakula visivyoharibika haraka ambavyo vitachangwa kwenye stoo au hifadhi ya chakula ya eneo lako katika jamii yako.

✓ **Wapi?** Tafuta pipa la kukusanyia chakula katika eneo lako.



Bidhaa 20 zisizoharibika haraka ambazo hifadhi za chakula inahitaji

Sosi ya Tufaha
Maharagwe ya kopo
Kuku wa kopo
Samaki wa kopo (jodari na samoni)
Nyama ya kopo (NYAMA YA NGURUWE YA KOPO na Nyama ya Paja)

Mboga za Kopo
Mafuta ya kupikia (mzeituni na kanola)
Biskuti kavu
Mitishamba mikavu na viungo
Tunda (kwenye kopo au lililokaushwa)
Vipande vya granola

Viazi vilivyopondwa vilivyopikwa kabla
Milo iliyohifadhiwa ndani ya boksi
Njugu
Pasta
Siagi ya Karanga

Mchele
Maziwa ya Unga
Supu, mchuzi na pilipili-sosi
Nafaka isiyoakobolewa

Perdue itatoa pauni 10,000 za protini kwa stoo au hifadhi ya chakula ya eneo kwa niaba ya eneo ambalo litakusanya pauni nyingi zaidi.

FEEDING AMERICA

*Kwa ushirikiano na Mwezi wa Uhamasishaji Dhidi ya Baa la Njaa wa Feeding America

Septiembre es el Mes de Acción contra el Hambre*

Súmese a la campaña de alimentos de toda la compañía: **¡Juntos contra el hambre!**

- ✓ **¿Cuándo?** Del 1 al 23 de septiembre.
- ✓ **¿Por qué?** Nadie debería tener que elegir entre comida y electricidad o guardería. Es una decisión imposible que muchos de nuestros vecinos deben tomar a menudo.
- ✓ **¿Qué puede hacer?** Done alimentos no perecederos para hacerlos llegar a un banco de alimentos o un comedor comunitario en su localidad.
- ✓ **¿Dónde?** Busque un punto de recolección de alimentos en su localidad.



20 alimentos no perecederos que necesitan los bancos de alimentos

Salsa de manzana
Frijoles enlatados
Pollo enlatado
Pescado enlatado (atún y salmón)
Carne enlatada (SPAM y jamón)

Vegetales enlatados
Aceites de cocina (oliva y canola)
Galletas saladas
Hierbas y especias secas
Fruta (enlatada o desecada)

Barras de granola
Puré de papas instantáneo
Comidas en cajas
Frutos secos
Pastas

Mantequilla de maní
Arroz
Leche en polvo
Sopa, guiso y chile
Cereales integrales

Perdue donará 10,000 libras de proteína a un banco de alimentos o comedor comunitario local en nombre de la sede que recolecte la mayor cantidad de libras.

**FEEDING
AMERICA**

*En colaboración con el Mes de Acción contra el Hambre de Feeding America.