



Photo caption: Downtown Albion is getting magical August 9th and 10th for a Night of Magic and Muggles and a Very Harry Day at Kids 'N' Stuff Children's Museum!

Randall Foods supported the kickoff for the Branch County 'Girls on the Run' which was a 5K/10K event. 'Girls on the Run' is a program which inspires girls to recognize their inner strengths and celebrate what makes them one of a kind. Trained coaches lead small teams through the research-based curricula which includes dynamic discussions, activities and running games. Over the course of a ten week program, girls in 3<sup>rd</sup>-8<sup>th</sup> grades develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness.

Randall Foods, Inc. is a Tekonsha business that processes a variety of beans in glass jars. The



company provides education and information on healthy eating habits which fits right in to the 'Girls on the Run' program.

Under the guidance of the owners, Scott and Meredith Keating, Randall Beans is deeply invested in educating people on the importance of good nutrition for a healthy life and the major role beans can play in their diet.

Upon purchasing the company in 2011, the Keatings have given the company a "face-lift" with new labels and expanded the product line to 9 types of beans. They went on to cut the amount of sodium and sugar to insure the products are offering a healthier option. In addition, they have expanded to organically grown products. Their latest development is a four bean mix that can be used for dips, salads, casseroles and chili.

'Girls on the Run' program focuses on the 'whole girl'—educating on healthy lifestyles, fitness, social issue and healthy eating habits. Randall Beans is supporting the program with product information, samples and recipes to encourage the girls to explore using beans as one of the options they have for protein and fiber in their diets.

Through their efforts to educate on healthier eating options, they offer a complete list of recipes of how to incorporate beans into your diet with everything from Black Bean Quesadillas to Black bean Chocolate Truffles. Beans offer many benefits; protein and fiber are just two. There are two websites that may be accessed to share their story and information. They are:

[www.randallbeans.com](http://www.randallbeans.com)  
[www.poweredbybeans.com](http://www.poweredbybeans.com)

Randall Foods, Inc. has been a fixture in Tekonsha since the 1800's progressing through a line of products that started with cheese and a creamery evolving into canned chickens and in the mid 1970's beans. The Randall family maintained ownership until 1975 when the company was sold to Mr. Mashburn III. It was in 2011 that Mr. Mashburn's daughter Meredith Keating and her husband Scott purchased the company. With the twenty employees at the Tekonsha location they process just under

three million pounds of beans a year representing 4,225,000 jars of finished product.



Pictured above are Kathy Pike (Operations Manager) and Denise Maurer (HR/Logistics Manager)



**OPEN ENROLLMENT FOR PLAY SCHOOL 2019/2020**

Play School is now enrolling for the 2019/2020 school year. The 3 year old class (must be 3 by Sept. 1st) will begin on September 3rd and will be on Tuesday and Thursday from 9 am to 12 pm. The 4 year old class (must be 4 by Sept. 1st) will begin on September 4th and will be on Monday, Wednesday, and Friday from 9 am to 12 pm. All children entering the program must be fully potty trained. You may call to schedule a visit and to obtain more information about the program. (517) 767-4079

