

# PEANUTS - SALTED



**Peanuts are a good snack for a healthy, balanced diet.**

## Ingredients:

Ground nuts (PEANUTS), Salt.

Nutritional Information	Per 100 g
Energy - KJ / Kcal	2535 / 606
Fat (g)	48,3
Of Which: Saturated (g)	9,9
Carbohydrates (g)	10,8
Of Which: Sugar (g)	6,6
Fiber (g)	5,7
Protein (g)	30,3
Sodium (mg) / Salt (g)	120 / 1,2

**Allergens:** Peanuts.

**Warning Statement:** Warning this product has been packaged in a factory that uses Soybean, Peanuts, Sulphur Dioxide, Tree Nuts [Almonds, Cashews, Hazelnuts], Egg, Fish & Sesame Seeds.

### Instructions:

- Consume by best before date. Does not require refrigeration.
- Store in a cool, dry place away from direct sunlight.  
(0–26 °C or 32–78.8 °F) (45–60%RH)
- Halaal.

### Shelf Life:

- Minimum 60 months at 25 °C.
- Shelf life is reduced to 12 months if stored in 37 °C.
- Shelf life is reduced to 6 months if stored in above 37 °C.

• **Packaging** - Type VI (Polyester/Polyethylene/Aluminium Foil/Polyethylene or Ionomer Resin) + 80 micron LDPE.



### Legend:

- Carbohydrates - 10.8%
- Fat - 48.3%
- Protein - 30.3%

# OATS PORRIDGE - VANILLA & BANANA



Oats porridge is a tasty and filling breakfast that is a great start to the day. This oats porridge has a delicious addition of banana chips and vanilla flavour.

## Ingredients:

Instant oat flakes (Gluten) (70 %), Skim milk powder (Milk) (20 %), Sugar (6 %), Crushed banana chips [Bananas, Coconut Oil, Sugar, Honey and Banana Flavour], Flavouring [Vanilla], Salt.

Nutritional Information	Per 100 g
Energy kcal / kJ	384 / 1605
Carbohydrates (g)	59,3
of which Sugar (g)	16,6
Fat (g)	7,5
of which Saturated (g)	2,1
Protein (g)	15,1
Dietary Fibre (g)	7,9
Sodium (mg) / Salt (g)	1000 / 2,5

**Allergens:** Gluten, Wheat, Milk.

**Warning Statement:** Warning this product has been packaged in a factory that uses Soybean, Peanuts, Sulphur Dioxide, Tree Nuts [Almonds, Cashews, Hazelnuts], Egg, Fish & Sesame Seeds.

**Instructions:** Add hot water to product until your desired consistency is met.

### Shelf Life:

- Minimum 60 months at 25 °C.
- Shelf life is reduced to 12 months if stored in 37 °C.
- Shelf life is reduced to 6 months if stored in above 37 °C.

• **Packaging - Type XII** (Polyester/Aluminium/Polypropylene or Copolymer of Propylene/Ethylene (With Press Seal)) + Nylon.



### Legend:

- Carbohydrates - 59.3%
- Fat - 7.5%
- Protein - 15.1%

# SALTED SUNFLOWER SEEDS



Sunflower Seeds are a very popular snack across the globe. They are a source of many vitamins and minerals that can support your immune system.

## Ingredients:

Sunflower seeds (98%), Salt (1%), Sunflower oil.

Nutritional Information	Per 100 g
Energy - KJ / Kcal	2736 / 654
Fat (g)	61,8
Of Which: Saturated (g)	6,8
Carbohydrates (g)	3,7
Of Which: Sugar (g)	2,2
Fiber (g)	9,2
Protein (g)	18,1
Sodium (mg) / Salt (g)	800 / 2

**Allergens:** None.

**Warning Statement:** Warning this product has been packaged in a factory that uses Soybean, Peanuts, Sulphur Dioxide, Tree Nuts [Almonds, Cashews, Hazelnuts], Egg, Fish & Sesame Seeds.

### Instructions:

- Consume by best before date. Does not require refrigeration.
- Store in a cool, dry place away from direct sunlight. (0–26 °C or 32–78.8 °F) (45–60%RH)
- Halaal.

### Shelf Life:

- Minimum 60 months at 25 °C.
- Shelf life is reduced to 12 months if stored in 37 °C.
- Shelf life is reduced to 6 months if stored in above 37 °C.

• **Packaging** - Type VI (Polyester/Polyethylene/Aluminium Foil/Polyethylene or Ionomer Resin) + 80 micron LDPE.



### Legend:

- Carbohydrates - 3.7%
- Fat - 61.8%
- Protein - 18.1%

# BERRY GRANOLA (NON-DAIRY)



Granola makes for a fantastic breakfast option. In addition to protein and fiber, you get a good amount of iron from Granola, as well as some potassium and calcium. This one comes packed with delicious, healthy berries which compliments the granola perfectly.

## Ingredients:

Granola Rolled Oats, Vegetable Fats and Oils [Palm oil (Palm fruit) (TBHQ)], Golden syrup, Brown sugar, Salt] (64%), Raisins (Sulphur Dioxide), Oat Flour, White Sugar, Maltodextrin, Soya Creamer [Maltodextrin, Vegetable Fat (Palm Fruit; Antioxidant BHA), Emulsifier (E471), Soy Protein (Soybean), Stabilizer (E452), Anticaking agent (E551)], Dried Cranberries, Dried Strawberries, Thickener: Xanthan Gum (E415), Salt, Cloudifier, Flavouring.

Nutritional Information	Per 100 g
Energy - kJ / kcal	1730 / 414
Fat (g)	12
Of Which: Saturated (g)	4
Carbohydrates (g)	61
Of Which: Sugar (g)	26.2
Fiber (g)	5.5
Protein (g)	13.2
Sodium (mg) / Salt (g)	160 / 0.4

**Allergens:** Gluten, Soy.

**Warning Statement:** Warning this product has been packaged in a factory that uses Soybean, Peanuts, Sulphur Dioxide, Tree Nuts [Almonds, Cashews, Hazelnuts], Egg, Fish & Sesame Seeds.

**Instructions:** Add 125ml to 150ml cold water to product until your desired consistency is met.

### Shelf Life:

- Minimum 60 months at 25 °C.
- Shelf life is reduced to 12 months if stored in 37 °C.
- Shelf life is reduced to 6 months if stored in above 37 °C.

• **Packaging - Type XII** (Polyester/Aluminium/Polypropylene or Copolymer of Propylene/Ethylene (With Press Seal)) + Nylon.



### Legend:

- Carbohydrates - 61%
- Fat - 12%
- Protein - 13.2%