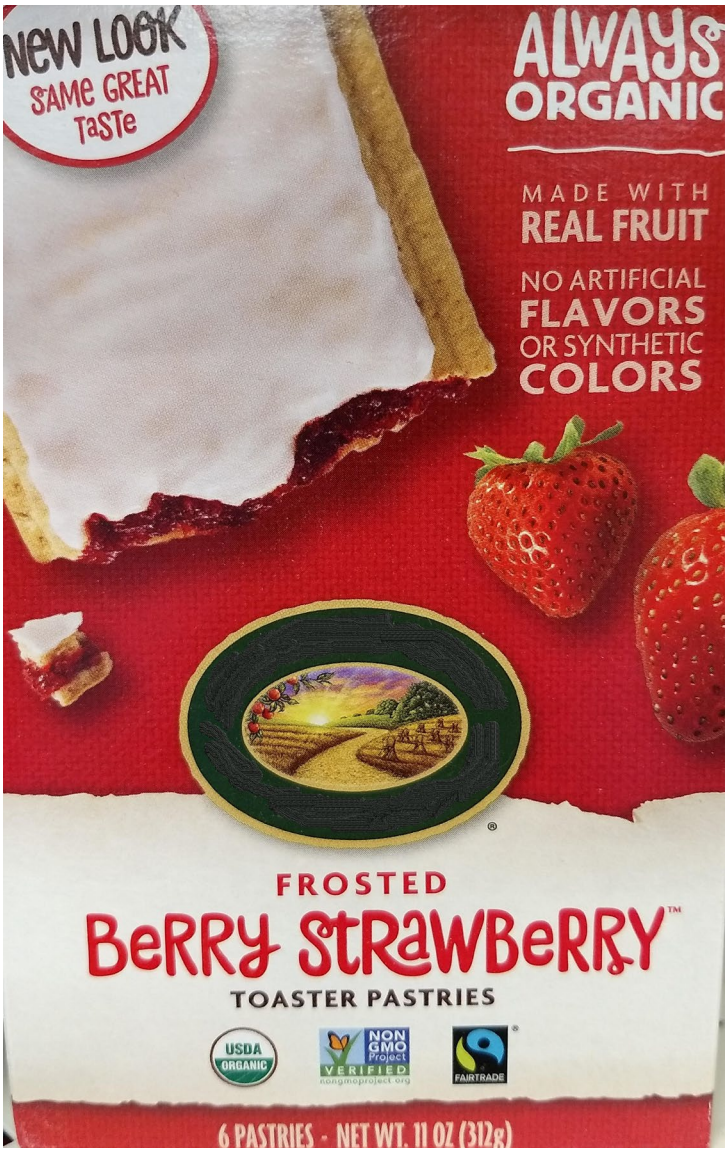
Product 1:
Organic Toaster Treats, Strawberry Flavor



Nutrition Facts

3 servings per container

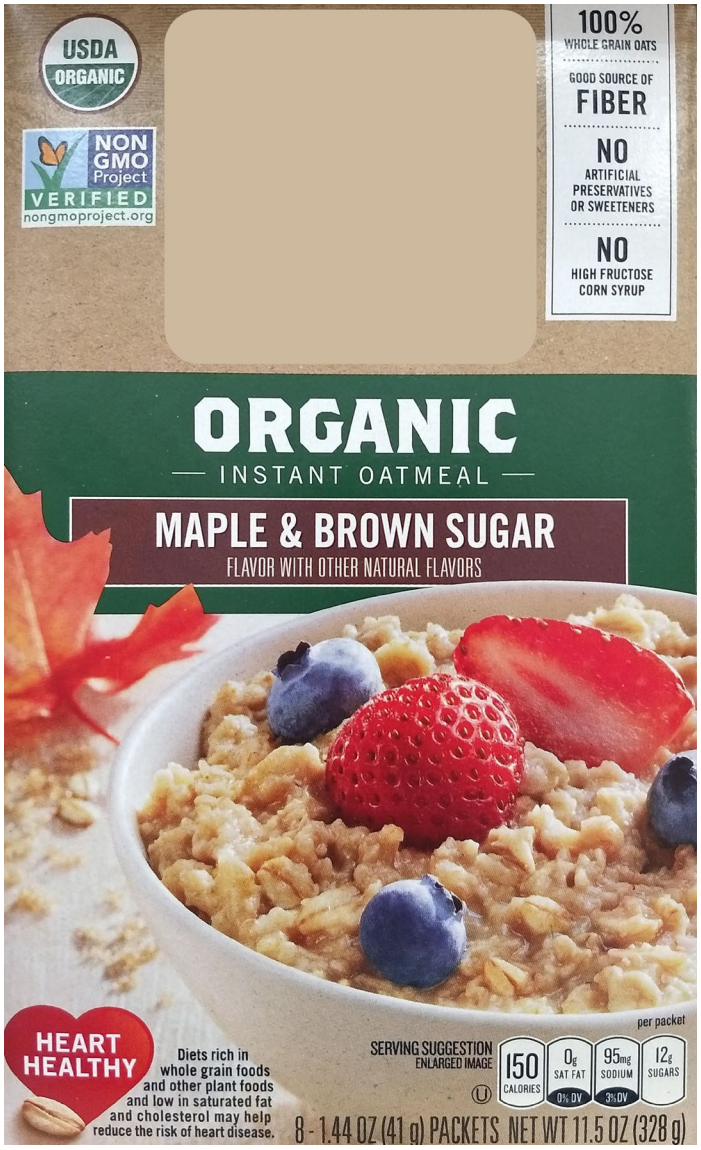
Serving size **2 pastries (104g)**

	Per serving		Per container	
Calories	**420**		**1260**	
		% DV*		% DV*
Total Fat	8g	**10%**	24g	**31%**
Saturated Fat	4g	**20%**	12g	**60%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	280mg	**12%**	840mg	**37%**
Total Carb.	78g	**28%**	234g	**85%**
Dietary Fiber	2g	**7%**	6g	**21%**
Total Sugars	38g		114g	
Incl. Added Sugars	34g	**68%**	102g	**204%**
Protein	6g		18g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	51mg	4%
Iron	4mg	20%	12mg	70%
Potassium	125mg	2%	375mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Wheat flour*, cane sugar*, invert cane syrup*, palm oil*, whole wheat flour*, apples*, corn starch*, strawberries*, rice starch*, leavening (baking soda, cream of tartar), vital wheat gluten*, dextrose*, strawberry flavor*, sea salt, color (red beet powder, paprika oleoresin), tapioca starch*, honey*, molasses*, citric acid, whey protein concentrate* (milk), algin, sodium citrate, monocalcium phosphate. ***Organic. Contains milk and wheat.**

Product 2:
Organic Oatmeal, Maple & Brown Sugar Flavor



Nutrition Facts

Serving Size 1 Packet (41g)
Servings Per Container 8

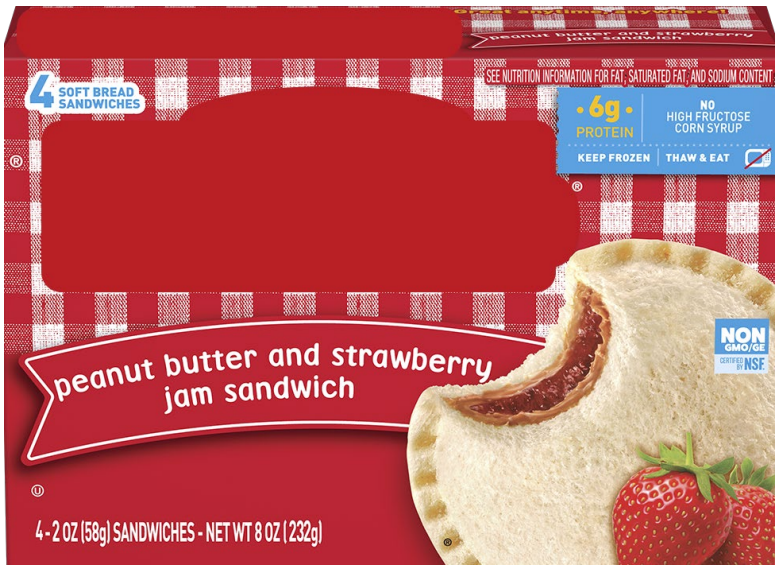
Amount Per Serving	
Calories 150	Fat Calories 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 95mg	**3%**
Potassium 95mg	**3%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 3g	**11%**
Soluble Fiber 1g	
Sugars 12g	
Protein 4g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Organic whole grain rolled oats, organic sugar, natural flavor, salt.

Product 3:
Frozen Peanut Butter & Jelly Sandwich



Nutrition Facts

Serving Size 1 sandwich (58g)

Amount Per Serving

Calories 210

	% Daily Value*
Total Fat 9g	**11%**
Saturated Fat 2g	**9%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**9%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 2g	**7%**
Total Sugars 10g	
Incl 8g of Added Sugars	**17%**
Protein 6g	**5%**
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 130mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

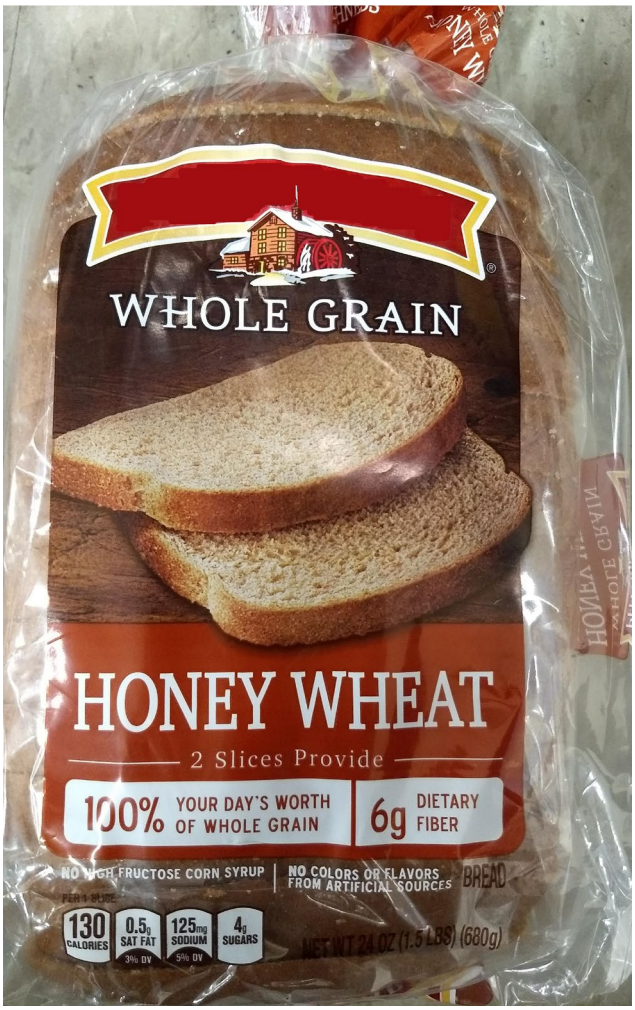
Ingredients

Bread: Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Unbleached Whole Wheat Flour, Sugar, Yeast, Soybean Oil, Contains 2% or Less of: Salt, Dough Conditioners (Distilled Mono and Diglycerides, DATEM, Enzymes [with Wheat Starch, Ascorbic Acid, Calcium Peroxide]).

Peanut Butter: Peanuts, Sugar, Contains 2% or Less of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed and Soybean), Mono and Diglycerides, Salt.

Strawberry Jam: Sugar, Strawberries, Contains 2% or Less of: Pectin, Citric Acid, Potassium Sorbate (Preservative).

Product 4:
Honey Wheat Bread



Nutrition Facts

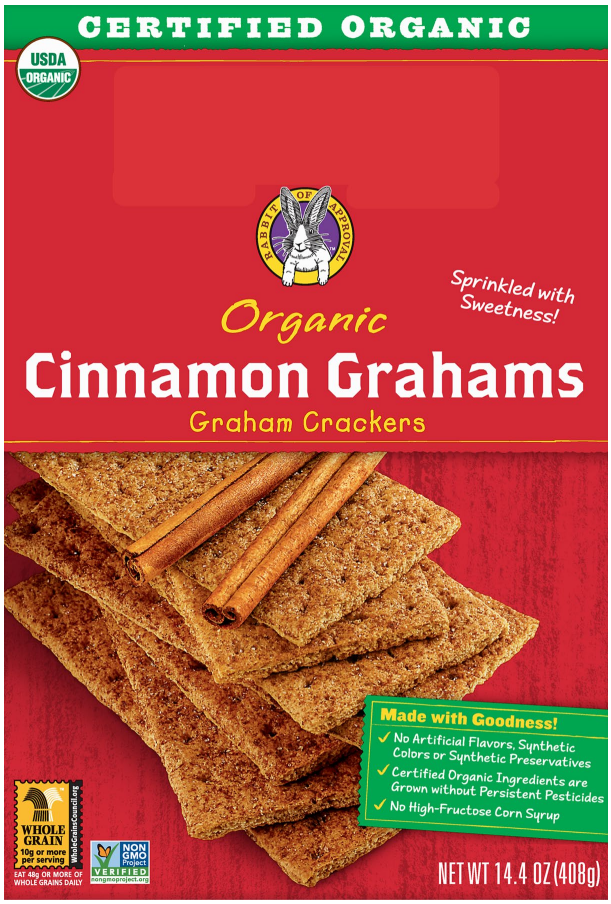
Serving Size 1 Slice (49g)
Servings Per Container 14

Amount Per Serving	
Calories 130	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 6g	

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	10%
Thiamin	10%	Riboflavin	4%
Niacin	10%	Folate	2%

MADE FROM: WHOLE WHEAT FLOUR, WATER, HONEY, WHEAT GLUTEN, YEAST, SOYBEAN OIL, CONTAINS 2% OR LESS OF: SUGAR, MOLASSES, SALT, BUTTER*, CALCIUM PROPIONATE AND SORBIC ACID TO EXTEND FRESHNESS, MONOGLYCERIDES, DATEM, WHEY (MILK)*, SOY LECITHIN.
*ADDS A TRIVIAL AMOUNT OF CHOLESTEROL.
CONTAINS: WHEAT. MILK. SOY.

Product 5:
Organic Cinnamon Graham Crackers



Nutrition Facts

Serving Size 2 full cracker sheets (31g)
Servings Per Container About 13

Amount Per Serving	
Calories	130
Calories from Fat	25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 2g	**8%**
Sugars 9g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

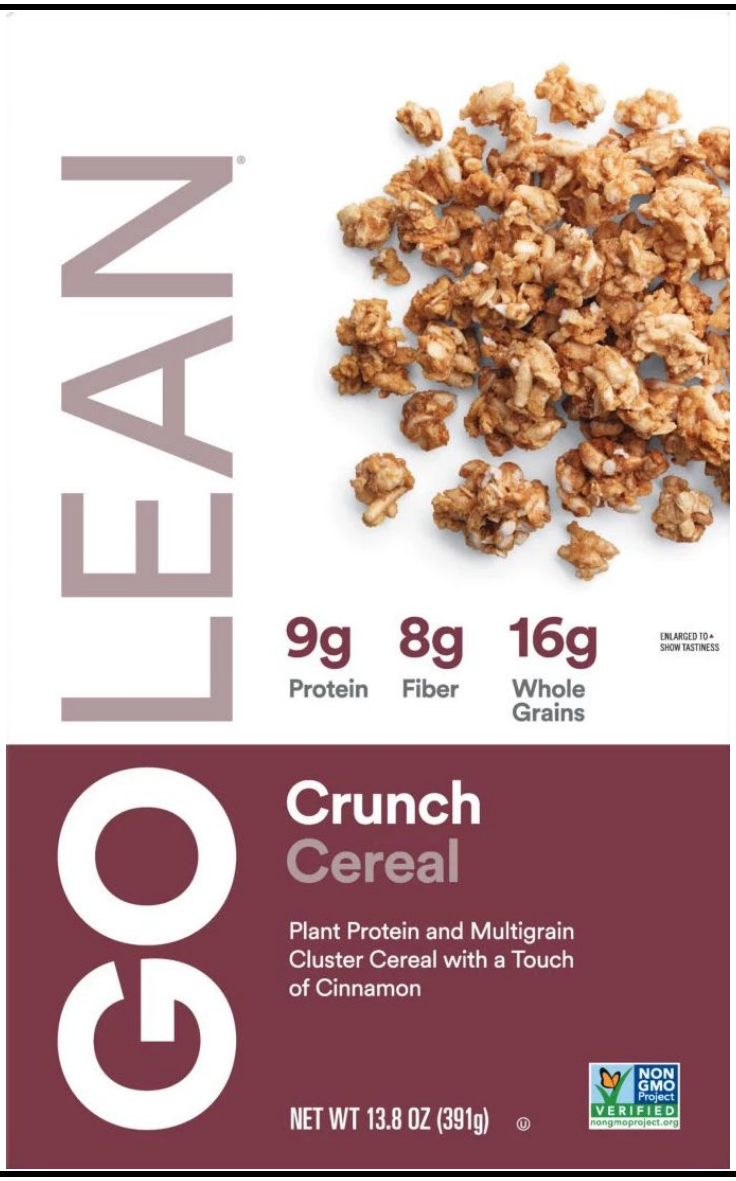
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

BEST INGREDIENTS: Organic Whole Wheat Flour (graham flour), Organic Cane Sugar, Organic Wheat Flour, Organic Expeller-Pressed Sunflower Oil, Organic Honey, Leavening (ammonium bicarbonate, baking soda, cream of tartar), Organic Molasses, Organic Cinnamon, Sea Salt, Natural Flavor, Mixed Tocopherols (Vitamin E) to Protect Flavor, Organic Rosemary Extract.

CONTAINS WHEAT; MAY CONTAIN MILK AND SOY INGREDIENTS.

 This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP

Product 6:
Multigrain Cluster Cereal



Nutrition Facts

Serving Size 1 Cup (53g/1.9 oz.)

Amount Per Serving	
Calories 190	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 100mg	**4%**
Potassium 300mg	**9%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 8g	**32%**
Soluble Fiber 3g	
Insoluble Fiber 5g	
Sugars 13g	
Protein 9g	**14%**

Vitamin A 0%	•	Vitamin C 0%	
Calcium 4%	•	Iron 10%	
Phosphorus 10%	•	Magnesium 10%	

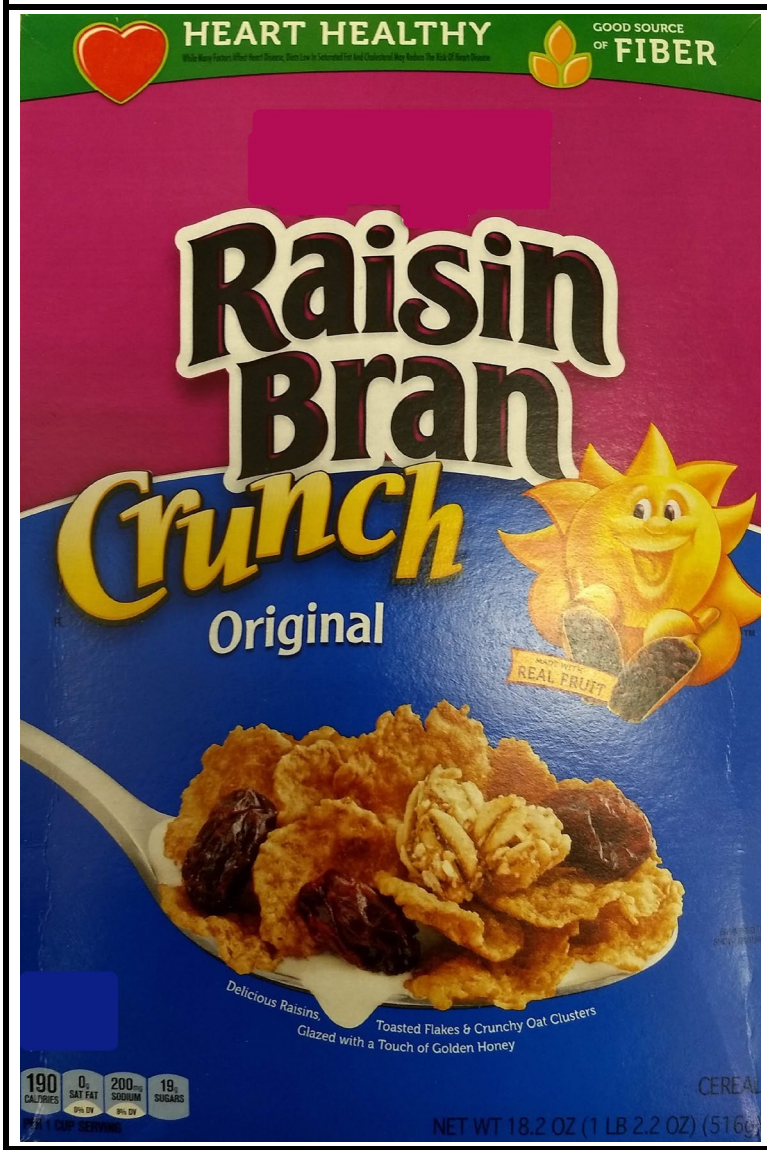
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:
WHOLE: HARD RED WHEAT, BROWN RICE, BARLEY, TRITICALE, OATS, RYE, BUCKWHEAT, SESAME SEEDS*, SOY PROTEIN CONCENTRATE, EVAPORATED CANE JUICE CRYSTALS, BROWN RICE SYRUP, CHICORY ROOT FIBER, WHOLE GRAIN OATS, EXPELLER PRESSED CANOLA OIL, HONEY, SALT, CINNAMON, MIXED TOCOPHEROLS (NATURAL VITAMIN E) FOR FRESHNESS.
CONTAINS WHEAT AND SOY INGREDIENTS.

Product 7:
Bran Cereal with Raisins and Clusters



Nutrition Facts

Serving Size 1 Cup (53g)
Servings Per Container About 13

Amount Per Serving	Cereal	with ½ cup skim milk
Calories	190	230
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	**2%**	**2%**
Saturated Fat 0g	**0%**	**0%**
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	**0%**	**1%**
Sodium 200mg	**8%**	**10%**
Potassium 210mg	**6%**	**11%**
Total Carbohydrate 45g	**15%**	**17%**
Dietary Fiber 4g	**17%**	**17%**
Sugars 19g		
Protein 4g	**3%**	**11%**
Vitamin A	10%	15%
Vitamin C	2%	2%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	25%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	10%	10%

* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, <5mg cholesterol, 250mg sodium, 400mg potassium, 51g total carbohydrate (25g sugars), 8g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

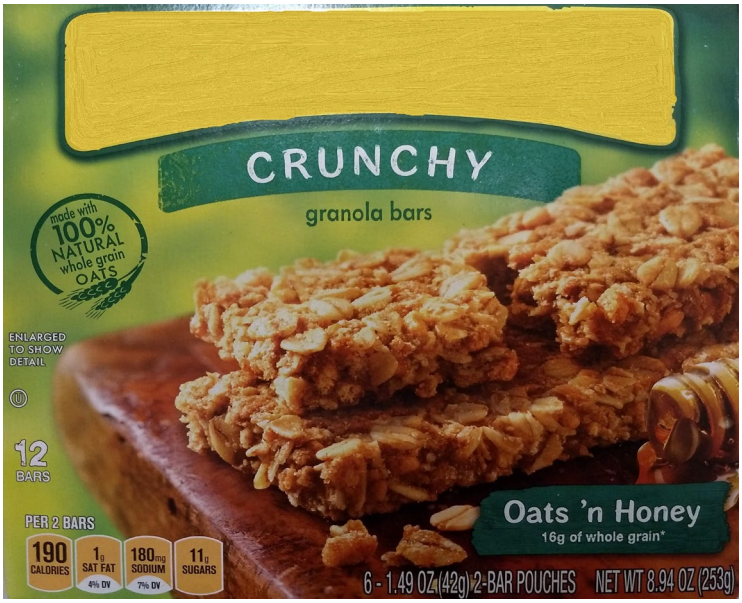
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Ingredients: Whole grain wheat, sugar, raisins, rice, wheat bran, whole grain oats, brown sugar syrup, glycerin, contains 2% or less of corn syrup, salt, malt flavor, modified corn starch, molasses, palm oil, cinnamon, honey, natural and artificial flavor, BHT for freshness.

Vitamins and Minerals: Niacinamide, reduced iron, vitamin C (ascorbic acid and sodium ascorbate), zinc oxide, vitamin B_6 (pyridoxine hydrochloride), vitamin A palmitate, vitamin B_2 (riboflavin), vitamin B_1 (thiamin hydrochloride), folic acid, vitamin B_{12}, vitamin D_3.

CONTAINS WHEAT INGREDIENTS.

Product 8:
Oats and Honey Granola Bars



Nutrition Facts

Serving Size ¼ Cup (27g)
Servings Per Container about 17

Amount Per Serving	
Calories	120
Calories from Fat	40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**2%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 0mg	**0%**
Sodium 90mg	**4%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 1g	**6%**
Sugars 7g	
Protein 2g	
Iron	2%

Not a significant source of vitamin A, vitamin C and calcium.

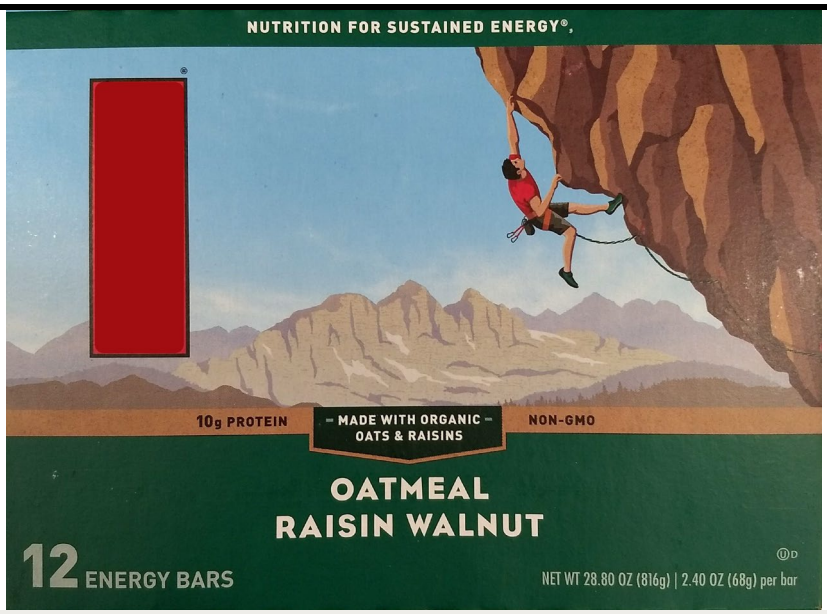
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Brown Sugar Syrup, Salt, Baking Soda, Soy Lecithin, Natural Flavor.

CONTAINS SOY INGREDIENTS.

Product 9:
Oatmeal Raisin Walnut Energy Bars



Nutrition Facts

Serving Size 1 Bar (68g)

Calories 250

Calories from Fat 50

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 6g	**9%**	**Cholesterol** 0mg	**0%**	Insoluble Fiber 3g	
Saturated Fat 0.5g	**4%**	**Sodium** 140mg	**6%**	Sugars 21g	
Trans Fat 0g		**Potassium** 240mg	**7%**	Other Carbohydrate 18g	
Polyunsaturated Fat 2.5g		**Total Carbohydrate** 43g	**14%**	**Protein** 10g	**18%**
Monounsaturated Fat 2g		Dietary Fiber 4g	**16%**		

Vitamin A 10% • Vitamin C 10% • Calcium 20% • Iron 10% • Vitamin D 15% • Vitamin E 10% • Thiamin (B1) 10% • Riboflavin (B2) 10% • Niacin (B3) 10% • Vitamin B6 10% • Vitamin B12 10% • Phosphorus 25% • Magnesium 20%

INGREDIENTS

Organic Brown Rice Syrup, Organic Rolled Oats, Organic Raisins, Soy Protein Isolate, Organic Roasted Soybeans, Organic Cane Syrup, Walnuts, Organic Soy Flour, Rice Flour, Organic Oat Fiber, Organic High Oleic Sunflower Oil, Natural Flavors, Organic Cinnamon, Rice Starch, Sea Salt, Barley Malt Extract, Mixed Tocopherols (Antioxidant).

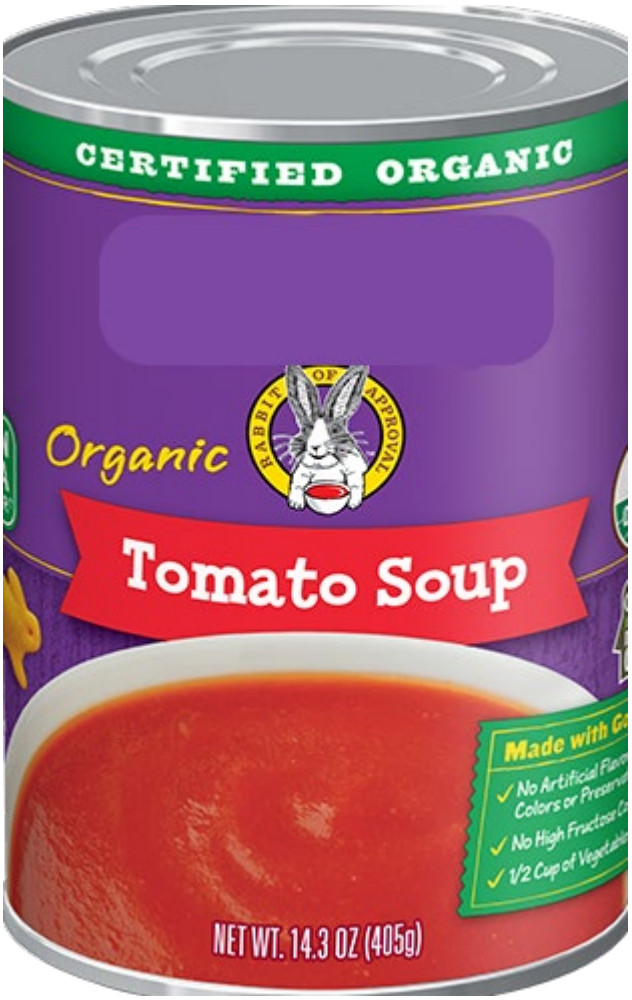
VITAMINS & MINERALS

Dicalcium Phosphate, Magnesium Oxide, Calcium Carbonate, Ascorbic Acid (Vit. C), DL-Alpha Tocopheryl Acetate (Vit. E), Beta Carotene (Vit. A), Niacinamide (Vit. B3), Ergocalciferol (Vit. D2), Thiamine Mononitrate (Vit. B1), Pyridoxine Hydrochloride (Vit. B6), Riboflflavin (Vit. B2), Cyanocobalamin (Vit. B12).

ALLERGEN STATEMENT

CONTAINS WALNUTS AND SOY. MAY CONTAIN PEANUTS, OTHER TREE NUTS, MILK, AND WHEAT. MAY CONTAIN NUTSHELL FRAGMENTS.

Product 10:
Organic Tomato Soup



Nutrition Facts

About 2 servings per container

Serving size 1 cup (252g)

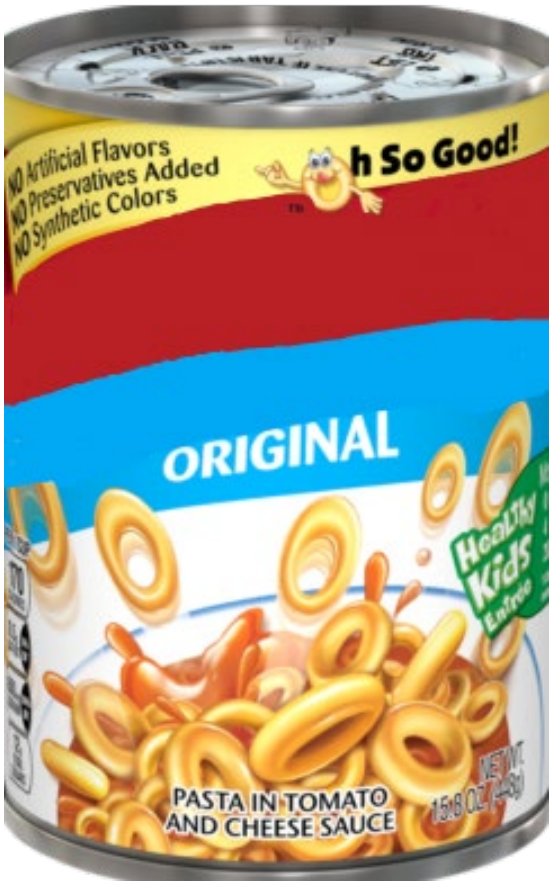
	Per Serving		Per Can	
Calories	**100**		**170**	
		% DV*		**% DV***
Total Fat	1.5g	**2%**	2g	**3%**
Saturated Fat	0g	**0%**	0g	**0%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	680mg	**29%**	1090mg	**47%**
Total Carbohydrate	20g	**8%**	33g	**12%**
Dietary Fiber	2g	**8%**	4g	**13%**
Total Sugars	13g		21g	
Incl. Added Sugars	8g	**15%**	12g	**24%**
Protein	2g		3g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%
Iron	0.7mg	4%	1.2mg	6%
Potassium	360mg	8%	580mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: TOMATO PUREE* (WATER, TOMATO PASTE*), WATER, CANE SUGAR*, CORN STARCH*, SEA SALT, EXTRA VIRGIN OLIVE OIL*, ONION POWDER*, GARLIC POWDER*

*ORGANIC INGREDIENTS

Product 11:
Canned Spaghetti Pasta



Nutrition Facts

1 Servings Per Container

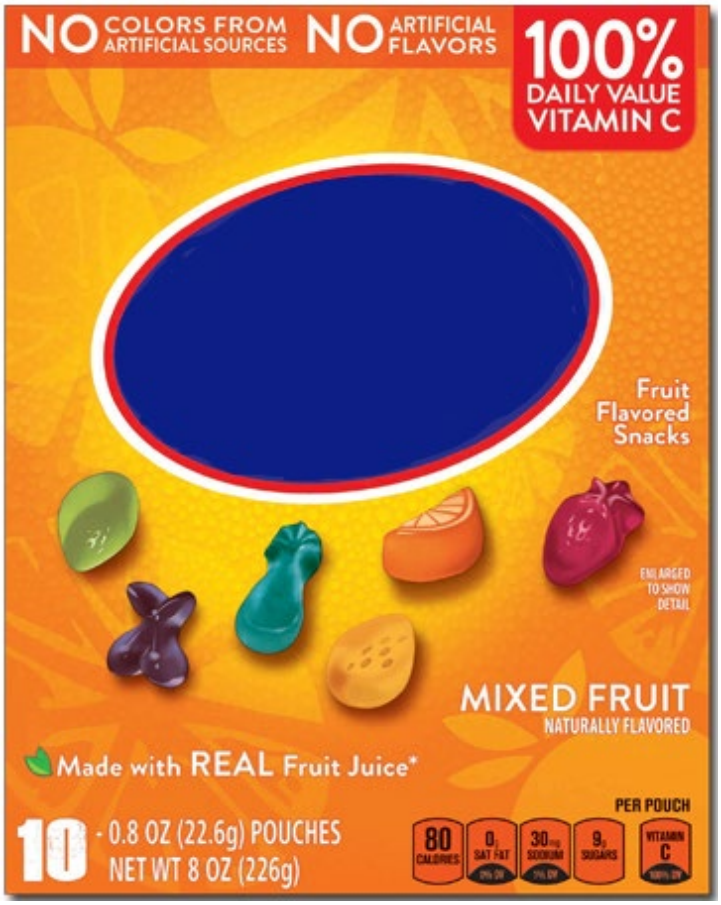
Serving size	1 Container	
	Per serving	Per container
Calories	**160**	**280**
	% DV*	**% DV***
Total Fat	1g **1%**	1.5g **2%**
Saturated Fat	0.5g **3%**	0.5g **3%**
Trans Fat	0g	0g
Polyunsaturated Fat	0.5g	1g
Monounsaturated Fat	0g	0g
Cholesterol	<5mg **2%**	<5mg **2%**
Sodium	600mg **26%**	1070mg **47%**
Total Carbohydrate	33g **12%**	58g **21%**
Dietary Fiber	3g **11%**	5g **18%**
Total Sugars	11g	19g
Incl. Added Sugars	6g **12%**	11g **22%**
Protein	5g	9g
Vitamin D	0mcg **0%**	0mcg **0%**
Calcium	30mg **2%**	50mg **4%**
Iron	1.3mg **8%**	2.3mg **15%**
Potassium	270mg **6%**	480mg **10%**
Vitamin A	100mcg **10%**	180mcg **20%**
Thiamin	0.2mg **15%**	0.3mg **25%**
Riboflavin	0.2mg **15%**	0.4mg **30%**
Niacin	2.4mg **15%**	4.3mg **25%**
Folate	100mcg dfe **25%**	190mcg dfe **50%**
	(60mcg folic acid)	(115mcg folic acid)

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Water, Tomato Puree (Water, Tomato Paste), Enriched Pasta (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Contains Less Than 2% Of: Salt, Enzyme Modified Cheddar Cheese (Cheddar Cheese [Cultured Milk, Salt, Enzymes, Calcium Chloride], Water, Disodium Phosphate, Enzymes), Vegetable Oil (Corn, Canola, And/or Soybean), Enzyme Modified Butter, Skim Milk, Beta Carotene, Citric Acid, Paprika Extract, Onion Extract, Natural Flavoring.

Product 12:
Fruit Snacks



Nutrition Facts

Serving Size 1 pouch (23g)
Servings Per Container 10

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 19g	**6%**
Sugars 9g	
Protein 0g	
Vitamin C	100%

Not a significant source of dietary fiber, vitamin A, calcium and iron.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Corn Syrup, Sugar, Modified Corn Starch, Pear Juice Concentrate, Apple Juice Concentrate. Contains 2% or less of: Citric Acid, Vitamin C (ascorbic acid), Fruit Pectin, Sodium Citrate, Malic Acid, Dextrose, Sunflower Oil†, Color (vegetable juice, spirulina extract, fruit juice, annatto extract, and turmeric extract), Natural Flavor, Carnauba Wax.
†Adds A Trivial Amount Of Fat