

## Adventure Earth "Iron Giant"

Inspired by Warner Brothers' "The Iron Giant," the Adventure Earth crew built this giant specifically with tinned foods that have a high daily value of iron. A healthy level of iron in your blood results in Ferro-Dynamic Powers: high energy, strong muscle tissues, and a robust immune system! Feeling fatigued? Too many irons in the fire? One serving of black beans, lentils or chick peas contains 30% of the iron you need; baked beans 25%, oysters 45%, mussels 50% and clams 60%. Try clam chowder, black bean-mango salsa, or lentil salad with lemon dressing – you'll feel better; it's our iron-clad guarantee!

Team: Oliver "Nox" Klaassen (Captain)  
Patrick "Dusk" Andreou  
Tonja and James "The Wolf" GK

Special thanks to: Ken and Janet Adams, Halifax NS; Margo Bulpitt, Halifax; Christine Burke, Halifax; Audrey and David Carlson, Weyburn SK; Suzanne Dawson, Bedford NS; Wanda Drury, Saskatoon SK; Murray Forbes, Saskatoon; Heather Gass, Halifax; Martin Gunvaldsen, Viscount SK; Eileen and George Hagblom, Saskatoon; Gale Hagblom Alaie, Saskatoon; Warren Heiti, Halifax; Sonja Herzog, Bedford; Heather Jessup, Halifax; Lisa Lachance, Halifax; Karen Luther, Halifax; Jill MacLean, Bedford; Lawana and Rick Saretzky, Meacham SK; Lonnie Wolk, Saskatoon.

