

Product Ingredients

Wholesome goodness.



Snacks

Honey Roasted Sunflower Kernel*: Non-GMO sunflower seed kernels, sugar, sunflower oil, honey, salt, maltodextrin, and xanthan gum. **SHELF LIFE: 12 months**

Lightly Salted Sunflower Kernel*: Non-GMO sunflower kernels, sunflower oil, salt. **SHELF LIFE: 12 months**

Blazin' Hot Sunflower Kernel*: Non-GMO sunflower seed kernels, sunflower oil, 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, less than 2% silicon dioxide added to prevent caking. **SHELF LIFE: 12 months**

Cocoa Sunnies*: Non-GMO sunflower seed kernels, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, seasoning (sugar, cocoa powder, spice, natural and artificial flavors, including milk, molasses powder, xanthan gum, and tricalcium phosphate added to prevent caking), non-hydrogenated sunflower oil, salt. **SHELF LIFE: 6 months**

Lightly Salted Pepitas*: Pumpkin seed kernels, sunflower oil, salt. **SHELF LIFE: 6 months**

Cool Ranch Toasted Corn*: Non-GMO whole kernel corn, sunflower oil, buttermilk powder, salt, rice syrup solids, onion and garlic, sour cream powder (cultured cream, nonfat milk), tomato powder, cheese powder (cheddar cheese, cultured pasteurized milk, salt enzymes), torula yeast, natural flavors, corn flour, citric acid, parsley, green bell pepper powder, silicon dioxide. **SHELF LIFE: 12 months**

Kettle Corn Toasted Corn*: Non-GMO whole kernel corn, sugar, sunflower oil, honey, salt, maltodextrin, and xanthan gum. **SHELF LIFE: 6 months**

Honey Nutz*: Non-GMO soybeans, sugar, sunflower oil, honey, salt, maltodextrin, and xanthan gum. **SHELF LIFE: 12 months**

Strawberry-Kiwi Fruit Jerky**: Whole apples, juice concentrates (strawberry and kiwi), natural and/or artificial flavors, color (glycerin, red 40 lake), citric acid, ascorbic acid. **SHELF LIFE: 18 months**

Sour Apple Fruit Jerky**: Whole apples, lemon juice concentrate, natural flavor, ascorbic acid (Vitamin C). **SHELF LIFE: 18 months**

Soy milk

Original Sunrich Naturals 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. **SHELF LIFE: 12 months**

Vanilla Sunrich Naturals 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. **SHELF LIFE: 12 months**

Chocolate Sunrich Naturals Soymilk: Organic soymilk, (filtered water, whole organic soybeans), all natural 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. **SHELF LIFE: 12 months**

*Manufactured on equipment shared with soy, wheat & dairy products.
**Manufactured on equipment shared with soy products.



Healthy Options, Healthy Kids.

We believe healthy, good food starts with a healthy, good Earth. This simple belief guides everything we do - how we work with farmers, how we handle and process our grains, and how we produce our natural foods.

Our Sunrich Naturals products provide healthful breakfast, lunch, á la carte or after school solutions and meet even the most rigorous wellness policies!



Sunrich Naturals® Snacks

Sunrich Naturals offers a range of prepackaged sunflower, corn, and soy snacks. Some of our most popular products include Honey Roasted, Lightly Salted, and Blazin' Hot Sunflower Kernels, Cocoa Sunnies, Cool Ranch Toasted Corn, and Soy Honey 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, Vanilla, and Chocolate; our soymilk is lactose free, calcium enriched and vitamin fortified. Packaged in 8 oz aseptic packages, they are a convenient and nutritious beverage option.

Kettle Valley Fruit Snacks

Kettle Valley products are made from REAL apples with no added sugar. Available in Strawberry Kiwi and Sour Apple, your kids will love these tasty snacks.



Try SunOpta Products in Your Wellness Program!



SunOpta products meet the following Wellness Guidelines:

- 300 calories (or less) per serving
- 7 grams (or less) of Fat (excluding natural fat in sunflower seeds)
- 2 grams (or less) of Saturated Fat
- 0 grams of Trans Fat
- 15 grams (or less) of Sugar (excluding natural sugar in REAL fruit)***
- 350 mg (or less) of Sodium

Non-Peanut



Products

In addition, these star products meet the following guidelines:

- 30% (or less) calories from Fat (excluding natural fat in sunflower seeds)
- 10% (or less) calories from Saturated Fat
- 35% (or less) added Sugar by weight (excluding fruit – no sugar added)
- 1 or more grams of fiber (except soymilk)

Product	Code #	Pack	Cal/Serv.	Total Fat	Sat Fat	Trans Fat	Chol.	Sugar	Sodium	Total Carbs	Fiber	Protein	Vit A	Vit C	Calcium	Iron	Vit E	Thiamine	Riboflavine	Folate	Magnesium	Vit D	Copper
Sunflower Kernel																							
Honey Roasted Sunflower	1017310	150/1 oz.	160	14 g*	1.0 g	0 g	0 mg	4 g	55 mg	8 g	2.0 g	5 g	0%	0%	2%	6%	50%	5%	5%	13%	8%	0%	20%
Lightly Salted Sunflower	1017268	150/1 oz.	170	16 g*	1.5 g	0 g	0 mg	1 g	110 mg	4 g	2.0 g	6 g	0%	1%	2%	10%	54%	5%	5%	16%	9%	0%	25%
Blazin' Hot Sunflower	1007687	150/1 oz.	170	16 g*	1.5 g	0 g	0 mg	1 g	115 mg	5 g	2.0 g	6 g	4%	1%	2%	10%	50%	4%	4%	15%	8%	0%	23%
Crispy Coated Sunflower																							
Cocoa Sunnies	1007797	82/2.05 oz.	280	16 g*	1.5 g	0 g	0 mg	13 g	135 mg	30 g	4.0 g	7 g	0%	0%	4%	10%	30%	8%	8%	23%	9%	0%	27%
Pumpkin Seeds																							
Lightly Salted Pepitas	1015824	150/1 oz.	160	14 g	2.5 g	0 g	0 mg	0 g	75 mg	4 g	2.0 g	8 g	0%	0%	2%	15%	0%	0%	0%	0%	0%	0%	0%
Toasted Corn																							
Cool Ranch Toasted Corn	1017301	125/1 oz.	110	2.5 g	0 g	0 g	0 mg	1 g	200 mg	19 g	2.0 g	3 g	2%	0%	2%	4%	0%	0%	0%	0%	0%	0%	0%
Kettle Corn	1078456	125/1 oz.	110	3.5 g	0 g	0 g	0 mg	3 g	60 mg	20 g	2.0 g	2 g	0%	0%	0%	4%	0%	0%	0%	0%	0%	0%	0%
Soy																							
Honey Nutz	1017296	150/1 oz.	140	8 g	1.0 g	0 g	0 mg	3 g	55 mg	11 g	4.0 g	8 g	0%	0%	4%	5%	9%	2%	2%	12%	8%	0%	9%
Fruit Jerky																							
Strawberry-Kiwi	1007919	400/0.7 oz.	70	0 g	0 g	0 g	0 mg	12 g**	15 mg	16 g	1.0 g	<1 g	0%	20%	0%	2%	0%	0%	2%	0%	1%	0%	2%
Sour Apple	1008637	400/0.7 oz.	70	0 g	0 g	0 g	0 mg	12 g**	15 mg	16 g	1.0 g	<1 g	0%	100%	0%	2%	0%	0%	2%	0%	1%	0%	2%
Sunrich Naturals Soymilk																							
Original	33108	24/8 oz.	110	4.5 g	0.5 g	0 g	0 mg	9 g	125 mg	11 g	1 g	8 g	10%	0%	30%	8%	0%	0%	25%	6%	10%	25%	0%
Vanilla	33208	24/8 oz.	130	4.5 g	0.5 g	0 g	0 mg	11 g	125 mg	14 g	1 g	8 g	10%	0%	30%	8%	0%	0%	25%	6%	10%	25%	0%
Chocolate	33318	24/8.25 oz	140	3.5 g	0.5 g	0 g	0 mg	22g	95 mg	25 g	3 g	6 g	10%	0%	30%	8%	0%	0%	30%	10%	0%	30%	0%

*Excluding seed **No added sugar ***Made with REAL whole apples

Nutritional information based on database values (calculated). Periodic lab analysis recommended for verification. I certify the above information is true and correct.

Kris A. Meindl

Kris A. Meindl, RD
Director of Quality Control and R & D Programs

Menu Equivalencies

- Sunflower Kernels = 1 oz. Meat Alt.
- Crispy Coated Sunflower = 1 oz. Meat Alt. and 1 Bread
- Toasted Corn = 1 Bread
- Soy = 1 oz. Meat Alt.
- Pepitas = 1 oz. Meat Alt.
- Fruit Jerky = 1/8 Cup Fruit



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