

Campbell's® Condensed Soups: Grown from Goodness

FACT SHEET

Since 1897, *Campbell's* condensed soups have been an important part of nourishing and delicious meals for generations of American families. *Campbell's* soups are made with wholesome ingredients like farm-grown vegetables and savory meats that contain no artificial flavors. In addition, what many people do not realize is that *Campbell's* condensed soups are also good for the environment, because consumers add the water at home. This means we use less water to make our condensed soups and package our soups in smaller cans, which means less steel and fuel are used to deliver each great tasting serving. Plus our packaging is 100 percent recyclable! *Campbell's* condensed soups truly are one of the original sustainable food choices.

Less Water, Less Impact on the Environment

- To make *Campbell's* condensed soups, we don't boil them down. Our chefs simply add less water from the start, so there's more room for the flavor of our high-quality ingredients.
- By letting consumers add the water at home, we are able to make the cans smaller and lighter (than standard non-condensed soup cans), which saves metal and fuel, when packaging and delivering soup to local store shelves. These savings are passed on to the consumer.

Tied to the Past, Present and Future of American Farming

- For more than 110 years, Campbell has been sourcing the ingredients that go into our condensed soups from farms across the country and we continue to strive to contribute to a sustainable future for American agriculture.
- Whenever possible, Campbell sources ingredients from farms located within 100 miles of our production facilities, which enables us to use fresher ingredients, reduce the environmental impact associated with transportation, and support the economies of our local farming communities.
- At Campbell, making good things grow starts with our seeds. For more than 70 years, we've been painstakingly cultivating seeds for tomatoes that go into our condensed soup.
- Campbell has worked with farmers around the world to develop and teach sustainable agricultural practices. This helps farmers reduce their need for synthetic pesticides by implementing our industry-leading integrated-pest-management programs.
- Campbell Soup Company is proud to support the future of American farming and its rich heritage through a partnership with the National FFA Organization (formerly known as Future Farmers of America). This partnership will help raise awareness about the importance of supporting the future of American agriculture – the nation's single largest employer. Our "Help Grow Your Soup" campaign will donate \$250,000 dollars to the FFA to support their programming efforts, which educate and encourage America's youth to appreciate the breadth and opportunity in agriculture and to become tomorrow's agricultural leaders. In making this contribution, we hope to help ensure that future generations of American farmers will continue to grow the quality ingredients that go into our soups and other foods.

Spoonfuls of Varieties

Generations of Americans have enjoyed the many, many varieties of *Campbell's* condensed soups. Soup can help create a wholesome meal and it continues to be a great food value, even during these challenging economic times. Whatever your taste, there's a *Campbell's* condensed variety to suit you.

Family Favorites

These are the flavorful, wholesome *Campbell's* classic condensed soups so many grew up with and still love. These varieties are also available in a 25 percent less sodium version that still delivers the great taste people expect from their favorite soups.

- ***Campbell's* Chicken Noodle soup**
60 calories, 2g fat, 0.5g sat. fat, 15mg cholesterol, 890mg sodium, 1g fiber
- ***Campbell's* Tomato soup**
90 calories, 0g fat, 0g sat. fat, 0mg cholesterol, 710mg sodium, 1g fiber, 10% DV vitamin C
- ***Campbell's* Cream of Mushroom soup**
100 calories, 6g fat, 1.5g sat. fat, 5mg cholesterol, 870mg sodium, 2g fiber

Healthy Request®

Healthy Request soups provide bountiful flavor with up to 50 percent less sodium than our regular soups. They're also 98 percent fat-free and low in cholesterol.

- ***Campbell's Healthy Request* Chicken Noodle soup**
60 calories, 2g fat, 0.5g sat. fat, 10mg cholesterol, 470mg sodium, 1g fiber, 10% DV vitamin A
- ***Campbell's Healthy Request* Minestrone Soup**
80 calories, 0.5g fat, 0g sat. fat, 0mg cholesterol, 480mg sodium, 3g fiber, 30% DV vitamin A

Classic Selections

Classic never goes out of style. These *Campbell's* condensed soups continue to fill bowls across America with wholesome goodness and offer flavor and satiety in every bite!

- ***Campbell's* Chicken with Rice soup**
70 calories, 1.5g fat, 0.5g sat. fat, 5mg cholesterol, 820mg sodium, 1g fiber, 15% DV vitamin A
- ***Campbell's* Beef with Vegetables and Barley soup**
90 calories, 1.5g fat, 1g sat. fat, 10mg cholesterol, 890mg sodium, 3g fiber, 25% DV vitamin A
- ***Campbell's* Minestrone soup**
90 calories, 1g fat, 0.5g sat. fat, 5mg cholesterol, 960mg sodium, 3g fiber, 40% DV vitamin A

Fun Favorites

From classics like Chicken & Stars to new favorites like *Disney® Princesses* shaped pasta, little ones love the fun pasta shapes and parents love its wholesome goodness.

- ***Campbell's* Chicken & Stars Shaped Pasta with Chicken in Chicken Broth**
70 calories, 2g fat, 0.5g sat. fat, 5mg cholesterol, 640mg sodium, 1g fiber, 15% DV vitamin A
- ***Campbell's Disney Princesses Cool Shapes Shaped Pasta with Chicken in Chicken Broth***
70 calories, 2g fat, 0.5g sat. fat, 5mg cholesterol, 580 mg sodium, 3g fiber, 10% DV vitamin A

Great for Cooking

Since the day that *Campbell's* condensed soups were first created by Dr. John T. Dorrance in 1897, busy cooks have realized how versatile they are: they can be used both as soups to eat and to add flavor to sauces and meals! Cooking with *Campbell's* soup offers hundreds of ways to make quick and easy wholesome recipes for the entire family.

- **Campbell's Cream of Chicken soup**
120 calories, 8g fat, 2.5g sat. fat, 10mg cholesterol, 870mg sodium, 2g fiber
- **Campbell's Cream of Celery soup**
90 calories, 6g fat, 0.5g sat. fat, 5mg cholesterol, 860mg sodium, 3g fiber

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