



# Celebrating



**CHEEMO**  
**45**  
YEARS

## Heritage Frozen Foods Ltd.

It has been a privilege to serve Canadian families since 1972. We are a Canadian family-owned company proudly using wholesome ingredients grown by Canadian farmers in the manufacturing of our numerous flavours of **CHEEMO** Premium Perogies.

Joe Makowecki  
President / CEO  
Heritage Frozen Foods Ltd.



[www.cheemo.com](http://www.cheemo.com)

