



OCTOBER IS BARILLA® PASTA MONTH

To celebrate National Pasta Month, Nordstrom Restaurants will feature delicious pasta dishes throughout October. We can't wait to share with you what our Chefs have created.

A FAMILY TRADITION

Barilla is a family-owned Italian food company founded in 1877 as a modest bakery and pasta shop. Over the course of 144 years, it's become one of the world's leading manufacturers of pasta and ready-made sauces. As a fourth-generation family company, Barilla has a strong value system that brings their focus to clean labels and non-GMO certification for all their pasta products. It's also reflected in their unwavering commitment to sustainability, diversity, equity and inclusion.

[Learn More About Barilla's Commitment to Quality](#)

REGIONAL ITALIAN FLAVORS

While Italian food has been one of America's favorite ethnic cuisines for decades, most of us have only tasted a small slice of what Italy has to offer from its 20 regions. From the island of Sicily in the south to Emilia-Romagna in the north, Italy's diverse range of climate, agriculture and cooking traditions plays a huge role in how each region celebrates food.

[An Introduction to Regional Italian Cuisine](#)

THE MEDITERRANEAN LIFESTYLE

The Mediterranean diet is one of the best nutritional models to support the well-being of both people and the planet. This diet blends the basics of healthy eating with the traditional flavors and cooking methods of the Mediterranean and its focus on vegetables, fruits, whole grains, beans, nuts and seeds, olive oil and (of course) pasta! Not only does living the Mediterranean lifestyle promote countless health benefits, it also improves our environmental impact. To visualize these "good for you, good for the planet" benefits, Barilla developed the Double Pyramid graphic to illustrate the connection between healthful food choices and a healthy environment.

[Learn More About the Double Pyramid](#)

NORDSTROM

#EatDrinkNordstrom



BelGioioso Cheese is as rich in history as its cheeses are in flavor and quality. This month, we're featuring BelGioioso cheeses in our Chef's featured dishes, showcasing the versatility, variety and heritage of Italian cheese-making traditions from Wisconsin.

TRADITION

Carrying on his great-grandfather's cheesemaking legacy, Errico Auricchio traveled from Italy to Wisconsin in 1979 to start a company founded on tradition and excellence. He was taught to never cut corners and always do what was best for the cheese, which continues to guide everything BelGioioso does.

[Learn More About the History of BelGioioso Cheese](#)

ARTISAN

BelGioioso's skilled cheesemakers are involved in every step of the cheesemaking process: curd formation, natural salt brining, air drying and aging. They know the story behind each wheel they craft. BelGioioso has seven certified Wisconsin Master Cheesemakers—more than any other cheese company. They create varieties to please every palate and fit into any diet plan. Their cheeses are rBST-free and free of antibiotics and gluten. Some of their cheeses are made using non-animal rennet, making them suitable for vegetarians.

[Learn About Artisan Production Methods](#)

QUALITY

Fresh milk is the key to BelGioioso's quality. The fresher the milk, the cleaner the flavor and the longer the shelf life. Milk picked up in the morning is made into cheese just a few hours later. BelGioioso's starter cultures are the road map to their cheese's flavor. Many cheese producers purchase their starter cultures from a supplier, but at BelGioioso, they grow their own starter cultures on a daily basis. By using their own starter cultures, the flavor and consistency of their cheese is handed down from batch to batch and generation to generation, giving every BelGioioso cheese a flavor that cannot be matched by anyone else.

[Learn More About Fresh Milk Production](#)

NORDSTROM

#EatDrinkNordstrom



NORDSTROM MAKERS CHOCOLATES

Our artisanal Makers Chocolates are made exclusively for Nordstrom by Sweet Shop USA. The cocoa is sourced through Callebaut from farmers supported by the Cocoa Horizons Foundation, which is an impact-driven program focused on cocoa farmer prosperity and helping to build self-sustaining farming communities that protect nature and children.

SUSTAINABILITY

Callebaut sources 100% sustainable cocoa for their finest Belgian chocolate. By partnering with the Cocoa Horizons Foundation, which works directly with farmer groups, they support farmer training to empower younger and women farmers to excel in their craft.

Through farm mapping, they're making sure the cocoa isn't coming from protected areas. At the same time, they focus on activities such as sensitization and providing green energy to cocoa communities.

COMMUNITY SUPPORT

Together with their partners, Cocoa Horizons takes a long-term view, working with farmers to improve cocoa production practices while addressing critical social challenges in communities where farmers and their families live.

In their Community Development activities, they work with communities and farmer groups to ascertain needs and contribute solutions in three key areas: **child protection**, **women's empowerment**, and **education**.

THRIVING NATURE

The Cocoa Horizons Foundation is committed to a deforestation-free, carbon-positive cocoa supply chain.

Cocoa Horizons focuses on activities and farmer training to help increase carbon sequestration, reduce carbon emissions and ensure deforestation-free sourcing.

Zero deforestation and carbon-positive cocoa farming is strongly linked to lifting farmers out of poverty. Farmers earning a decent livelihood through improved cocoa production are far less likely to exploit new lands through deforestation. **Learn more at www.cocoa horizons.org**

NORDSTROM

#EatDrinkNordstrom