

**HELLMANN'S IS PLEASED
TO BRING COMMUNITY GARDENS
TO CITIES ACROSS CANADA.**



There are a lot of benefits to growing your own real, wholesome foods. But if you live downtown, there aren't a lot of opportunities. So this spring, Hellmann's Urban Gardens will provide free plots for selected residents in 5 cities. And existing community gardens will receive assistance through the Hellmann's Urban Garden Fund. Why Hellmann's? Because our Real Mayonnaise is a natural companion for everything real. Made with eggs, canola oil and vinegar, it's a good source of omega-3, low in saturated fat and trans fat free. To learn more, go to www.hellmanns.ca



EAT FOR REAL.