ACH

Food Companies, Inc.

January 2, 2014

RE: Recommendation for Natalie Nguyen for Business Records' Forty Under 40

To whom it may concern:

I have known Natalie since 2004, when we met while taking classes through the University of Iowa MBA program. At the time, Natalie impressed me as a very driven individual. She worked very hard to be sure her class assignments were covered and to be sure all her group members were going the same direction! A top grade was the only acceptable grade for her!

As a member of an immigrant family from Vietnam, she has experienced firsthand the frustrations and struggles of language and cultural barriers as she has become a part of the new face of America. Her parents settled in Sioux City, IA when she was a teenager, enrolling her in public school. There is a thriving Vietnamese population in Sioux City, which has allowed Natalie to become an "Iowan" and also participate in the Vietnamese culture of her family. She has been active since 2007 in the Vietnamese American Community in Iowa and is currently Vice President of the organization.

We have both since graduated from the MBA program and have continued to keep in touch. She has gotten married, had 2 children and been promoted in her job. Natalie's energy level is still very high and focused on success in her professional and personal life.

In summary, Natalie is testament to the American dream. Her parents came here as refugees, unable to speak much English. Money was very tight. She witnessed her parents' hard work to provide a home for her and her siblings. In turn, Natalie worked hard to excel in school and obtained a college degree and a good job. When she had the opportunity to earn an MBA, she did so, becoming the first in her family to attend college degree and then earn a graduate degree. She and her husband have created a nice, stable suburban life for their family in Des Moines.

I wholeheartedly recommend Natalie Nguyen for this recognition.

Diane McElroy, RD

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