

# TURK - A - BOB

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## River Valley 7<sup>th</sup> Grade Agriculture Exploratory

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# River Valley 7<sup>th</sup> Grade Agriculture Class

Melody Brewer

Damon Cox

Monica Deeds

Tanned Dorschner

Alaina Goettsch

Tate Heilman

Jacy Jacobson

Dallas Kline

Andrea Knaack

Corbyn Kreger

Addison Law

Maddison Todd

Keegan Volkert

# Special Acknowledgments

## Our celebrity endorsement:

- Candice Nash and Tony Michaels  
Powell Broadcasting  
KSCJ/ KSUX/ KKMA/ KLEM/ KQNU/  
KKYY radio stations  
Thank you to KSUX for being our  
celebrity endorsement as well as  
recording our radio commercial!



## TV Commercial Stars:

- Tate Heilman  
Student of the 7<sup>th</sup> grade ag exploratory  
Farmer Tate talked about his farming techniques in our TV  
commercial  
Thank you, Tate!
  
- Jana Heilman  
Mother of Tate  
Talked about how she enjoys the convenience and easiness  
of the Turk-a-Bob kits. Thank you, Jana!

## Product Description

Whether it is Thanksgiving or not, we welcome you to indulge on a Turk-a-Bob. Our product ensures Grade A turkey that you and your family will love. Our Turk-a-Bob kit includes three flavors of turkey including: garlic, BBQ, and smoked flavored turkey. We also include four choices of vegetables, potatoes, onions, mushroom, and mixed peppers. If you have a picky eater on your hands, don't worry they can create their own kebab. Turn family meal time into family fun time.

## Marketing

### Where you can purchase your Turk-a-Bob kit

You can buy your Turk-a-Bob kit at any retail store near you!

You will find it in the freezer section.

### Product Name

Turk-a-Bob

### Slogan

**Gobble till you wobble... anytime is turkey time!**

### Barcode



Created at <https://barcode.tec-it.com>

# Product Package Label

**Gobble till you wobble ... anytime is turkey time!**



Kit includes:

- BBQ
- Garlic
- Smoked Potatoes
- Mixed Peppers
- Onions
- Mushrooms



## Turk-a-Bob

• GRADE A TURKEY •  
4 LBS

Nutrition Facts	
10 servings per container	
Serving size 4 Cuts of Smoked Turkey	
Amount Per Serving	
<b>Calories</b>	<b>50</b>
Total Fat 1.5g	3%
Saturated Fat 0.5g	1%
Trans Fat 0g	0%
Cholesterol 20mg	4%
Sodium 200mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
<b>Protein 0g</b>	<b>0%</b>

**Pick your meat...**

Nutrition Facts	
10 servings per container	
Serving size 6 Cuts of Garlic Turkey	
Amount Per Serving	
<b>Calories</b>	<b>80</b>
Total Fat 1.5g	3%
Saturated Fat 0.5g	1%
Trans Fat 0g	0%
Cholesterol 20mg	4%
Sodium 200mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
<b>Protein 0g</b>	<b>0%</b>

**Pick your veggie...**

Nutrition Facts	
10 servings per container	
Serving size 6 Cuts of BBQ Turkey	
Amount Per Serving	
<b>Calories</b>	<b>90</b>
Total Fat 1.5g	3%
Saturated Fat 0.5g	1%
Trans Fat 0g	0%
Cholesterol 20mg	4%
Sodium 200mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
<b>Protein 0g</b>	<b>0%</b>

**Put it on a stick! Enjoy!**

Nutrition Facts	
10 servings per container	
Serving size 3 Slices of Onion	
Amount Per Serving	
<b>Calories</b>	<b>15</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber < 1g	0%
Total Sugars 2g	0%
Includes 0g Added Sugars	0%
<b>Protein 0g</b>	<b>0%</b>

Nutrition Facts	
10 servings per container	
Serving size 3 Chunks of Potato	
Amount Per Serving	
<b>Calories</b>	<b>60</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	3%
Dietary Fiber 2g	7%
Total Sugars < 1g	0%
Includes 0g Added Sugars	0%
<b>Protein 0g</b>	<b>0%</b>

Nutrition Facts	
10 servings per container	
Serving size 3 Mushrooms	
Amount Per Serving	
<b>Calories</b>	<b>10</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber < 1g	0%
Total Sugars 1g	0%
Includes 0g Added Sugars	0%
<b>Protein 2g</b>	<b>4%</b>

Nutrition Facts	
10 servings per container	
Serving size 3 Slices of Peppers	
Amount Per Serving	
<b>Calories</b>	<b>0</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate < 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
<b>Protein 0g</b>	<b>0%</b>

**Instructions:**  
Store in freezer. Take it out and let thaw when you know you are going to make a Turk-a-Bob. When cooking you Turk-a-Bob you can fry it, grill it, or bake it. When frying, fry for about 4 minutes at 375° F or until temperature reaches 165° F. When baking it, bake at 350° F for 30 minutes and rotate them half way through. When grilling, grill on low to medium heat for 15 minutes. Take off grill when they reach 165° F. Enjoy!

BROUGHT TO YOU BY THE  
RIVER VALLEY 7TH GRADE  
AG CLASS, THE IOWA  
TURKEY FEDERATION, AND  
THE IOWA AG LITERACY  
FOUNDATION.



## Nutrition Labels

### Garlic Turkey Nutrition

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	<b>6 Cuts of Garlic Turkey</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber < 1g	<b>3%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	<b>20%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### BBQ Turkey Nutrition

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	<b>6 Cuts of BBQ Turkey</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 480mg	<b>21%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Smoked Turkey Nutrition

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	<b>6 Cuts of Smoked Turkey</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>50</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



## Mushroom Nutrition

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	<b>3 Mushrooms</b>
Amount Per Serving	
<b>Calories</b>	<b>10</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber < 1g	<b>2%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Onion Nutrition

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	<b>3 Slices of Onion</b>
Amount Per Serving	
<b>Calories</b>	<b>15</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber < 1g	<b>2%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Potato Nutrition

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	<b>3 Chunks of Potato</b>
Amount Per Serving	
<b>Calories</b>	<b>60</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars < 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Mixed Peppers Nutrition

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	<b>3 Slices of Peppers</b>
Amount Per Serving	
<b>Calories</b>	<b>0</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> < 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Storage and Directions

Store in freezer. Take it out and let thaw when you know you are going to make a Turk-a-Bob. When cooking your Turk-a-Bob you can fry it, grill it, or bake it. When frying, fry for about 4 minutes at 375°F or until temperature reaches 165°F. When baking it, bake at 350 °F for 30 minutes and rotate them half way through. When grilling, grill on low to medium heat for 15 minutes. Take off grill when they reach 165 °F. Enjoy!

## TV Commercial

[Click Here to View the Commercial!!](#)



## Radio Broadcast

<https://drive.google.com/file/d/oBzIXzEgwATZZaDBXZHphQ3AxYUplaDBjamkwMGoyMzIfbXAo/view?usp=sharing>

Click above link to listen to the broadcast!

## Instagram

You can follow us on instagram at:

**turk\_a\_bob**

