



## Product Ingredients



### Snacks

**Sunflower Kernel Roasted & Salted\***: Sunflower Kernels, Sunflower Oil, Salt.

**Sunflower Kernel Honey Roasted\***: Sunflower Kernels, Sugar, Sunflower Oil, Honey, Salt, Maltodextrin, Xanthan Gum.

**Sunflower Kernel Blazin' Hot\***: Sunflower Kernels, Blazin' Spice Blend (paprika, corn flour, salt, maltodextrin, citric acid, cheddar cheese (milk, salt, cultures, enzymes), sugar, autolyzed yeast extract, spice, buttermilk, natural flavor, onion powder, garlic powder, lactic acid, spice extractive, annatto extract, silicon dioxide added to prevent caking), Sunflower Oil. **CONTAINS: Milk**

**Sunflower Kernel Chili Lime\***: Sunflower Kernels, Chili Lime Spice Blend (salt, chili pepper powder, maltodextrin, citric acid, natural flavors, disodium inosinate & guanylate, extract of paprika, silicon dioxide added to prevent caking), Sunflower Oil.

**Soy Nutz Honey Roasted\*\***: Soybeans, Sugar, Sunflower Oil, Honey, Salt, Maltodextrin, Xanthan Gum. **CONTAINS: Soy**

**Roasted Corn Rockin' Ranch\*\*\***: Corn, Spicy Ranch Seasoning (salt, sour cream solids, corn starch, hot sauce powder, onion, spices, buttermilk powder, garlic, sugar, torula yeast, natural flavor, lactic acid, xanthan gum, citric acid, parsley, lemon juice powder, silicon dioxide added to prevent caking), Sunflower Oil. **CONTAINS: Milk MAY CONTAIN: Soy**

**Roasted Corn Honey Roasted\*\*\***: Corn, Sugar, Sunflower Oil, Honey, Salt, Maltodextrin, Xanthan Gum. **MAY CONTAIN: Soy**

SHELF LIFE: 12 MONTHS

Sunflower Kernel\* made with Non-GMO sunflower seeds-sunflower seeds are not processed using genetic engineering  
Soybeans\*\* made with Non-GMO soybeans that were not produced using genetic engineering  
Corn\*\*\* made with Non-GMO corn that was not produced using genetic engineering



### Soymilk

**Original Soymilk**: Organic Soymilk (filtered water, whole organic soybeans), All Natural Evaporated Cane Juice, Calcium Phosphate, Natural Vanilla Flavor with Other Natural Flavors, Sodium Citrate, Sea Salt, Sodium Bicarbonate, Carrageenan, Potassium Phosphate, Vitamin A Palmitate, Vitamin D2, Vitamin B2, Vitamin B12. **CONTAINS: Soy**

**Vanilla Soymilk**: Organic Soymilk (filtered water, whole organic soybeans), All Natural Evaporated Cane Juice, Calcium Phosphate, Natural Vanilla Flavors with Other Natural Flavors, Sodium Citrate, Sea Salt, Sodium Bicarbonate, Carrageenan, Potassium Phosphate, Vitamin A Palmitate, Vitamin D2, Vitamin B2, Vitamin B12. **CONTAINS: Soy**

**Chocolate Soymilk**: Organic Soymilk (filtered water, whole organic soybeans), Organic Evaporated Cane Juice, Calcium Phosphate, Natural Chocolate Flavor with Other Natural Flavors, Sodium Citrate, Sea Salt, Sodium Bicarbonate, Carrageenan, Potassium Phosphate, Vitamin A Palmitate, Vitamin D2, Vitamin B2, Vitamin B12. **CONTAINS: Soy**

SHELF LIFE: 24 MONTHS



April, 2015



We believe healthy, good food starts with a healthy, good Earth. This simple belief guides everything we do - how we work with farmers, handle and process our non-GMO grains, and produce our natural foods. Our Sunrich Naturals products provide healthful breakfast, lunch, à la carte or after school solutions.

### Sunrich Naturals® Snacks

Sunrich Naturals offers a range of non-peanut prepackaged sunflower, corn, and soy snacks. Some of our most popular products include Honey Roasted and Roasted & Salted Sunflower Kernels, Rockin' Ranch Roasted Corn, and Honey Roasted Soy Nutz. A good source of protein and vitamins, Sunrich Naturals snacks are a great choice.



### Sunrich Naturals® Soymilk

Sunrich Naturals all-natural single-serve soymilk is an approved NSLP milk substitute. Available in Original and Vanilla; our soymilk is lactose free, calcium enriched and vitamin fortified. Packaged in 8 oz aseptic packages, they are a convenient and nutritious beverage option. We also offer an Organic Chocolate Soymilk for a delicious a-la-carte option.



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### NSLP & SBP Menu Equivalencies

Sunflower Kernels = 1 oz. eq Meat Alternates  
 Soy = 1 oz. eq Meat Alternates  
 Toasted Corn = 1 oz. eq Grains  
 Vanilla & Original Soymilk = Milk Substitute

### Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

Calories < 200  
 Total Fat ≤35% of calories (seeds are exempt)  
 Saturated Fat <10% of calories  
 Trans fat = zero grams  
 Sugar ≤35% of weight from total sugars

Sunrich Naturals snacks that meet the USDA snack guidelines include:

- Sunflower Kernels - Roasted & Salted, Honey Roasted
- Soy Nutz - Honey Roasted
- Roasted Corn - Honey Roasted, Rockin' Ranch

ROASTED SNACKS																			
Product	Item #	Case Pack	Unit UPC	Cal/Serv.	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron	Vit E	Folate
<b>Sunflower Kernel</b>																			
Roasted & Salted	1105050	150/1 oz.	8-10304-03212-2	170	14g	2g	0g	0mg	110mg	6g	3g	1g	6g	0%	0%	2%	6%	50%	15%
Honey Roasted	1231780	150/1.2 oz.	8-10304-03211-5	190	15g	2g	0g	0mg	65mg	11g	3g	5g	6g	0%	0%	2%	8%	50%	20%
Chili Lime	1231782	150/1.2 oz.	8-10304-03214-6	200	17g	2.5g	0g	0mg	290mg	8g	3g	1g	6g	2%	2%	4%	8%	60%	20%
Blazin' Hot	1231781	150/1.2 oz.	8-10304-03213-9	200	17g	2.5g	0g	0mg	135mg	8g	3g	1g	6g	4%	2%	4%	8%	60%	20%
<b>Soy Nutz</b>																			
Honey Roasted	1231783	125/1.3 oz.	8-10304-03311-2	170	9g	1g	0g	0mg	70mg	14g	2g	4g	11g	0%	2%	4%	6%	6%	15%
<b>Roasted Corn</b>																			
Honey Roasted	1232454	110/1.3 oz.	8-10304-03511-6	160	4g	0g	0g	0mg	80mg	28g	2g	5g	2g	2%	0%	0%	4%	6%	2%
Rockin Ranch	1232351	125/1.1 oz.	8-10304-03518-5	130	2.5g	0g	0g	0mg	170mg	24g	2g	0g	2g	2%	0%	0%	4%	4%	2%

SOYMILK																								
Product	Item #	Case Pack	Unit UPC	Cal/Serv.	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Potassium	Total Carbs	Fiber	Sugar	Protein	Vit A	Vit C	Calcium	Iron	Vit D	Riboflavin	Folate	Vit B12	Phosphorus	Magnesium
Original	33108	24/8 oz.	7-82758-33108-6	110	4.5g	0.5g	0g	0mg	125mg	360mg	11g	1g	9g	8g	10%	0%	30%	8%	25%	25%	6%	20%	25%	10%
Vanilla	33208	24/8 oz.	7-82758-33208-3	130	4.5	0.5	0g	0mg	125mg	360mg	14g	1g	11g	8g	10%	0%	30%	8%	25%	25%	6%	20%	25%	10%
Chocolate	33318	24/8.25 oz.	7-82758-33318-9	140	3.5g	0.5g	0g	0mg	95mg	300mg	25g	3g	22g	6g	10%	0%	30%	8%	30%	30%	10%	50%	10%	8%



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Non-Peanut



Products

## Sample Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products

Child Nutrition Program operators should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative.

Product Name: Honey Roasted Sunflower Kernels Code No.: 1231780

Manufacturer: SunOpta Case/Pack/Count/Portion/Size: 1.2oz

### I. Meat/Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Servings Per Unit	Creditable Amount*
Sunflower kernels	0.84	X	1.2 oz	1.01 oz
		X		
		X		
<b>A. Total Creditable M/MA Amount<sup>1</sup></b>				1.01 oz

\*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

### II. Alternate Protein Product (APP)

If the product contains APP, please fill out the chart below to determine the creditable amount of APP. If

APP is used, you must provide documentation as described in Attachment A for each APP used.

Description of APP, manufacture's name, and code number	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is*	Divide by a8**	Creditable Amount APP***
		x		÷ by 18	
		x		÷ by 18	
		x		÷ by 18	
<b>B. Total Creditable APP Amount<sup>1</sup></b>					
<b>C. TOTAL CREDITABLE AMOUNT (A+B rounded down to nearest 1/4 oz)</b>					1.0 oz

\*Percent of Protein As-Is is provided on the attached APP documentation.

\*\*18 is the percent of protein when fully hydrated.

\*\*\*Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.

Total Creditable Amount must be rounded **down** to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do **not** round up. If you are crediting M/MA and APP, you do not need to round down in box A (Total Creditable M/MA Amount) until after you have added the Total Creditable APP Amount from box B to box C.

Total weight (per portion) of product as purchased 1.2 oz

Total creditable amount of product (per portion) 1.0 oz

(Reminder: Total creditable amount cannot count for more than the total weight of product.)

I certify that the above information is true and correct and that a 1.2 ounce serving of the above product (ready for serving) contains 1.0 ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Melissa Grzybowski  
Signature  
Melissa Grzybowski, MS, RD, LD  
Printed Name

Food Labeling & Regulatory Consultant  
Title  
05/04/2015  
Date  
(218)929-3125  
Phone Number

# HONEY ROASTED SUNFLOWER KERNELS

## \*Nutritional Data per 100 g

Calories	566.28
Protein (g)	17.78
Carbohydrates (g)	31.03
Sugars (g)	13.29
Dietary Fiber (g)	9.39
Fat - Total (g)	45.46
Trans Fat (g)	0.14
Saturated Fat (g)	6.26
Monounsaturated Fat (g)	7.14
Polyunsaturated Fat (g)	30.4
Cholesterol (mg)	0
Ash (g)	4.22
Water (g)	1.51
Total Vitamin A (IU)	7.97
Thiamin - B1 (mg)	0.28
Riboflavin - B2 (mg)	0.25
Niacin - B3 (mg)	3.66
Vitamin B6 (mg)	0.7
Vitamin B12 (mcg)	0
Folic Acid (mcg)	207.35
Pantothenic Acid (mg)	6.15
Vitamin C (mg)	0.97
Vitamin D (IU)	0
Vitamin E (mg)	32.19
Calcium (mg)	80.03
Copper (mg)	1.6
Iron (mg)	3.8
Magnesium (Mg)	112.6
Manganese (mg)	1.84
Phosphorus (mg)	1009.28
Potassium (mg)	428.2
Selenium (mcg)	69.35
Sodium (mg)	192.68
Zinc (mg)	4.62

\*USDA National Nutrient Database for Standard Reference, Release 9.4.0 (2013)

## Features and Benefits:

- Nutritionally-dense whole food
- Consistent visual characteristics
- Texture enhancement
- Value-added processing
- Firm crunch & mild, nutty flavor

## General Requirements

- The product shall be manufactured in accordance with Good Manufacturing Practice 21 CFR, Part #110.
- The finished product and packaging shall conform in every respect with the provisions of the Federal Food, Drug and Cosmetic Act, as amended, and to all applicable State and Local regulations.
- The product shall meet the Kashruth requirements of the Union of Orthodox Jewish Congregations of America.

## Packaging and Shelf Life:

\*Shelf life based in National Sunflower Association Shelf-Life Study)

- Nitrogen Flushed/Vacuum Packed Acceptable for 52 Weeks
- Polylined Paper Bags and Polylined Totes  
Acceptable for 28-32 weeks (at 40°F)  
Acceptable for 12-16 weeks (at 70°F)  
Acceptable for <8 weeks (at 100°F)

## Packaging Net Wt Requirements

The average quantity of contents in a shipment must at least equal the quantity printed on the label and the variance of the individual container from the stated label quantity must not exceed the maximum allowable variation (MAV) as stated in the National Bureau of Standards Handbook 133.

## Typical Analysis:

Moisture: ≤ 3%

Salt: 0.5% Target; 0.75% Maximum

Extraneous Material:

Free of rodent activity & live insects

Insect Damage: ≤ 2%

Natural Foreign Material: ≤ 0.05%

\*\*\*"Natural Foreign Material" includes but is not limited to; loose shell, unshelled seeds, "sticktight" (portion of shell stuck to kernel), grain, pulp, stalks, burrs or any other crop related substance other than sunflower kernel.

## Physical Characteristics:

### Color and Texture:

Uniform medium roast. Firm not soggy or brittle.

### Flavor and Odor:

Sweet, honey flavor free from any stale, flat or rancid flavor and odors.

## Microbiological Requirements

E. Coli - Negative

Salmonella - Negative

Aflatoxin - Negative

## Ingredients

Sunflower Kernels, Sugar, Sunflower Oil, Honey, Salt, Maltodextrin, Xanthan Gum

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bringing well-being to life

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