
NO SUGAR ADDED
100% JUICE
CRANBERRY
FLAVORED 3 JUICE BLEND FROM CONCENTRATE WITH ADDED INGREDIENTS
64 FL OZ (2 QT) 1.89L
120% VITAMIN C
DAILY VALUE PER SERVING


ORIGINAL
100% JUICE • FROZEN CONCENTRATED
ORANGE JUICE
WITH CALCIUM
Nutrition Facts
6 servings
Serv. Size
2 fl oz (60 mL)
(8 fl oz Prepared)
Calories per serving 120
Amount/Serving % DV
Total Fat 0g 0%
Sodium 0mg+ 0%
Total Carb. 27g 10%
Amount/Serving % DV
Total Sugars 24g
Incl. 0g Added Sugars 0%
Protein 0g
Calcium 350mg 25% • Potas. 450mg 10% • Vit. C 100%
Not a significant source of sat. fat, trans fat, cholest., fiber, vit. D and iron.
+Amount in concentrate

CONTAINS 100% JUICE

Nutrition Facts

8 servings per container

Serving size 8 fl oz (240mL)

Amount per serving

Calories 140

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 35mg	**1%**
Total Carbohydrate 35g	**13%**
Dietary Fiber 0g	**0%**
Total Sugars 31g	
Includes 0g Added Sugars	**0%**
Protein 0g	

Vitamin D 0mcg 0% • Calcium 30mg 2%

Iron 0mg 0% • Potassium 220mg 4%

Vitamin C 108mg 120%

*The % Daily Value 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: GRAPE, CRANBERRY AND APPLE JUICES FROM CONCENTRATE (FILTERED WATER, GRAPE, CRANBERRY AND APPLE JUICE CONCENTRATES), ASCORBIC ACID (VITAMIN C), NATURAL FLAVORS.

DISTRIBUTED BY
THE KROGER CO.
CINCINNATI, OHIO 45202

CHILL AND SHAKE WELL BEFORE SERVING

REFRIGERATE AFTER OPENING

PASTEURIZED

PLEASE RECYCLE


chocolate whole milk
vitamin D
MOO & IMPROOVED
TruMoo
whole milk
chocolate
vitamin D
ONE QUART 946mL

3, 7, 8


PER 1 SLICE
60 CALORIES
0g SAT FAT
140mg SODIUM
2g TOTAL SUGARS
Nature's Own
100% Whole Wheat
Our Promise. NEVER any artificial preservatives, colors or flavors and NO high fructose corn syrup.
13g Whole Grain
per slice
Heart Healthy

5

74101-061721

Nutrition Facts

22 servings per container
Serving size 1 Slice (26g/0.9oz)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 60mg	0%
Thiamin 0.14mg	10%
Riboflavin 0.04mg	2%
Niacin 0.8mg	6%
Folate 5mcg DFE (0mcg folic acid)	0%

*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: WHOLE WHEAT FLOUR, WATER, BROWN SUGAR, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, MONOGLYCERIDES, ENZYMES, MONOCALCIUM PHOSPHATE, ASCORBIC ACID, SOY LECITHIN. TOPPED WITH WHEAT BRAN. 741-081321

Nutrition Facts

4 servings per container
Serving size 1 cup (240mL)

Amount per serving
Calories 210

	% Daily Value*
Total Fat 8g	11%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 230mg	10%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 11g Added Sugars	23%
Protein 8g	16%
Vit D 2.5mcg 10% • Calcium 300mg 25%	
Iron 0.5mg 2% • Potas 440mg 10% • Vit A 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: MILK, LIQUID SUGAR (SUGAR, WATER), LESS THAN 1% OF COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, CARRAGEENAN, NATURAL FLAVOR, NONFAT MILK, VITAMIN D_3.

DISTRIBUTED BY: DFA DAIRY BRANDS, LLC, KANSAS CITY, KS 66111

trumoo.com

COMMENTS? 1-800-395-7004

GRADE A • PASTEURIZED • HOMOGENIZED

PLANT # STAMPED ABOVE

KEEP REFRIGERATED

SHAKE WELL

*No significant difference has been shown in milk from cows treated with the artificial growth hormone rbST and non rbST treated cows.

DFA Dairy Farmers of America

KOSHER DAIRY

0 41900 07515 6


WONDER
CALCIUM FORTIFIED ENRICHED BREAD
NET WT 20 OZ (1 LB 4OZ) 567g
CONTAINS AT LEAST 4X THE CALCIUM OF REGULAR WHITE BREAD*
140 CALORIES
0g SAT FAT
180mg SODIUM
5g TOTAL SUGARS
USO
Proudly Supports

5


Nature's Own
100% Whole Wheat
Our Promise.
NEVER any artificial preservatives, colors or flavors and NO high fructose corn syrup.
13g Whole Grain
Heart Healthy
PER 1 SLICE
60 CALORIES
0g SAT FAT
140mg SODIUM
2g TOTAL SUGARS

5

74101-061721

Nutrition Facts

22 servings per container
Serving size 1 Slice (26g/0.9oz)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 60mg	0%
Thiamin 0.14mg	10%
Riboflavin 0.04mg	2%
Niacin 0.8mg	6%
Folate 5mcg DFE (0mcg folic acid)	0%

*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: WHOLE WHEAT FLOUR, WATER, BROWN SUGAR, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, MONOGLYCERIDES, ENZYMES, MONOCALCIUM PHOSPHATE, ASCORBIC ACID, SOY LECITHIN. TOPPED WITH WHEAT BRAN. 741-081321

Ingredients: Unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, yeast, contains 2% or less of each of the following: calcium carbonate, wheat gluten, soybean oil, salt, dough conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides, mono-and diglycerides, distilled monoglycerides, calcium peroxide, calcium iodate, datem, ethoxylated mono- and diglycerides, enzymes, ascorbic acid), vinegar, monocalcium phosphate, citric acid, cholecalciferol (vitamin D3), soy lecithin, calcium propionate (to retard spoilage).

203401-081117

Nutrition Facts

10 servings per container
Serving size 2 Slices (57g/2.0oz)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	6%
Total Sugars 5g	
Includes 5g Added Sugars	9%
Protein 4g	
Vitamin D 3.3mcg	15%
Calcium 360mg	30%
Iron 2.3mg	15%
Potassium 0mg	0%
Thiamin 0.3mg	30%
Riboflavin 0.2mg	20%
Niacin 2.2mg	15%
Folate 115mcg DFE (55mcg folic acid)	30%

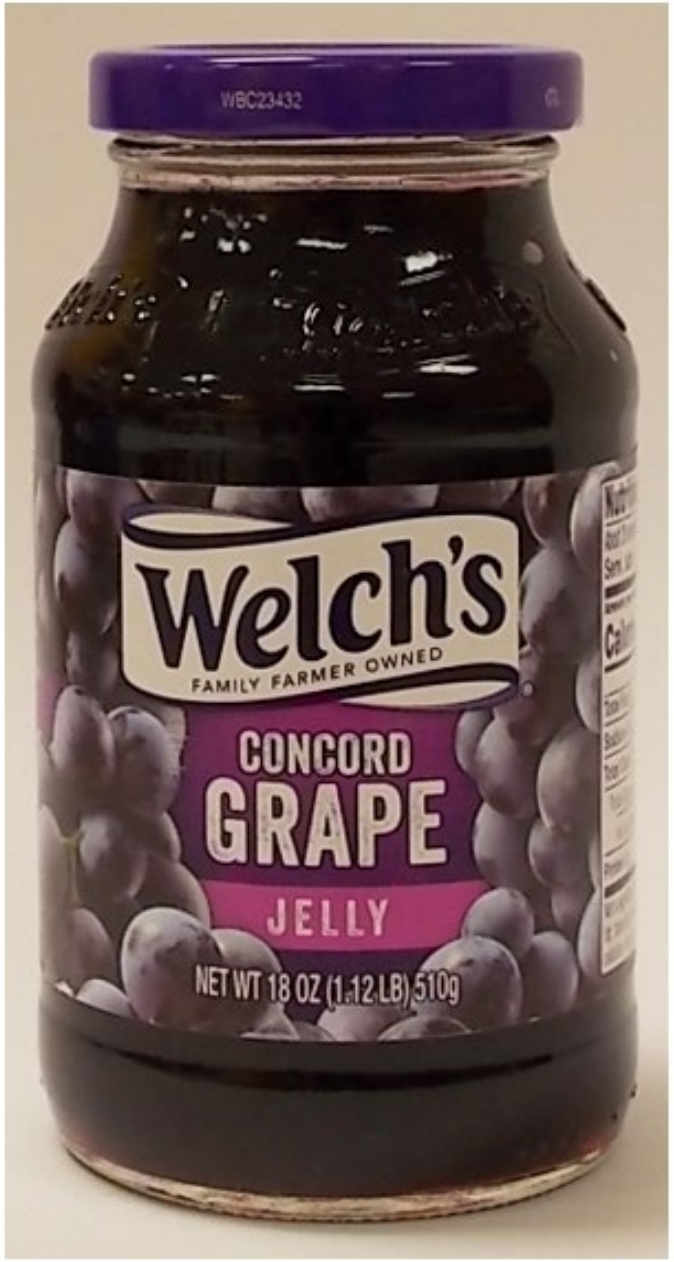
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CALCIUM CARBONATE, SOYBEAN OIL, WHEAT GLUTEN, SALT, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES, MONO- AND DIGLYCERIDES, DISTILLED MONOGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ENZYMES, ASCORBIC ACID), VINEGAR, MONOCALCIUM PHOSPHATE, YEAST EXTRACT, MODIFIED CORN STARCH, SUCROSE, SUGAR, SOY LECITHIN, CHOLECALCIFEROL (VITAMIN D3), SOY FLOUR, AMMONIUM SULFATE, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE). 2034-021114

DISTRIBUTED BY
FLOWERS BAKERIES, LLC
THOMASVILLE, GA 31757

*A 57g serving of white bread contains 82mg of Calcium or Serving; 8oz of Milk contains 276mg of Calcium. Wonder Classic white bread contains 360mg of Calcium per 57g (USDA Nutrient Database for Standard Reference Release 28).


SWEET BABY RAY'S
GOURMET SAUCES
The Sauce is the Boss!
SWEET BABY RAY'S
GOURMET SAUCES
Award Winning
Barbecue Sauce
NET WT. 28 OZ. (1 LB. 12 OZ.) 794g


Welch's
FAMILY FARMER OWNED
CONCORD
GRAPE
JELLY
NET WT 18 OZ (1.12 LB) 510g


Nutrition Facts
About 25 servings per container
Serv. size 1 tbsp (20g)
Amount per serving
Calories 50
% Daily Value
Total Fat 0g 0%
Sodium 0mg 0%
Total Carb. 13g 5%
Total Sugars 10g
Incl. 9g Added Sugars 18%
Protein 0g
Not a significant source of sat fat, trans fat, cholest, fiber, vit D, calcium, iron and potas
INGREDIENTS: CONCORD GRAPES, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, FRUIT PECTIN, CITRIC ACID, SODIUM CITRATE
©2019 Welch's CONCORD, MA 01742
MADE IN USA Refrigerate After Opening.


INSTRUCTIONS:
Brush on meat during last 15 minutes of barbecuing or broiling.
Follow us on:
TWIST TO OPEN
FOR BEST FLAVOR REFRIGERATE AFTER OPENING
BEST WHEN PURCHASED BY DATE ON LABEL
SWEET BABY RAY'S
GOURMET SAUCES
ORIGINAL
The award-winning sauce that has been dominating grill pits and dinner tables since its birth in the Windy City in 1985. Pop a cap and pour it on thick. "The Sauce Is The Boss."
Nutrition Facts
About 21 servings per container
Serving size 2 Tbsp (36g)
Calories per serving 70
Amount/serving % Daily Value
Total Fat 0g 0%
Sat. Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 290mg 13%
Amount/serving % Daily Value
Total Carb. 18g 7%
Fiber 0g 0%
Total Sugars 17g
Incl. 16g Added Sugars 32%
Protein 0g
Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%
INGREDIENTS: HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, TOMATO PASTE, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF SALT, PINEAPPLE JUICE CONCENTRATE, NATURAL SMOKE FLAVOR, SPICE, CARAMEL COLOR, MOLASSES, SODIUM BENZOATE (PRESERVATIVE), GARLIC,* MUSTARD FLOUR, CORN SYRUP, SUGAR, TAMARIND, NATURAL FLAVOR, CELERY SEED. *DRIED.
Sweet Baby Ray's®
P.O. Box 31250 Chicago, IL 60631-0250
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GLUTEN FREE
0 13409 35231 1 03


Betty Crocker™
Whipped
FROSTING
ARTIFICIALLY FLAVORED
Butter Cream
NET WT 12 OZ (340g)


VALUE PACK 32 POUCHES
Great Value™
Tangy
Fruit Smiles
NATURALLY & ARTIFICIALLY FRUIT-FLAVORED SNACKS
Tropical Punch
Blue Raspberry
Sour Apple
Watermelon
enlarged to show texture
NET WT 28.8 OZ (1 LB 12.8 OZ) 816g K
90 CALORIES PER SERVING
0g SAT FAT 0% DV
15mg SODIUM 1% DV
EXCELLENT SOURCE OF VITAMIN C

8

Nutrition Facts

32 servings per container
Serving size 1 pouch (26g)

Amount per serving	
Calories	**90**
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Includes 12g Added Sugars	**25%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin C 60mg	70%

* The % Daily Value 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.

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

INGREDIENTS: SUGAR, CORN SYRUP, MODIFIED FOOD STARCH (CORN), APPLE JUICE CONCENTRATE, CORNSTARCH, CANOLA OIL, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, ASCORBIC ACID (VITAMIN C), SODIUM CITRATE, WHITE MINERAL OIL, CARNAUBA WAX, RED 40, BLUE 1, YELLOW 6, YELLOW 5.

MAY CONTAIN TRACES OF MILK, EGGS, ALMONDS, COCONUT, PEANUTS AND SOY.

DISTRIBUTED BY: Wal-Mart Stores, Inc., Bentonville, AR 72716

KEEP KIDS SAFE. TO AVOID CHOKING, ONLY GIVE TO CHILDREN WHO CAN EASILY CHEW AND SWALLOW FOODS. CHILDREN SHOULD BE SEATED AND SUPERVISED WHILE EATING.


SINCE 1908
BUSH'S
BEST
GRILLIN' BEANS®
SOUTHERN PIT BARBECUE
Slow Cooked Beans in a Rich Barbecue Sauce for an Authentic Grilled Flavor
QUICK & DELICIOUS RECIPES
NET WT 22 OZ (1 LB 6 OZ) 624 g


Kroger
Refried Beans
Traditional

Nutrition Facts

about 3.5 servings per container

Serving size 1/2 cup (130g)

Amount per serving

Calories 140

	% Daily Value*
Total Fat 2.5g	**3%**
Sat. Fat 1g	**5%**
Sodium 320mg	**14%**
Total Carb. 22g	**8%**
Fiber 5g	**18%**
Total Sugars 1g	
Protein 7g	

Vit. D 0mcg 0% • Calcium 40mg 4%

Iron 2mg 10% • Potas. 480mg 10%

Not a significant source of trans fat, cholest., added sugars.

* The % Daily Value 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: COOKED PINTO BEANS, WATER, LARD AND HYDROGENATED LARD, SALT, VINEGAR, SPICES, GARLIC POWDER, ONION POWDER, CHILI PEPPER.

DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

Nutrition Facts

Serving Size: 1/2 cup (130g)
Servings Per Container: About 5

Amount Per Serving

Calories 170 **Calories from Fat 5**

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 550mg	**23%**
Potassium 330mg	**9%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 6g	24%
Sugars 16g	
Protein 6g	

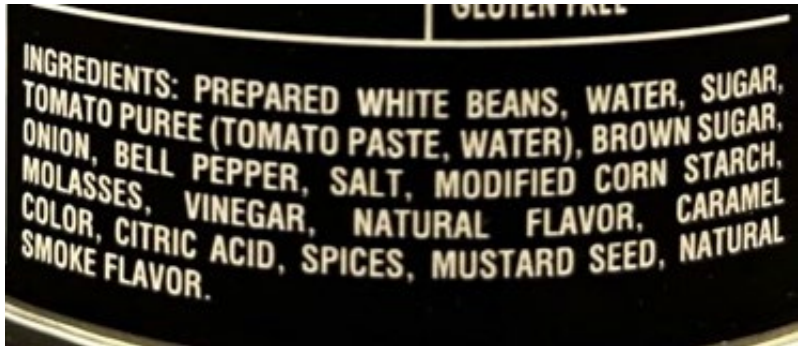
Vitamin A 0% • Vitamin C 0%

Calcium 6% • 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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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



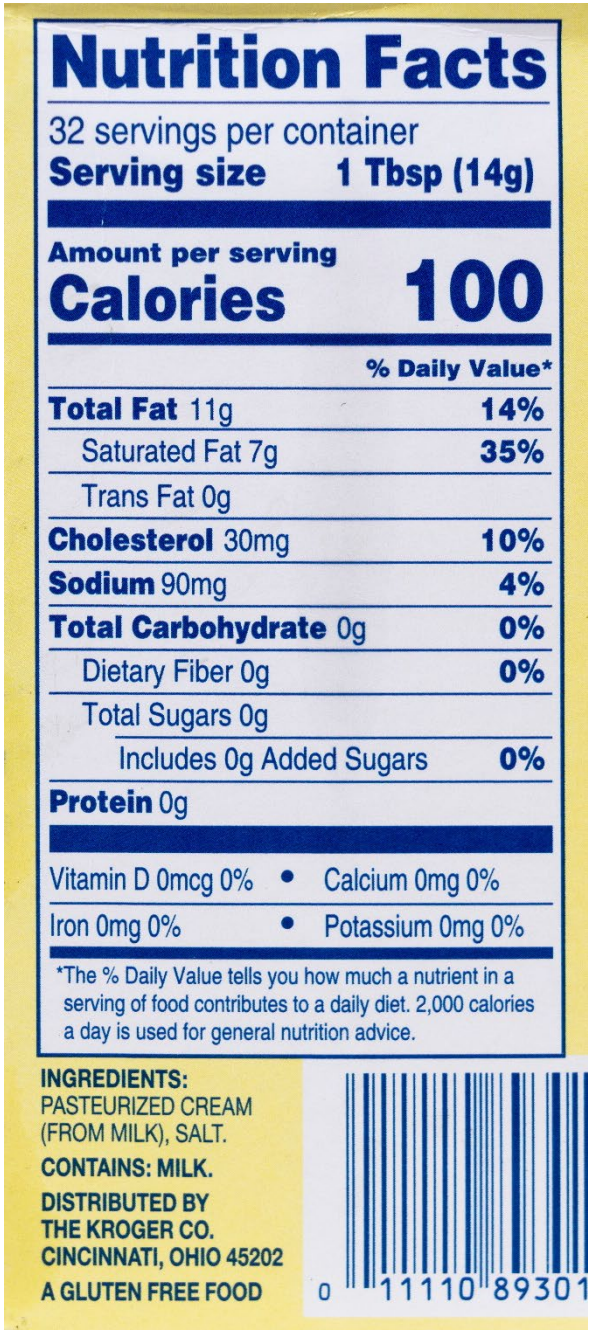
GLUTEN FREE

INGREDIENTS: PREPARED WHITE BEANS, WATER, SUGAR, TOMATO PUREE (TOMATO PASTE, WATER), BROWN SUGAR, ONION, BELL PEPPER, SALT, MODIFIED CORN STARCH, MOLASSES, VINEGAR, NATURAL FLAVOR, CARAMEL COLOR, CITRIC ACID, SPICES, MUSTARD SEED, NATURAL SMOKE FLAVOR.


Kroger
Creamy
RANCH
DRESSING
Dress and Dip
MADE WITH REAL BUTTERMILK
NO HIGH FRUCTOSE CORN SYRUP
ARTIFICIAL COLORS
MADE WITH CAGE FREE EGGS
16 FL OZ (1 PT) 473mL


4 4oz. STICKS
Kroger
BUTTER
SALTED
KEEP REFRIGERATED
GRADE AA
NET WT 1 LB (16 OZ) 453g

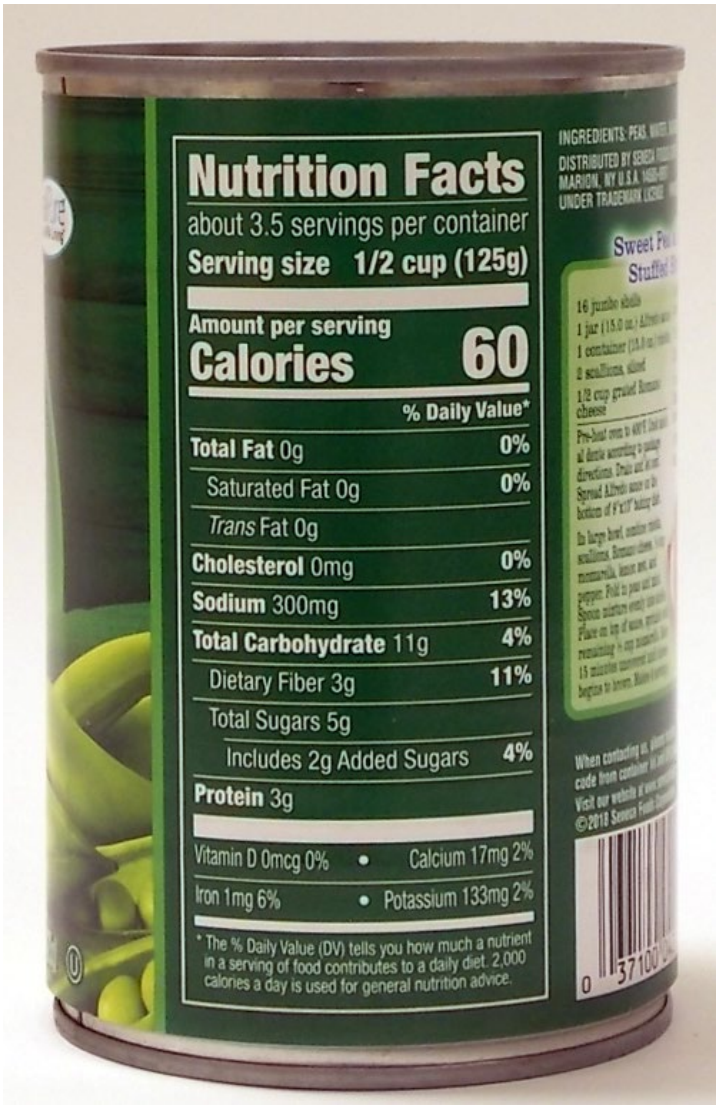

Creamy
RANCH
DRESSING
Nutrition Facts
about 16 servings per container
Serving size 2 Tbsp (30g)
Calories per serving 130
Amount/serving % DV
Total Fat 14g 18%
Sat. Fat 2.5g 13%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 240mg 10%
Amount/serving % DV
Total Carb. 2g 1%
Fiber 0g 0%
Total Sugars 1g
Incl. 1g Added Sugars 2%
Protein 1g
Vitamin D 0% • Calcium 2% • Iron 0% • Potassium 0%
87-1652
INGREDIENTS: SOYBEAN OIL, WATER, LOWFAT BUTTERMILK (CULTURED LOWFAT AND SKIM MILK, SALT, TAPIOCA STARCH, LOCUST BEAN GUM, CARRAGEENAN), EGG YOLK, SUGAR, SOUR CREAM POWDER (CREAM, NONFAT MILK, CULTURES), SALT, VINEGAR, CONTAINS 1% OR LESS OF: SPICE, DRIED GARLIC, DRIED ONION, PARSLEY, PHOSPHORIC ACID, XANTHAN GUM, MODIFIED CORN STARCH, MONOSODIUM GLUTAMATE, NATURAL FLAVORS, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR).


Nutrition Facts
32 servings per container
Serving size 1 Tbsp (14g)
Amount per serving
Calories 100
% Daily Value*
Total Fat 11g 14%
Saturated Fat 7g 35%
Trans Fat 0g
Cholesterol 30mg 10%
Sodium 90mg 4%
Total Carbohydrate 0g 0%
Dietary Fiber 0g 0%
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 0g
Vitamin D 0mcg 0% • Calcium 0mg 0%
Iron 0mg 0% • Potassium 0mg 0%
*The % Daily Value 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: PASTEURIZED CREAM (FROM MILK), SALT.
CONTAINS: MILK.
DISTRIBUTED BY THE KROGER CO. CINCINNATI, OHIO 45202
A GLUTEN FREE FOOD
0 11110 89301


Great Value
Golden Sweet
Whole Kernel
Corn
Picked and Packed Same Day
serving suggestion
NET WT 15 OZ (425g)
GREAT FOR YOU


Libby's
Sweet Peas
Farm Fresh Goodness!
NET WT 15 OZ (425g)

8


Nutrition Facts
about 3.5 servings per container
Serving size 1/2 cup (125g)
Amount per serving
Calories 60
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 300mg 13%
Total Carbohydrate 11g 4%
Dietary Fiber 3g 11%
Total Sugars 5g
Includes 2g Added Sugars 4%
Protein 3g
Vitamin D 0mcg 0% • Calcium 17mg 2%
Iron 1mg 6% • Potassium 133mg 2%
* 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.

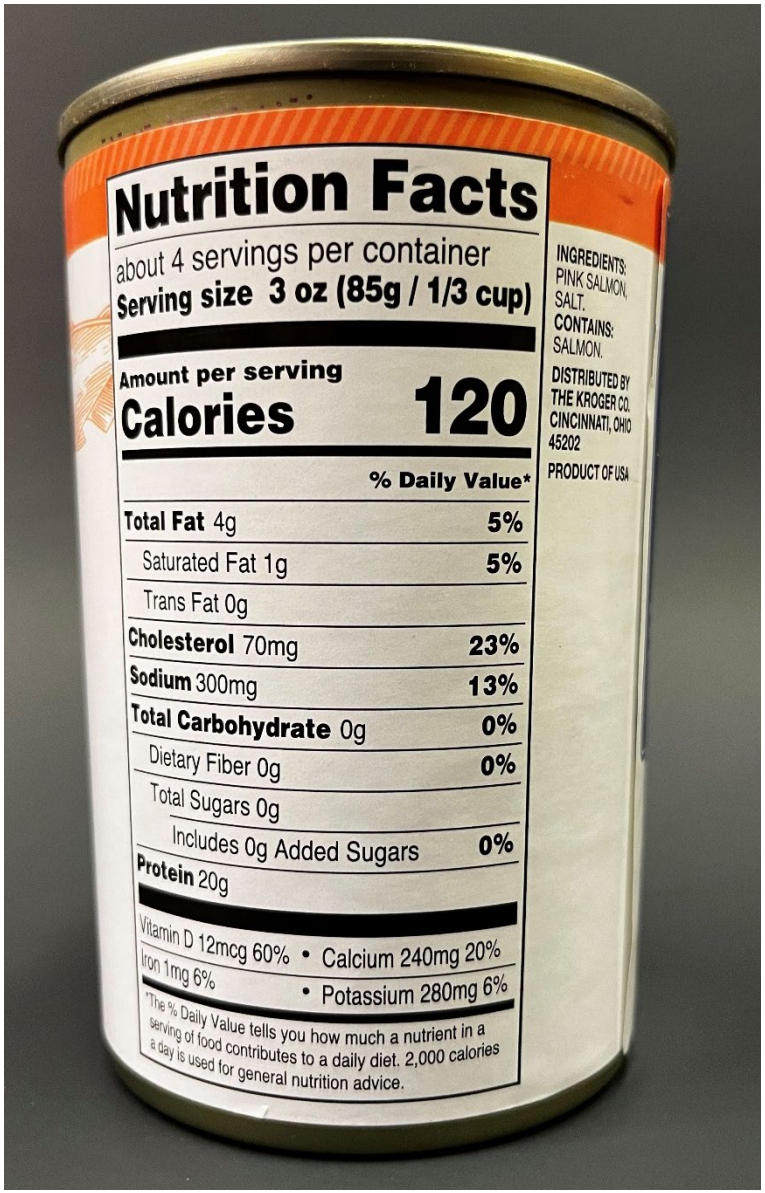

Nutrition Facts
about 3.5 servings per container
Serving size 1/2 cup (125g)
Amount per serving
Calories 45
% Daily Value*
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 200mg 9%
Total Carbohydrate 9g 3%
Dietary Fiber 1g 4%
Total Sugars 2g
Includes 0g Added Sugars 0%
Protein 1g
Vit. D 0mcg 0% • Calcium 14mg 2%
Iron 0mg 0% • Potas. 125mg 2%
* The % Daily Value tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
INGREDIENTS: CORN, WATER, SALT.
DISTRIBUTED BY:
Wal-Mart Stores, Inc.,
Bentonville, AR 72716
Best if used by date on end
After opening, store in a
container and refrigerate.


RICH IN VITAMIN C
NO ADDED SUGAR
CALCIUM
VITAMIN D • PULP FREE
Simply Orange
NOT FROM CONCENTRATE
110 CALORIES PER 8 FL OZ SERVING
100% PURE SQUEEZED PASTEURIZED ORANGE JUICE WITH CALCIUM & VITAMIN D
52 FL OZ (1.6 QT) 1.53 L

3, 4, 7


Kroger
WILD CAUGHT
ALASKAN
PINK SALMON
Pareve
NET WT 14.75 OZ (418g)

3, 7



Nutrition Facts

about 4 servings per container
Serving size 3 oz (85g / 1/3 cup)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 300mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	

Vitamin D 12mcg 60% • Calcium 240mg 20%
Iron 1mg 6% • Potassium 280mg 6%

*The % Daily Value 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: PINK SALMON, SALT.
CONTAINS: SALMON.
DISTRIBUTED BY THE KROGER CO. CINCINNATI, OHIO 45202
PRODUCT OF USA

Simply Orange®
100% ORANGE JUICE
GOOD SOURCE OF VITAMIN C, VITAMIN D & CALCIUM

Nutrition Facts

About 7 servings per container
Serving Size 8 fl oz (240 mL)

Amount Per Serving
Calories 110

	% Daily Value
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 2g Not a significant source of protein	

Vitamin D 2.5mcg 15% • Calcium 350mg 25%
Potassium 450mg 10% • Vitamin C 90%
Thiamin 8% • Niacin 2%
Vitamin B_6 4% • Folate 10%
Magnesium 6%

Not a significant source of saturated fat, *trans* fat, cholesterol, dietary fiber and iron.

CONTAINS ORANGE JUICE, LESS THAN 1% OF: CALCIUM PHOSPHATE* AND CALCIUM LACTATE* (CALCIUM SOURCES), VITAMIN D_3*.
*INGREDIENTS NOT FOUND IN REGULAR ORANGE JUICE.

PRODUCED FOR SIMPLY ORANGE JUICE COMPANY APOPKA, FL 32703 U.S.A.

CONTAINS ORANGE JUICE FROM COUNTRIES IDENTIFIED ON BOTTLE NECK.

2019-00150
44968

NO ADDED SUGAR†
PASTEURIZED
KEEP REFRIGERATED
SHAKE WELL
BEST IF USED WITHIN 7-10 DAYS AFTER OPENING.
PRODUCT QUESTIONS & FRESH TASTE GUARANTEED INFO CALL 1-800-871-2653.
www.simplyorangejuice.com
†NOT A REDUCED CALORIE FOOD. SEE NUTRITION FACTS FOR SUGAR & CALORIE CONTENT.
HI, ME 5¢
PLEASE RECYCLE

NON GMO Project VERIFIED
nongmoproject.org

smartlabel™
SCAN HERE FOR MORE FOOD INFORMATION

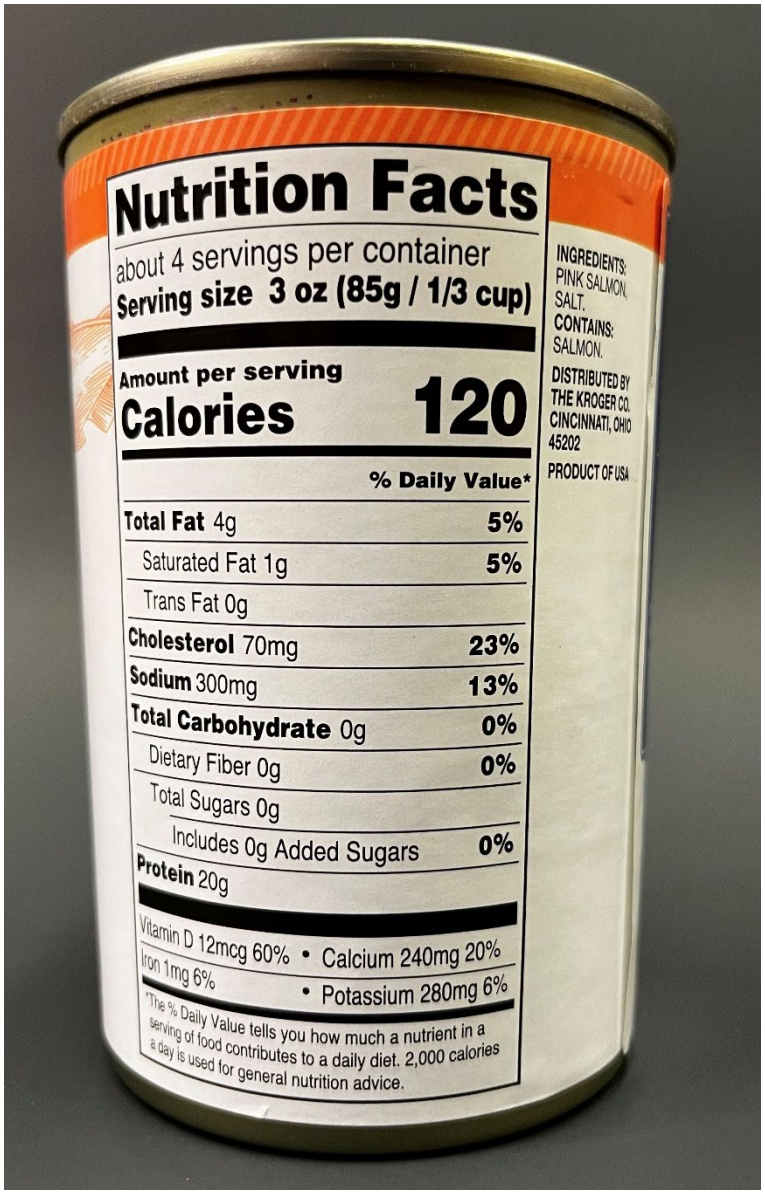
USD458146 • USD458147
0 25000 04496 0


RICH IN VITAMIN C
NO ADDED SUGAR
CALCIUM
VITAMIN D • PULP FREE
Simply Orange
NOT FROM CONCENTRATE
110 CALORIES PER 8 FL OZ SERVING
100% PURE SQUEEZED PASTEURIZED ORANGE JUICE WITH CALCIUM & VITAMIN D
52 FL OZ (1.6 QT) 1.53 L

3, 4, 7


Kroger
WILD CAUGHT
ALASKAN
PINK SALMON
Pareve
NET WT 14.75 OZ (418g)

3, 7



Nutrition Facts

about 4 servings per container
Serving size 3 oz (85g / 1/3 cup)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 300mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	

Vitamin D 12mcg 60% • Calcium 240mg 20%
Iron 1mg 6% • Potassium 280mg 6%

*The % Daily Value 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: PINK SALMON, SALT.
CONTAINS: SALMON.
DISTRIBUTED BY THE KROGER CO. CINCINNATI, OHIO 45202
PRODUCT OF USA

Simply Orange®
100% ORANGE JUICE
GOOD SOURCE OF VITAMIN C, VITAMIN D & CALCIUM

Nutrition Facts

About 7 servings per container
Serving Size 8 fl oz (240 mL)

Amount Per Serving
Calories 110

	% Daily Value
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 2g Not a significant source of protein	

Vitamin D 2.5mcg 15% • Calcium 350mg 25%
Potassium 450mg 10% • Vitamin C 90%
Thiamin 8% • Niacin 2%
Vitamin B_6 4% • Folate 10%
Magnesium 6%

Not a significant source of saturated fat, *trans* fat, cholesterol, dietary fiber and iron.

CONTAINS ORANGE JUICE, LESS THAN 1% OF: CALCIUM PHOSPHATE* AND CALCIUM LACTATE* (CALCIUM SOURCES), VITAMIN D_3*.
*INGREDIENTS NOT FOUND IN REGULAR ORANGE JUICE.

PRODUCED FOR SIMPLY ORANGE JUICE COMPANY APOPKA, FL 32703 U.S.A.

CONTAINS ORANGE JUICE FROM COUNTRIES IDENTIFIED ON BOTTLE NECK.

2019-00150
44968

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HI, ME 5¢
PLEASE RECYCLE

NON GMO Project VERIFIED
nongmoproject.org

smartlabel™
SCAN HERE FOR MORE FOOD INFORMATION

USD458146 • USD458147
0 25000 04496 0


GIANT SIZE!
Per 1 cup
150 CALORIES
0.5g SAT FAT 3% DV
270mg SODIUM 12% DV
16g TOTAL SUGARS
CAP'N CRUNCH'S
CRUNCH BERRIES
NATURALLY & ARTIFICIALLY FLAVORED
SWEETENED CORN & OAT CEREAL
CRUNCH-A-TIZE ME CAP'N!


Cheerios
General Mills
FAMILY SIZE
Gluten Free
Cheerios
CAN HELP
LOWER CHOLESTEROL
AS PART OF A HEART HEALTHY DIET
18 OZ
100% WHOLE GRAIN OATS

Nutrition Facts

About 13 servings per container (age 4+ years)
About 25 servings per container (age 1-3 years)
Serving size 1½ cup (39g) (age 4+ years)
¾ cup (20g) (age 1-3 years)

	Cheerios	with ½ cup skim milk	Age 1-3 years
Calories	**140**	**190**	**70**
	% DV**	**% DV****	**% DV*****
Total Fat 2.5g*	**3%**	**4%**	**4%**
Saturated Fat 0.5g	**3%**	**4%**	**0%**
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 1g			
Cholesterol 0mg	**0%**	**2%**	**0%**
Sodium 190mg	**8%**	**11%**	**7%**
Total Carbohydrate 29g	**11%**	**13%**	**10%**
Dietary Fiber 4g	**14%**	**14%**	**14%**
Soluble Fiber 1g			
Total Sugars 2g			
Incl. Added Sugars 2g	**4%**	**4%**	**3%**
Protein 5g			**8%**
Vitamin D 2mcg	10%	15%	6%
Calcium 130mg	10%	20%	8%
Iron 12.6mg	70%	70%	90%
Potassium 250mg	6%	8%	4%
Vitamin A	10%	20%	15%
Vitamin C	10%	10%	30%
Thiamin	20%	25%	20%
Niacin	10%	10%	10%
Vitamin B_6	20%	20%	30%
Folate (45mcg folic acid)	20%	20%	25%
Vitamin B_{12}	20%	30%	25%
Phosphorus	10%	20%	15%
Magnesium	15%	15%	35%
Zinc	20%	20%	35%

* Amount in cereal. A serving of cereal plus skim milk provides 3g Total Fat (1g Saturated Fat), less than 5mg Cholesterol, 250mg Sodium, 35g Total Carbohydrate (8g Total Sugars), 9g Protein, 3mcg Vitamin D, 260mg Calcium, 12.6mg Iron, and 450mg Potassium.

* Amount in serving size for age 4+ years. A serving of Cheerios for children 1-3 years of age provides 1.5g Total Fat (0g Saturated Fat, 0.5mg Poly Fat, 0.5mg Mono Fat), 100mg Sodium, 15g Total Carbohydrate (2g Dietary Fiber, <1g Soluble Fiber, 1g Total Sugars, 1g Added Sugars), 2g Protein, 0.9mcg Vitamin D, 60mg Calcium, 6.3mg Iron, and 130mg Potassium.

** 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.

*** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,000 calories a day is used for general nutrition advice for children 1-3 years.

Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) **Added to Preserve Freshness.**

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), **Vitamin C** (sodium ascorbate), **A B Vitamin** (niacinamide), **Vitamin B_6** (pyridoxine hydrochloride), **Vitamin A** (palmitate), **Vitamin B_1** (thiamin mononitrate), **A B Vitamin** (folic acid), **Vitamin B_{12}, Vitamin D_3.**

CAPN CRUNCH'S
CRUNCH BERRIES
NATURALLY & ARTIFICIALLY FLAVORED
SWEETENED CORN & OAT CEREAL

Nutrition Facts

About 20 servings per container
Serving size 1 cup (37g)

	Cereal Alone		With 2/3 cup Vitamin A & D fortified skim milk	
Calories	**150**		**200**	
		% DV*		**% DV***
Total Fat	2g	**2%**	2g	**2%**
Saturated Fat	0.5g	**3%**	1g	**4%**
Trans Fat	0g		0g	
Polyunsat. Fat	0g		0g	
Monounsat. Fat	0.5g		0.5g	
Cholesterol	0mg	**0%**	<5mg	**1%**
Sodium	270mg	**12%**	340mg	**15%**
Total Carb.	32g	**12%**	40g	**15%**
Dietary Fiber	<1g	**3%**	<1g	**3%**
Total Sugars	16g		25g	
Incl. Added Sugars	16g	**32%**	16g	**32%**
Protein	2g		7g	
Vitamin D	0mcg	**0%**	2mcg	**8%**
Calcium	0mg	**0%**	200mg	**15%**
Iron	7.5mg	**40%**	7.6mg	**40%**
Potassium	60mg	**0%**	310mg	**6%**
Thiamin	0.3mg	**25%**	0.4mg	**30%**
Riboflavin	0.3mg	**25%**	0.6mg	**45%**
Niacin	4.8mg	**30%**	4.8mg	**30%**
Vitamin B_6	0.4mg	**25%**	0.5mg	**30%**
Folate DFE Folic Acid	200mcg (133mcg)	**50%**	200mcg (133mcg)	**50%**

* 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: Corn flour, sugar, oat flour, brown sugar, palm and/or coconut oil, salt, sodium citrate, natural and artificial flavor, malic acid, red 40, reduced iron, yellow 5, niacinamide*, blue 1, yellow 6, BHT (to preserve freshness), thiamine mononitrate*, pyridoxine hydrochloride*, riboflavin*, folic acid*.
* One of the B vitamins


non BPA LINER
CHICKEN BROTH
99% FAT FREE
SEE NUTRITION INFORMATION FOR SODIUM CONTENT
Kroger
NET WT 14 OZ (396g)
SERVING SUGGESTION
BROTH • BROTH • BROTH

∞


Knorr
15 CALORIES
CALORÍAS PER / POR 1/2 CUBE / CUBO
Caldo CON SABOR de Pollo
con otro sabor natural
CHICKEN FLAVOR BOUILLON
with other natural flavor
8 CUBOS/CUBES
PESO NETO / NET WT 3.1 OZ (88g)

Nutrition Facts

Serving size 1 can (396mL)

Amount per serving

Calories 15

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1380mg	60%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 2g	
Vitamin D 0mcg 0% • Calcium 10mg 0%	
Iron 0mg 0% • Potassium 33mg 0%	

*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: CHICKEN STOCK, CONTAINS 2% OR LESS OF: SEA SALT, SALT, SUGAR, NATURAL FLAVORING, DEHYDRATED ONION, YEAST EXTRACT, CHICKEN FAT, CARROT JUICE CONCENTRATE, CELERY, ONION.

DISTRIBUTED BY THE KROGER CO., CINCINNATI, OHIO 45202

Nutrition Facts/Datos de Nutrición

16 servings per container/raciónes por envase

Serving size **1/2 cube (6g) (makes 1 cup prepared)**

Tamaño por ración **1/2 cubo (6g) (sirve para preparar 1 taza)**

Amount per serving/Cantidad por ración

Calories/Calorías **15**

	% Daily Value / % Valor Diario
Total Fat/Grasa Total 1.5g	2%
Saturated Fat/Grasa Sat. 1g	5%
Sodium/Sodio 1030mg	45%
Total Carbohydrate/Carbohidrato Total <1g	1%
Protein/Proteínas 0g	

Not a significant source of trans fat, cholest., fiber, total sugars, added sugars, vit. D, calcium, iron, and potas. / No es una fuente importante de grasa trans, colest., fibre, azúcares totales, azúcares añadidos, vit. D, calcio, hierro y potas.

INGREDIENTS: SALT, MONOSODIUM GLUTAMATE, PALM OIL, CORN STARCH, HYDROGENATED PALM OIL, SUGAR, XANTHAN GUM, CHICKEN FAT, NATURAL FLAVOR, WATER, TURMERIC (COLOR), DISODIUM GUANYLATE, DISODIUM INOSINATE, MALTODEXTRIN, DEHYDRATED PARSLEY, SPICES, CARAMEL COLOR, TBHQ (USED TO PROTECT QUALITY).

INGREDIENTES: SAL, GLUTAMATO MONOSÓDICO, ACEITE DE PALMA, ALMIDÓN DE MAÍZ, ACEITE HIDROGENADO DE PALMA, AZÚCAR, GOMA XANTANA, GRASA DE POLLO, SABORIZANTE NATURAL, AGUA, CÚRCUMA (COLOR), GUANILATO DISÓDICO, INOSINATO DISÓDICO, MALTODEXTRINA, PEREJIL DESHIDRATADO, ESPECIAS, COLOR CARAMELO, TBHQ (USADO PARA PROTEGER LA CALIDAD).

ENGLEWOOD CLIFFS, NJ 07632 USA

PRODUCT OF MEXICO/PRODUCTO DE MEXICO

PRODUCED WITH GENETIC ENGINEERING

Questions? Visit learnaboutmyfood.com

Unilever

¡Para Sugerencias o Comentarios! Llame sin costo al ***1-866-KNORR-01***

Questions or comments? Please call Toll Free ***1-866-KNORR-01***


PER 1 OZ
110 CALORIES
5g SAT FAT
180mg SODIUM
0g TOTAL SUGARS
NOT A LOW CALORIE FOOD
Lucerne
DAIRY FARMS
SINCE 1904
MADE WITH MILK FROM COWS NOT TREATED WITH rBST**
PERISHABLE KEEP REFRIGERATED
Medium Cheddar
CHEESE
NET WT 8 OZ (226 g)

7, 8


Vitamin D
TruMoo
whole milk chocolate
MOO & IMPROOVED
ONE QUART
chocolate whole milk
vitamin D

3, 7, 8

Nutrition Facts

About 8 servings per container
Serving size 1 oz (28g)

Calories per serving 110

Amount/serving	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 180mg	**8%**

Amount/serving	% Daily Value*
Total Carbohydrate <1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 6g	

Vitamin D 0.2mcg 2% • Calcium 200mg 15% • Iron 0mg 0% • Potassium 20mg 0%

*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: CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR).


PER 1 OZ
110 CALORIES
5g SAT FAT
180mg SODIUM
0g TOTAL SUGARS
NOT A LOW CALORIE FOOD
Lucerne
DAIRY FARMS
SINCE 1904
MADE WITH MILK FROM COWS NOT TREATED WITH rBST**
PERISHABLE KEEP REFRIGERATED
Medium Cheddar
CHEESE
NET WT 8 OZ (226 g)

7, 8


Vitamin D
TruMoo
whole milk chocolate
MOO & IMPROOVED
ONE QUART
chocolate whole milk
vitamin D

3, 7, 8

Nutrition Facts

About 8 servings per container
Serving size 1 oz (28g)

Calories per serving 110

Amount/serving	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 180mg	**8%**

Amount/serving	% Daily Value*
Total Carbohydrate <1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 6g	

Vitamin D 0.2mcg 2% • Calcium 200mg 15% • Iron 0mg 0% • Potassium 20mg 0%

*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: CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR).


Crisco
All-Vegetable Shortening
Serving Suggestion
110 CALORIES
GREAT FOR BAKING & FRYING
Use Instead of Butter or Margarine
50% Less Saturated Fat Than Butter
0g Trans Fat per serving
SEE DIRECTIONS FOR USE
12g FAT PER SERVING. SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT

8


ORGANICALLY GROWN
No preservatives
COCONUT OIL
REFINED EXPELLER PRESSED
Pareve
simple truth organic
VEGAN
14 FL OZ (415mL)
NON GMO
USDA ORGANIC

8

Nutrition Facts

About 38 servings per container
Serving size 1 Tbsp (12g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3.5g	16%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

Not a significant source of dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

* The % Daily Value 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: SOYBEAN OIL, FULLY HYDROGENATED PALM OIL, PALM OIL, MONO AND DIGLYCERIDES, TBHQ AND CITRIC ACID (ANTIOXIDANTS).

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ORRVILLE, OH 44667 USA

WARNING: Shortening will catch fire if overheated. Damage or serious burns may result.
DO heat shortening carefully, uncovered, on medium heat.
DO reduce heat if smoking occurs.
DO NOT leave unattended while heating.
DO NOT refill can with hot shortening.
IF SHORTENING CATCHES FIRE:
DO turn off heat.
DO cover pot until cooled to room temperature to avoid reignition.
DO NOT carry pot until cool.
DO NOT put water on hot or flaming shortening.

Classic

2 cups all-purpose flour
1 teaspoon salt
3/4 cup well-chilled Crisco All-
4 to 8 tablespoons ice cold water

BLEND flour and salt in large
crumbs form. Stir in enough

DIVIDE dough in half. Shape

ROLL out each disk 2 inches
crust. Fill crust according to
recipe directions.

Makes 2 (9-inch) single crusts

How To Substitute Crisco
For Butter Or Margarine

1 cup Crisco Shortening = 1 cup Butter or Margarine

Not intended for use as a spread.

GLUTEN FREE

Nutrition Facts

about 28 servings per container
Serving size 1 Tbsp (14g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 13g	64%
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

Not a significant source of trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron or potassium.

* The % Daily Value 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: ORGANIC COCONUT OIL.
CONTAINS: COCONUT.
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202
CERTIFIED ORGANIC BY MCIA
PRODUCT OF PHILIPPINES.
FAIR TRADE CERTIFIED™ BY FAIR TRADE USA
STORE IN A COOL DRY PLACE AWAY FROM EXTREME HEAT. REFINED COCONUT OIL HAS A SMOKE POINT OF APPROXIMATELY 450°F; IS BEST FOR SAUTEING OR STIR-FRYING OVER MEDIUM- HIGH HEAT OR FOR BAKING.
†SIMPLE TRUTH ORGANIC PRODUCTS ARE FORMULATED WITHOUT GENETICALLY MODIFIED ORGANISMS (GMOS). THE USDA'S NATIONAL ORGANIC PROGRAM DOES NOT PERMIT THE USE OF INGREDIENTS MADE WITH GMOS IN CERTIFIED ORGANIC PRODUCTS.

QUALITY GUARANTEE
800-632-6900
www.simpletruth.com


Great Value™
Cream Cheese
No Artificial Preservatives or Flavors
NET WT 8 OZ (226g)
KEEP REFRIGERATED

7


Kroger
Sour Cream
NATURAL
GRADE A
PASTEURIZED
KEEP REFRIGERATED
NET WT 16 OZ
(1 LB) 453g

7

Nutrition Facts

8 servings per container
Serving size
1 oz (28g/about 2 Tbsp.)

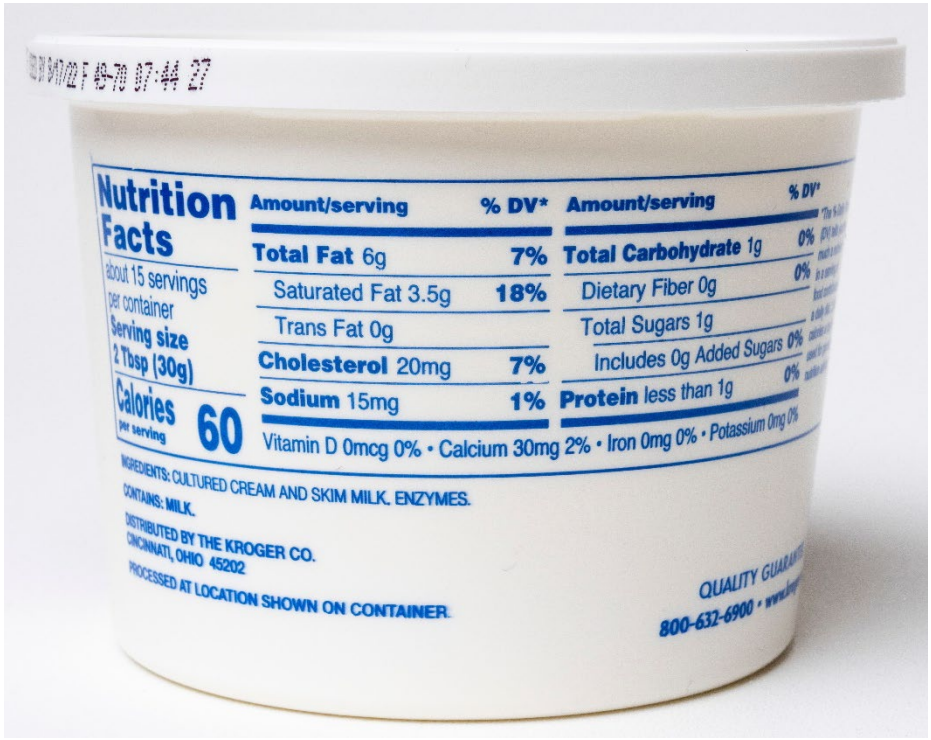
Calories per serving **90**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 9g	**12%**	**Total Carbohydrate** 2g	**1%**
Saturated Fat 6g	**30%**	Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 1g	
Cholesterol 30mg	**10%**	Includes 0g Added Sugars	**0%**
Sodium 95mg	**4%**	**Protein** 2g	

Vitamin D 0mcg 0% • Calcium 27mg 2% • Iron 0mg 0% • Potassium 0mg 0%

*The % Daily Value 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: PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, XANTHAN GUM.
CONTAINS MILK.




PEPCOIN
by PEPSICO
SNACK • DRINK • CASH IN
Doritos
NACHO CHEESE
FLAVORED
TORTILLA CHIPS


NABISCO
ALWAYS MADE WITH REAL COCOA
Milk's Favorite Cookie
OREO
CHOCOLATE SANDWICH COOKIES
160 CALORIES
2g SAT FAT
135mg SODIUM
14g TOTAL SUGARS

Nutrition Facts

About 3 servings per container

Serving size **About 12 chips (28g)**

	Per serving		Per package	
Calories	**150**		**410**	
		% DV*		% DV*
Total Fat	8g	**10%**	21g	**27%**
Saturated Fat	1g	**5%**	3g	**15%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	190mg	**8%**	510mg	**22%**
Total Carb.	18g	**6%**	49g	**18%**
Dietary Fiber	1g	**4%**	3g	**12%**
Total Sugars	less than 1g		2g	
Protein	2g		5g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	30mg	2%	90mg	6%
Iron	0.3mg	0%	0.7mg	4%
Potassium	50mg	0%	150mg	2%

Not a significant source of added sugars.

* 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: CORN, VEGETABLE OIL (SUNFLOWER, CANOLA, AND/OR CORN OIL), MALTODEXTRIN (MADE FROM CORN), SALT, WHEY, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), BUTTERMILK, MONOSODIUM GLUTAMATE, ROMANO CHEESE (COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), ONION POWDER, CORN FLOUR, NATURAL AND ARTIFICIAL FLAVORS, DEXTROSE, TOMATO POWDER, WHEY PROTEIN CONCENTRATE, SPICES, LACTOSE, ARTIFICIAL COLOR (YELLOW 6, YELLOW 5, RED 40), POTASSIUM CHLORIDE, LACTIC ACID, SODIUM CASEINATE, CITRIC ACID, SUGAR, GARLIC POWDER, RED AND GREEN BELL PEPPER POWDER, SKIM MILK, DISODIUM INOSINATE, AND DISODIUM GUANYLATE.
CONTAINS MILK INGREDIENTS.

Nutrition Facts

about 12 servings per container

serving size **3 cookies (34g)**

Amount per serving

Calories **160**

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 25g	**9%**
Dietary Fiber less than 1g	**2%**
Total Sugars 14g	
Includes 14g Added Sugars	**28%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 50mg	0%

* 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: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, ARTIFICIAL FLAVOR.

CONTAINS: WHEAT, SOY.

MONDELEZ GLOBAL LLC
EAST HANOVER, NJ 07936 USA
MADE IN MEXICO


Kroger
Kroger
California
FRENCH
STYLE DRESSING
Dress and Sauce
NO ARTIFICIAL FLAVORS
16 FL OZ (1 PT) 473mL
87-2353


Kroger
Kroger
Zesty
ITALIAN
DRESSING
Dress and Marinade
16 FL OZ (1 PT) 473mL
87-1671

Zesty
ITALIAN
DRESSING

Nutrition Facts

about 16 servings per container

Serving size 2 Tbsp (30g)

Calories per serving 80

Amount/serving	% DV	Amount/serving	% DV
Total Fat 7g	**9%**	**Total Carb.** 4g	**1%**
Sat. Fat 1g	**5%**	Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 3g	
Cholesterol 0mg	**0%**	Incl. 3g Added Sugars	**6%**
Sodium 330mg	**14%**	**Protein** 0g	

Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%

INGREDIENTS: WATER, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, SALT, CONTAINS 2% OR LESS OF: DRIED GARLIC, DRIED ONION, DRIED RED BELL PEPPERS, AUTOLYZED YEAST EXTRACT, XANTHAN GUM, SPICE, LEMON JUICE CONCENTRATE, ANNATTO AND CARAMEL (FOR COLOR), CALCIUM DISODIUM EDTA (TO PRESERVE FRESHNESS).

California
FRENCH
STYLE DRESSING

Nutrition Facts

about 16 servings per container

Serving size 2 Tbsp (30g)

Calories per serving 80

Amount/serving	% DV	Amount/serving	% DV
Total Fat 5g	**6%**	**Total Carb.** 8g	**3%**
Sat. Fat 1g	**5%**	Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 7g	
Cholesterol 0mg	**0%**	Incl. 7g Added Sugars	**14%**
Sodium 340mg	**15%**	**Protein** 0g	

Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%

INGREDIENTS: TOMATO PUREE (WATER, TOMATO PASTE CONCENTRATE), HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, CORN-CIDER VINEGAR, SUGAR, SALT, CONTAINS 2% OR LESS OF: WATER, MODIFIED CORN STARCH, DRIED ONION, XANTHAN GUM, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), NATURAL FLAVOR, CARAMEL COLOR, RED 40.

DISTRIBUTED BY THE KROGER CO., CINCINNATI, OHIO 45202


NABISCO
Honey Maid
MADE WITH REAL Honey
NO High Fructose Corn Syrup
8g of Whole Grain
per 31g serving
PER 8 CRACKERS
130 CALORIES
0g SAT FAT 0% DV
160mg SODIUM 7% DV
8g TOTAL SUGARS
NET WT 14.4 OZ (408g)
GRAHAMS


BAKED WITH WHOLE GRAIN CHEDDAR
SELL BY
RU10A1142
09-11-22
13:14
PEPPERIDGE FARM
Goldfish
BAKED
SNACK CRACKERS
FINN®
BAKED WITH 12g OF
WHOLE GRAIN
PER SERVING
CHEDDAR
NET WT 6.6 OZ (187g)

Nutrition Facts

About 6 Servings Per Container
Serving Size 55 Pieces (30g)

Amount per serving

Calories 140

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol <5mg	**2%**
Sodium 240mg	**10%**
Total Carbohydrate 19g	**7%**
Dietary Fiber 2g	**7%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 3g	

Vitamin D 0mcg	0%	• Calcium 30mg	2%
Iron 1mg	6%	• Potassium 70mg	0%
Thiamin 0.14mg	10%	• Riboflavin 0.15mg	10%
Niacin 1.8mg	10%	• Folate 40mcg DFE (30mcg folic acid)	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.

MADE WITH SMILES AND WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: YEAST, AUTOLYZED YEAST EXTRACT, PAPRIKA, SPICES, CELERY, BAKING SODA, MONOCALCIUM PHOSPHATE, ONION POWDER.
CONTAINS: WHEAT, MILK.

PEPPERIDGE FARM, INC., NORWALK, CT 06856
Contains bioengineered food ingredients.
The ingredients from canola and soy in this product come from genetically modified crops.
Learn more at **pepperidgefarm.com**

910001029449 BAKED IN U.S.A. 8578-11-10SOE3

Nutrition Facts

about 13 servings per container
Serving size 8 crackers (31g)
(1 serving = 2 full cracker sheets)

Amount per serving

Calories 130

	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 1g	**4%**
Total Sugars 8g	
Includes 8g Added Sugars	**16%**
Protein 2g	

Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.9mg	6%
Potassium 50mg	0%

* 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: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), SUGAR, CANOLA OIL, HONEY, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR.

CONTAINS: WHEAT, SOY.

MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA
MADE IN MEXICO


pop-tarts
FROSTED
STRAWBERRY
370 CALORIES
3g SAT FAT
320mg SODIUM
30g TOTAL SUGARS
PER 2 PASTRIES
PROUDLY BAKED IN THE USA
NET WT/PESO NETO 13.5 OZ (384g)
8 TOASTER PASTRIES
PASTELILLOS PARA TOSTAR

8


NATURE VALLEY
CRUNCHY
GRANOLA BARS
BOX TOPS FOR EDUCATION
EARN 25 BONUS BOX TOPS
See Back For Details
ENLARGED TO SHOW DETAIL
12 BARS
PER 2 BARS
OATS 'N HONEY
190 CALORIES
1g SAT FAT
140mg SODIUM
11g TOTAL SUGARS
6 - 1.49 OZ (42g) 2-BAR POUCHES NET WT 8.94 OZ (253g)

8

*16g of whole grain per serving. At least 48g of whole grain recommended daily.

Nutrition Facts

6 servings per container

Serving size **2 bars (42g)**

	2 bars		1 bar	
Calories	**190**		**100**	
		% DV*		**% DV***
Total Fat	7g	**9%**	3.5g	**5%**
Saturated Fat	1g	**4%**	0g	**0%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	140mg	**6%**	70mg	**3%**
Total Carb.	29g	**11%**	15g	**5%**
Dietary Fiber	2g	**8%**	1g	**4%**
Total Sugars	11g		6g	
Incl. Added Sugars	11g	**23%**	6g	**11%**
Protein	3g		2g	
Iron	1mg	6%	0.5mg	2%

Not a significant source of vitamin D, calcium and potassium.

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

CONTAINS SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.

DISTRIBUTED BY **GENERAL MILLS SALES, INC.**, MINNEAPOLIS, MN 55440 USA

Contains Bioengineered Food Ingredients

Learn more at Ask.GeneralMills.com

GOOD SOURCE OF
3 B VITAMINS

Nutrition Facts/ Datos de Nutrición

4 servings per container/4 raciones por envase

Serving size/Tamaño por ración

2 Pastries/2 Pastelillos (96g)

Amount per serving/Cantidad por ración

Calories/Calorías **370**

	% DV*/% VD*
Total Fat/Grasa Total 9g	**12%**
Saturated Fat/Grasa Saturada 3g	**15%**
Trans Fat/Grasa Trans 0g	
Polyunsaturated Fat/Grasa Poliinsaturada 3.5g	
Monounsaturated Fat/Grasa Monoinsaturada 2g	
Cholesterol/Colesterol 0mg	**0%**
Sodium/Sodio 320mg	**14%**
Total Carbohydrate/Carbohidrato Total 70g	**25%**
Dietary Fiber/Fibra Dietética 1g	**4%**
Total Sugars/Azúcares Totales 30g	
Incl. 30g Added Sugars / Incl. 30g azúcares añadidos	**60%**
Protein/Proteínas 3g	

Vit. D/Vit. D 0mcg 0%	Calcium/Calcio 10mg 0%
Iron/Hierro 1.5mg 8%	Potassium/Potasio 50mg 0%
Thiamin/Tiamina 4%	Riboflavin/Riboflavina 10%
Niacin/Niacina 10%	Folate/Folato 40mcg DFE 10% (25mcg folic acid/ácido fólico)

* 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. / El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B_1 [thiamin mononitrate], vitamin B_2 [riboflavin], folic acid), **corn syrup, high fructose corn syrup, dextrose, soybean and palm oil** (with TBHQ for freshness), **sugar, bleached wheat flour.**

Contains 2% or less of wheat starch, salt. dried strawberries, dried pears, dried apples, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), citric acid, gelatin, modified wheat starch, yellow corn flour, caramel color, xanthan gum, cornstarch, turmeric extract color, soy lecithin, red 40, yellow 6, blue 1, color added.

CONTAINS WHEAT AND SOY INGREDIENTS.

Ingredientes: Harina enriquecida (harina de trigo, niacina, hierro reducido, vitamina B_1 [mononitrato de tiamina], vitamina B_2 [riboflavina], ácido fólico), **jarabe de maíz, jarabe de maíz con alto contenido de fructosa, dextrosa, aceites de soya y de palma** (con TBHQ para mantener la frescura), **azúcar, harina de trigo blanqueada.**

Contiene 2% o menos de almidón de trigo, sal, fresas secas, peras secas, manzanas secas, agentes leudantes (bicarbonato de sodio, pirofosfato ácido de sodio, fosfato monocálcico), ácido cítrico, gelatina, almidón de trigo modificado, harina de maíz amarillo, color caramelo, goma xantana, maicena, extracto de cúrcuma para color, lecitina de soya, rojo 40, amarillo 6, azul 1, adición de color.

CONTIENE INGREDIENTES DE TRIGO Y SOYA.

Contains a bioengineered food ingredient
Contiene un ingrediente producido con bioingeniería


Kroger
100% PURE BEEF · NO ADDITIVES
GROUND BEEF
CARNE MOLIDA
93% LEAN
7% FAT
23g
OF PROTEIN
PER SERVING
U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE
NET WT 16 OZ
(1 LB) 453g
PRODUCT OF USA
KEEP REFRIGERATED
SERVING SUGGESTION

8


Kroger
100% PURE BEEF · NO ADDITIVES
GROUND BEEF
CARNE MOLIDA
80% LEAN
20% FAT
19g
OF PROTEIN
PER SERVING
U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE
NET WT 16 OZ
(1 LB) 453g
PRODUCT OF USA
KEEP REFRIGERATED
SERVING SUGGESTION
PACKAGED FOR MAXIMUM FRESHNESS & QUALITY!

8


PACKAGED FOR MAXIMUM FRESHNESS & QUALITY!
Nutrition Facts
Serving Size 4 oz (112g)
Servings Per Container 4
Amount Per Serving
Calories 170 Calories from Fat 70
% Daily Value*
Total Fat 8g 12%
Saturated Fat 3.5g 17%
Cholesterol 70mg 24%
Sodium 75mg 3%
Total Carbohydrate 0g 0%
Dietary Fiber 0g 0%
Sugars 0g
Protein 23g 42%
Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: GROUND BEEF.
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202
For More Product Information, Scan UPC Using Your Kroger App or Call 800-632-6900
Our Brands. Our Guarantee. Love It or Your Money Back.
www.kroger.com
0 11110 97975 9
SAFE HANDLING INSTRUCTIONS
THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION FOLLOW THESE SAFE HANDLING INSTRUCTIONS.
KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.
KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.
COOK THOROUGHLY.
KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.


PACKAGED FOR MAXIMUM FRESHNESS & QUALITY!
Nutrition Facts
Serving Size 4 oz (112g)
Servings Per Container 4
Amount Per Serving
Calories 290 Calories from Fat 200
% Daily Value*
Total Fat 23g 35%
Saturated Fat 9g 43%
Cholesterol 80mg 27%
Sodium 75mg 3%
Total Carbohydrate 0g 0%
Dietary Fiber 0g 0%
Sugars 0g
Protein 19g 35%
Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: GROUND BEEF.
DISTRIBUTED BY THE KROGER Co.
CINCINNATI, OHIO 45202
For More Product Information, Scan UPC Using Your Kroger App or Call 800-632-6900
Our Brands. Our Guarantee. Love It or Your Money Back.
www.kroger.com
0 11110 97971 1
SAFE HANDLING INSTRUCTIONS
THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION FOLLOW THESE SAFE HANDLING INSTRUCTIONS.
KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.
KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.
COOK THOROUGHLY.
KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.


BEST IF USED BY 07/26
0810 HB 04 151 1
BEST BY
TO OPEN
Lucerne
DAIRY FARMS
SINCE 1904
Half & Half
PASTEURIZED
MADE WITH MILK FROM
COWS NOT TREATED
WITH rBST**
PERISHABLE
KEEP REFRIGERATED
DAIRY
16 FL OZ (ONE PINT) 473 mL
40
CALORIES
PER 2 TBSP

7


Great Value
Original
Dairy Whipped Topping
NET WT 13 OZ (368g)

7

Nutrition Facts

74 servings per container
Serving size **2 Tbsp (5g)**

Amount per serving
Calories **15**

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 10mg	0%

* 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: CREAM, WATER, SUGAR, CORN SYRUP, NONFAT MILK, CONTAINS LESS THAN 2% OF: NATURAL FLAVOR, MONO- AND DIGLYCERIDES, CARRAGEENAN. PROPELLANT: NITROUS OXIDE.
CONTAINS MILK.
DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716

GRADE A • PASTEURIZED • HOMOGENIZED

Nutrition Facts

About 16 servings per container
Serving size 2 tbsp (30mL)

Amount per serving
Calories **40**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 30mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg 0% • Calcium 40mg 2%	
Iron 0mg 0% • Potassium 50mg 2%	

* 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: MILK, CREAM.
CONTAINS: MILK.
DISTRIBUTED BY
LUCERNE FOODS, INC.
P.O. BOX 99
PLEASANTON, CA 94566-0009
1-877-232-4271

smartlabel™
Scan here for more food information or call 1-877-232-4271


LAND O LAKES
LAND O LAKES
Farmer-Owned
BRAND
RICH & CREAMY
HEAVY
WHIPPING CREAM
ULTRA-PASTEURIZED
Serving Suggestion
ONE PINT
(473 mL)
50
CALORIES
PER SERVING


FRESH
BAKED TASTE
fresh baked aroma
IT'S NOT DELIVERY. IT'S DIGIORNO.
DIGIORNO
100% REAL cheese
PEPPERONI
made with pork, chicken & beef
RISING CRUST
ORIGINAL
320 CALORIES
5g SAT FAT
760mg SODIUM
6g TOTAL SUGARS
14g PROTEIN
200mg CALCIUM
PER 1/6 PIZZA
SEE NUTRITION INFORMATION FOR SAT FAT & SODIUM CONTENT
PIZZA
COOK THOROUGHLY
SERVING SUGGESTION
KEEP FROZEN | NOT READY TO EAT
NET WT 27.5 OZ (1 LB 11.5 OZ) 781g

Nutrition Facts

About 63 servings per container
Serving size 1 Tbsp (15mL)

Amount per serving
Calories 50

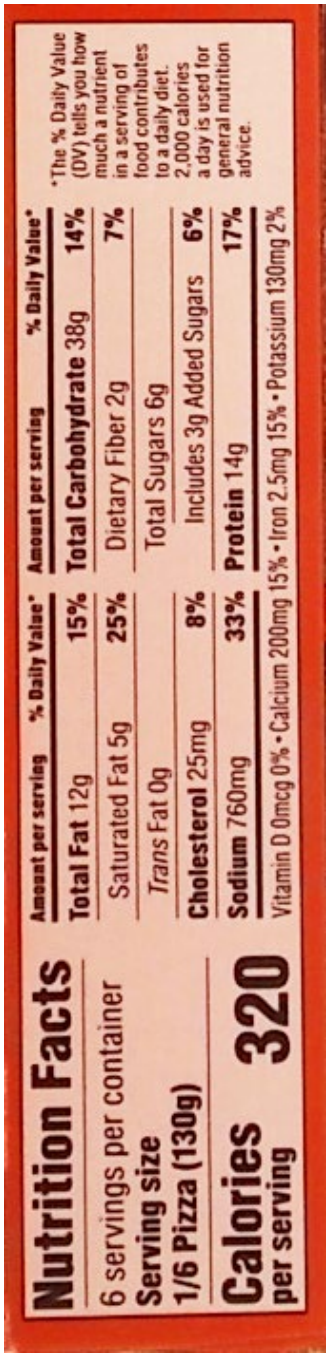
	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 5mg	**0%**
Total Carbohydrate <1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars <1g	
Includes 0g Added Sugars	**0%**
Protein 0g	

Vitamin D 0mcg 0% • Calcium 0mg 0%
Iron 0mg 0% • Potassium 0mg 0%

*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:

Heavy Cream, Skim Milk, Contains 1% or less of: Mono and Diglycerides, Polysorbate 80, Carrageenan.




AMERICA'S #1 DONUT!*
*see back panel
Hostess
donettes
BRAND
PRODUCT ENLARGED TO SHOW DETAIL
DOUBLE CHOCOLATE FLAVORED mini donuts
NET WT. 10.75 OZ. (305g)

8


Hostess
HoHos
BRAND
BEST BY: JUL
10
individually wrapped cakes
CHOCOLATE CAKE ROLLED WITH CREAMY FILLING
RICH CRÈME filling
MOIST CHOCOLATE cake
NET WT. 10 OZ. (284g)

8

INGREDIENTS: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE OR REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, HYDROGENATED PALM KERNEL OIL, SOYBEAN OIL, COCOA PROCESSED WITH ALKALI, CONTAINS 2% OR LESS: GLYCERIN, NONFAT DRY MILK, DEFATTED SOY FLOUR, MONO AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, BAKING SODA, EGG YOLK, NATURAL AND ARTIFICIAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, SOY LECITHIN, PRESERVATIVE (SORBIC ACID, SODIUM PROPIONATE, POTASSIUM SORBATE, NATAMYCIN), WHEY, DEXTROSE, DEXTRIN, CITRIC ACID, ENZYMES, GUAR GUM, CELLULOSE GUM, COLOR (ANNATTO, TURMERIC), KARAYA GUM. 527618

CONTAINS EGG, MILK, SOY, WHEAT.

CONTAINS BIOENGINEERED FOOD INGREDIENTS

Nutrition Facts

About 5 servings per container
Serving size 3 Donuts (57g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 18g	
Includes 17g Added Sugars	34%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.6mg	8%
Potassium 0mg	0%

*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.

Nutrition Facts

About 3 servings per container
Serving size 3 Cakes (85g)

Amount per serving
Calories 380

	% Daily Value*
Total Fat 18g	23%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 310mg	13%
Total Carbohydrate 54g	20%
Dietary Fiber 1g	4%
Total Sugars 41g	
Includes 40g Added Sugars	80%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.8mg	10%
Potassium 150mg	4%

*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: SUGAR, WATER, CORN SYRUP, ENRICHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE OR REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, PALM KERNEL OIL, WHEY, CONTAINS 2% OR LESS: SOYBEAN OIL, COCOA, COCOA PROCESSED WITH ALKALI, MONO AND DIGLYCERIDES, GLYCERIN, BAKING SODA, SOY LECITHIN, SALT, MODIFIED FOOD STARCH, CORN SYRUP SOLIDS, MINERAL OIL, EGG WHITES, EGG, PRESERVATIVES (SORBIC ACID, POTASSIUM SORBATE, NATAMYCIN), NATURAL AND ARTIFICIAL FLAVORS, SODIUM ACID PYROPHOSPHATE, POLYSORBATE 60, DEFATTED SOY FLOUR, SODIUM STEAROYL LACTYLATE, XANTHAN GUM, MONOCALCIUM PHOSPHATE, ENZYMES, CALCIUM CASEINATE, SODIUM CASEINATE, SOY PROTEIN ISOLATE. 527979

CONTAINS WHEAT, EGG, MILK, SOY

CONTAINS BIOENGINEERED FOOD INGREDIENTS

Hostess Brands, LLC
Lenexa, KS 66215

RECYCLABLE


Oscar Mayer
Classic Beef
ORIGINAL
UNCURED BEEF FRANKS
NO ADDED NITRATES OR NITRITES
EXCEPT THOSE NATURALLY OCCURRING IN CULTURED CELERY JUICE
FULLY COOKED
NOT PRESERVED
KEEP REFRIGERATED
BELOW 40°F AT
ALL TIMES
NO ARTIFICIAL PRESERVATIVES, COLORS OR FLAVORS
SEE BACK PANEL FOR INGREDIENTS USED TO SUPPORT QUALITY
NO FILLERS OR BY-PRODUCTS
MEAT USED IS 100% BEEF
PER 1 LINK
130 CALORIES
5g SAT FAT
360mg SODIUM
<1g SUGARS
NET WT 15 OZ
HEATING DIRECTIONS:

8


Reese's
2 PEANUT BUTTER CUPS
210 CALORIES PER PACKAGE
MILK CHOCOLATE & PEANUT BUTTER
NET WT 1.5 OZ (42 g)
ENLARGED FOR DETAIL

8

Nutrition Facts
Serving Size 1 link (42g)
Servings Per Container 10

Amount Per Serving	
Calories 130 Calories from Fat 110	
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 5g	**25%**
Trans Fat 0.5g	
Cholesterol 20mg	**7%**
Sodium 360mg	**15%**
Total Carbohydrate <1g	**0%**
Sugars <1g	
Protein 4g	

Vitamin C 2% • Iron 0%

Not a significant source of Dietary Fiber, Vitamin A and Calcium.

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

INGREDIENTS: BEEF, WATER, CULTURED DEXTROSE*, CONTAINS LESS THAN 2% OF DEXTROSE, SALT, CULTURED CELERY JUICE, DISTILLED WHITE VINEGAR, SODIUM PHOSPHATE, CHERRY POWDER, FLAVOR, EXTRACTIVES OF PAPRIKA.
*INGREDIENTS USED TO SUPPORT QUALITY.

DISTRIBUTED BY KRAFT HEINZ FOODS COMPANY, CHICAGO, IL 60601
1-800-222-2323. PLEASE HAVE PACKAGE AVAILABLE.

Nutrition Facts Servings: 1, **Serv. size: 1 package (42g),** Amount Per Serving: **Calories 210,** **Total Fat** 12g (16% DV), Sat. Fat 4.5g (22% DV), *Trans* Fat 0g, **Cholest.** <5mg (1% DV), **Sodium** 150mg (6% DV), **Total Carb.** 24g (9% DV), Fiber 2g (6% DV), Total Sugars 22g (Incl. 20g Added Sugars, 40% DV), **Protein** 5g, Vit. D (0% DV), Calcium (4% DV), Iron (6% DV), Potas. (4% DV).

INGREDIENTS: MILK CHOCOLATE [SUGAR; COCOA BUTTER; CHOCOLATE; SKIM MILK; MILK FAT; LACTOSE; LECITHIN (SOY); PGPR]; PEANUTS; SUGAR; DEXTROSE; SALT; TBHQ AND CITRIC ACID, TO MAINTAIN FRESHNESS. ⓊD


Yoplait®
original
MADE WITH real fruit
strawberry
6 OZ
(170g)

3, 8


Breyers®
PARTNERING WITH
AMERICAN FARMERS
100%
GRADE A
milk and cream
Vanilla, Chocolate, Strawberry
Three classic flavors in one!
RAINFOREST ALLIANCE CERTIFIED
VANILLA
DAIRY
PER 2/3 CUP SERVING
210 CALORIES
7g SAT FAT 35% DV
75mg SODIUM 3% DV
24g TOTAL SUGARS
SERVING SUGGESTION
ICE CREAM
1.5 QUART (1.41 L)

3, 8


Nutrition Facts
Serving size 1 container
Amount per serving
Calories 150
% Daily Value*
Total Fat 2g 3%
Saturated Fat 1.5g 6%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 90mg 4%
Total Carbohydrate 27g 10%
Total Sugars 19g
Includes 13g Added Sugars 26%
Protein 6g
Vit. D 3mcg 15% • Calcium 260mg 20%
Potas. 280mg 6% • Vit. A 180mcg 20%
Not a significant source of dietary fiber and iron.
*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.
LOW FAT YOGURT
6 OZ (170g)
Yoplait
NO ARTIFICIAL
NO COLORS FROM
NO HIGH FRUCTOSE
EXCELLENT SOU
GLUTEN FREE
Ingredients: Cultured
Sugar, Strawberries
Water. Contains
Tricalcium Phosphate
Natural Flavor, Vitamin
DIST. BY YOPLAIT USA
Contains Bioengineered
Learn more at Ask.
K D GRADE A
WITH LIVE AND ACTIVE
Yoplait is a registered
Comments? Save cup
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Yoplait original
CRUSH CUPS TO PROTECT WILDLIFE
NO ARTIFICIAL FLAVORS
NO COLORS FROM ARTIFICIAL SOURCES
NO HIGH FRUCTOSE CORN SYRUP
EXCELLENT SOURCE OF CALCIUM
GLUTEN FREE
Discard Seal & Rinse Cup
Check Locally
PLASTIC CUP
*Not recycled in all communities
Ingredients: Cultured Grade A Reduced Fat Milk, Sugar, Strawberries, Modified Corn Starch, Water. Contains 1% or less of: Corn Starch, Tricalcium Phosphate, Pectin, Carmine (for color), Natural Flavor, Vitamin A Acetate, Vitamin D3.
DIST. BY YOPLAIT USA, INC., BOX 200 YC, MPLS, MN 55440 USA
Contains Bioengineered Food Ingredients
Learn more at Ask.GeneralMills.com
K D GRADE A KEEP REFRIGERATED GLUTEN FREE
WITH LIVE AND ACTIVE CULTURES
Yoplait is a registered trademark of YOPLAIT MARQUES (France) used under license.
Comments? Save cup and call 1-800-967-5248 or visit Yoplait.com
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3001231 EE
BEST BY


Nutrition Facts
9 servings per container
Serving size 2/3 cup (110g)
Amount per serving
Calories 210
% Daily Value*
Total Fat 11g 14%
Saturated Fat 7g 35%
Trans Fat 0g
Cholesterol 30mg 10%
Sodium 75mg 3%
Total Carbohydrate 25g 9%
Dietary Fiber less than 1g 2%
Total Sugars 24g
Includes 18g Added Sugars 36%
Protein 3g
Vitamin D 0mcg 0%
Calcium 110mg 8%
Iron 0mg 0%
Potassium 220mg 4%
*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: MILK, CREAM, SUGAR, STRAWBERRIES, WHEY, DUTCHED COCOA (PROCESSED WITH ALKALI), VEGETABLE GUMS (TARA, CAROB BEAN), NATURAL FLAVOR.
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ENGLEWOOD CLIFFS
NJ 07632 USA
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Questions or Comments
call or visit us at
1-800-931-2826
www.breyers.com
Natural flavor made with vanilla beans from Rainforest Alliance Certified™ farms.
See bottom panel for Best if Used By date
GLUTEN FREE


Yoplait®
original
MADE WITH real fruit
strawberry
6 OZ
(170g)

3, 8


Breyers®
PARTNERING WITH
AMERICAN FARMERS
100%
GRADE A
milk and cream
Vanilla, Chocolate, Strawberry
Three classic flavors in one!
RAINFOREST ALLIANCE CERTIFIED
VANILLA
DAIRY
PER 2/3 CUP SERVING
210 CALORIES
7g SAT FAT 35% DV
75mg SODIUM 3% DV
24g TOTAL SUGARS
SERVING SUGGESTION
ICE CREAM
1.5 QUART (1.41 L)

3, 8


Nutrition Facts
Serving size 1 container
Amount per serving
Calories 150
% Daily Value*
Total Fat 2g 3%
Saturated Fat 1.5g 6%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 90mg 4%
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*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.
LOW FAT YOGURT
6 OZ (170g)
Yoplait
NO ARTIFICIAL
NO COLORS FROM
NO HIGH FRUCTOSE
EXCELLENT SOU
GLUTEN FREE
Ingredients: Cultured
Sugar, Strawberries
Water. Contains
Tricalcium Phosphate
Natural Flavor, Vitamin
DIST. BY YOPLAIT USA
Contains Bioengineered
Learn more at Ask.
K D GRADE A
WITH LIVE AND ACTIVE
Yoplait is a registered
Comments? Save cup
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Yoplait original
CRUSH CUPS TO PROTECT WILDLIFE
NO ARTIFICIAL FLAVORS
NO COLORS FROM ARTIFICIAL SOURCES
NO HIGH FRUCTOSE CORN SYRUP
EXCELLENT SOURCE OF CALCIUM
GLUTEN FREE
Discard Seal & Rinse Cup
Check Locally
PLASTIC CUP
*Not recycled in all communities
Ingredients: Cultured Grade A Reduced Fat Milk, Sugar, Strawberries, Modified Corn Starch, Water. Contains 1% or less of: Corn Starch, Tricalcium Phosphate, Pectin, Carmine (for color), Natural Flavor, Vitamin A Acetate, Vitamin D3.
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Comments? Save cup and call 1-800-967-5248 or visit Yoplait.com
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BEST BY


Nutrition Facts
9 servings per container
Serving size 2/3 cup (110g)
Amount per serving
Calories 210
% Daily Value*
Total Fat 11g 14%
Saturated Fat 7g 35%
Trans Fat 0g
Cholesterol 30mg 10%
Sodium 75mg 3%
Total Carbohydrate 25g 9%
Dietary Fiber less than 1g 2%
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Includes 18g Added Sugars 36%
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1-800-931-2826
www.breyers.com
Natural flavor made with vanilla beans from Rainforest Alliance Certified™ farms.
See bottom panel for Best if Used By date
GLUTEN FREE


HAM &
CHEDDAR
CRACKER STACKERS
· OSCAR MAYER Lean Ham
WATER ADDED
· KRAFT Cheddar
PASTEURIZED PREPARED CHEESE PRODUCT
· Crackers
· Vanilla Creme Cookies
Lunchables
LUNCH COMBINATIONS
KEEP REFRIGERATED DO NOT FREEZE
11g PROTEIN
GOOD SOURCE OF PROTEIN
ENLARGED TO SHOW DETAIL
PER PACKAGE
350 CALORIES
8g SAT FAT
660mg SODIUM
14g SUGARS
VANILLA CREME SANDWICH COOKIES, HAM - WATER ADDED - SMOKE FLAVOR ADDED, PASTEURIZED PREPARED CHEDDAR CHEESE PRODUCT, CRACKERS
NET WT 3.5 OZ (99g)
U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE
94050031986200/36000

8


FRESH TASTE. GUARANTEED!®
U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST. 8080
PREVIOUSLY HANDLED FROZEN FOR YOUR PROTECTION REFREEZE OR KEEP REFRIGERATED
Jimmy Dean®
PREMIUM PORK SAUSAGE
Regular
...NO... ARTIFICIAL PRESERVATIVES, FLAVORS OR COLORS
NET WT 16 OZ (1 LB) 453g
CREAMY SAUSAGE GRAVY

8

BASICS Ham & Cheddar with Treat

Nutrition Facts

Serving Size 1 package

Amount Per Serving	
Calories 350 Calories from Fat 150	
	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 8g	**40%**
Trans Fat 0.5g	
Cholesterol 30mg	**10%**
Sodium 660mg	**28%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 1g	**4%**
Sugars 14g	
Protein 11g	**19%**

Vitamin A 4% • Vitamin C 15%

Calcium 15% • Iron 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
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS: VANILLA CREME SANDWICH COOKIE (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], SUGAR, SOYBEAN OIL, PALM OIL, HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, SALT, LEAVENING [SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE], NATURAL AND ARTIFICIAL FLAVOR, SOY LECITHIN [EMULSIFIER], BETA CAROTENE [FOR COLOR]), **CONTAINS: WHEAT, SOY; COOKED HAM - WATER ADDED - CHOPPED AND FORMED - SMOKE FLAVOR ADDED** (HAM, WATER, CONTAINS LESS THAN 2% OF THE FOLLOWING: SODIUM LACTATE, POTASSIUM CHLORIDE, MODIFIED CORNSTARCH, SODIUM PHOSPHATE, SUGAR, SALT, SODIUM DIACETATE, SODIUM ASCORBATE, FLAVOR, SODIUM NITRITE, SMOKE FLAVOR); **CHEDDAR PASTEURIZED PREPARED CHEESE PRODUCT** (MILK, WATER, MILK PROTEIN CONCENTRATE, MILKFAT, WHEY, WHEY PROTEIN CONCENTRATE, SODIUM CITRATE, SALT, LACTIC ACID, SORBIC ACID AS A PRESERVATIVE, CHEESE CULTURE, ENZYMES, OLEORESIN PAPRIKA [COLOR], ANNATTO [COLOR], WITH SUNFLOWER LECITHIN FOR SLICE SEPARATION), **CONTAINS: MILK; CRACKER** (ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PALM OIL, SUGAR, SALT, BAKING SODA, WHEY [FROM MILK], SOY LECITHIN, NATURAL FLAVOR), **CONTAINS: WHEAT, MILK, SOY.**

DISTRIBUTED BY
KRAFT HEINZ FOODS COMPANY
CHICAGO, IL 60601

VISIT US AT: LUNCHABLES.COM OR CALL US AT: 1-800-222-2323
PLEASE HAVE PACKAGE AVAILABLE, SE HABLA ESPANOL

FOR BEST QUALITY, PURCHASE AND USE BY DATE SHOWN.
DO NOT FREEZE.

PLEASE RECYCLE THIS CARD.

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© KRAFT FOODS

Place patties in a cold skillet. Cook over Medium heat for 14-16 minutes, turning sausage frequently for even browning, or until center of sausage patty reaches 160°F and is no longer pink.

SAFE HANDLING INSTRUCTIONS

THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

STAY REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.

KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.

COOK THOROUGHLY.

KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

99326791

0 77900 11553 0

INGREDIENTS: PORK, WATER, CONTAINS 2% OR LESS: CORN SYRUP, SALT, NATURAL FLAVOR, VINEGAR, SUGAR, PORK BROTH, MONOSODIUM GLUTAMATE.

GLUTEN FREE

Nutrition Facts

Serv. Size 2 oz cooked portion (56g)
Servings about 6
Calories 210
Fat Cal. 170
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount / Serving	% DV*	Amount / Serving	% DV*
Total Fat 19g	**29%**	**Total Carb.** 2g	**1%**
Sat. Fat 7g	**35%**	Fiber 0g	**0%**
Trans Fat 0g		Sugars 1g	
Cholest. 35mg	**12%**	**Protein** 9g	
Sodium 420mg	**18%**		

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

THE HILLSHIRE BRANDS COMPANY, CHICAGO, IL 60607 USA • ©2021 Tyson Foods, Inc.
Visit us at www.jimmydean.com • For questions or comments, call 1-800-925-DEAN • ¿Preguntas O Comentarios? Llame al 1-800-925-3326

01 USE/FRZ BY JUL 21 22 000 10:17


INSERT STRAW HERE
CAPRI SUN
ALL NATURAL INGREDIENTS

4, 8


JUMEX
Fruta de mi tierra
GUAVA NECTAR
FROM CONCENTRATE
Juicy
GUAVAS
11.3 fl oz
(335 mL)

4, 8


CONTAINS 25% JUICE
Nutrition Facts
Serving size 1 Can (335 mL)
Amount per serving
Calories 140
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 60mg 3%
Total Carbohydrate 35g 13%
Dietary Fiber 3g 11%
Total Sugars 32g
Includes 25g Added Sugars 50%
Protein 0g
Vitamin D 0mcg 0%
Calcium 59mg 4%
Iron 0mg 0%
Potassium 79mg 2%
* 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, GUAVA PUREE FROM CONCENTRATE, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, SUCRALOSE


Contains 10% Juice
Nutrition Facts
10 servings per container
Serv. size 1 Pouch (177mL)
Amount per serving
Calories 60
% DV*
Total Fat 0g 0%
Sodium 15mg 1%
Total Carbohydrate 14g 5%
Total Sugars 13g
Includes 11g Added Sugars 23%
Protein 0g
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.
*% DV = % Daily Value
INGREDIENTS: FILTERED WATER; SUGAR; PEAR, GRAPE AND ORANGE JUICE CONCENTRATES; CITRIC ACID; PINEAPPLE AND APPLE JUICE CONCENTRATES; NATURAL FLAVOR.
KRAFT HEINZ FOODS COMPANY, CHICAGO, IL 60601
*THIS PRODUCT 13g TOTAL SUGARS; LEADING REGULAR JUICE DRINKS 20g TOTAL SUGARS PER 6 FL OZ SERVING
CAPRI-SUN® AND THE POUCH SHAPE™ ARE LICENSED TRADEMARKS OF THE CAPRI SUN GROUP.
DO NOT DRINK IF POUCH IS LEAKING, DAMAGED, OR SWOLLEN AS FERMENTATION CAN OCCUR.
Contact us at: 1-800-227-7478
PLEASE REFER TO CODE NUMBERS ON SIDE PANEL OR ON POUCH WHEN CONTACTING US.


INSERT STRAW HERE
CAPRI SUN
ALL NATURAL INGREDIENTS

4, 8


JUMEX
Fruta de mi tierra
GUAVA NECTAR
FROM CONCENTRATE
Juicy
GUAVAS
11.3 fl oz
(335 mL)

4, 8


CONTAINS 25% JUICE
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Includes 11g Added Sugars 23%
Protein 0g
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*% DV = % Daily Value
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HEINZ
EST? 1869
TOMATO KETCHUP
57 VARIETIES
20
NET WT 32 OZ
(2 LB) 907g


VALUE SIZE
Kraft
macaroni & CHEESE
DINNER
The Taste You Love
NO Artificial Flavors
NO Artificial Preservatives
NO Artificial Dyes
smmmile, it's the cheesiest
MACARONI & CHEESE DINNER
NET WT 14.5 OZ (411g)
PER 1/6 BOX (UNPREPARED)
260 CALORIES
1.5g SAT FAT
560mg SODIUM
8g TOTAL SUGARS
original flavor

8

Nutrition Facts

About 3 servings per container

Serving size

2.5 oz (70g/ about 1/3 box)
(Makes about 1 cup)

	Per 2.5 oz dry mix		Per 1 cup prepared*	
Calories	**250**		**350**	
		% DV**		% DV**
Total Fat	2g	2%	11g	15%
Saturated Fat	1g	4%	4g	19%
Trans Fat	0g		0g	
Cholesterol	5mg	2%	10mg	3%
Sodium	560mg	24%	710mg	31%
Total Carb.	49g	18%	50g	18%
Dietary Fiber	2g	8%	2g	8%
Total Sugars	9g		10g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	9g		10g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	110mg	8%	130mg	10%
Iron	2.5mg	15%	2.5mg	15%
Potassium	330mg	8%	370mg	8%

* As prepared using margarine with 0g trans fat and 2% reduced fat milk.

** 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: ENRICHED MACARONI (WHEAT FLOUR, DURUM FLOUR, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CHEESE SAUCE MIX (WHEY, MILKFAT, SALT, MILK PROTEIN CONCENTRATE, SODIUM TRIPHOSPHATE, CONTAINS LESS THAN 2% OF TAPIOCA FLOUR, CITRIC ACID, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, WITH PAPRIKA, TURMERIC, AND ANNATTO ADDED FOR COLOR, ENZYMES, CHEESE CULTURE).

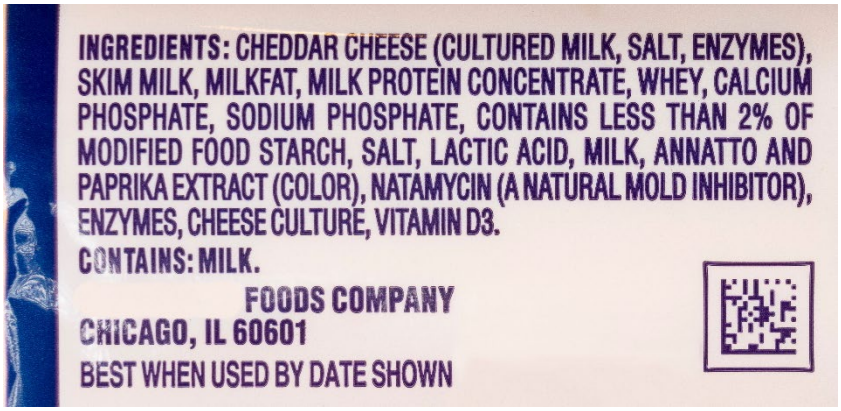
CONTAINS: WHEAT, MILK.


Kraft
SERVING SUGGESTION
Singles
ALWAYS MADE WITH MILK
American
16 SLICES
PASTEURIZED PREPARED CHEESE PRODUCT
60 CALORIES PER SLICE
SEE NUTRITION INFORMATION FOR SATURATED FAT AND SODIUM CONTENT
NET WT 12 OZ (340g)
Yes to the taste you love.
NO Artificial Preservatives or Flavors

3, 7

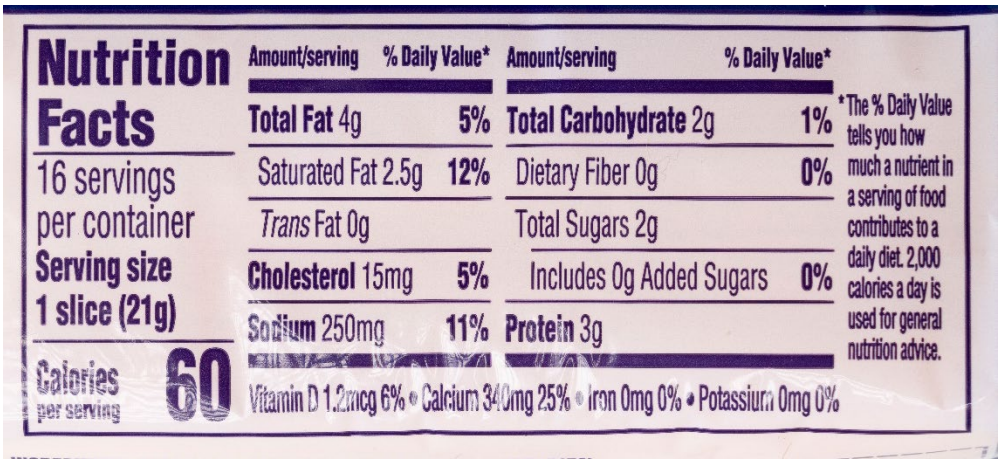

BEST BY NOV 21 22 S1295 2H2Fb 1741
PER 1 OZ
90 CALORIES
3.5g SAT FAT
210mg SODIUM
0g TOTAL SUGARS
NOT A LOW CALORIE FOOD
Lucerne®
DAIRY FARMS
SINCE 1904
MADE WITH MILK FROM COWS NOT TREATED WITH rBST**
PERISHABLE KEEP REFRIGERATED
low-moisture part-skim
Mozzarella
CHEESE
NET WT 8 OZ (226 g)

3, 7



INGREDIENTS: CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), SKIM MILK, MILKFAT, MILK PROTEIN CONCENTRATE, WHEY, CALCIUM PHOSPHATE, SODIUM PHOSPHATE, CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, SALT, LACTIC ACID, MILK, ANNATTO AND PAPRIKA EXTRACT (COLOR), NATAMYCIN (A NATURAL MOLD INHIBITOR), ENZYMES, CHEESE CULTURE, VITAMIN D3.
CONTAINS: MILK.

FOODS COMPANY
CHICAGO, IL 60601
BEST WHEN USED BY DATE SHOWN



Nutrition Facts

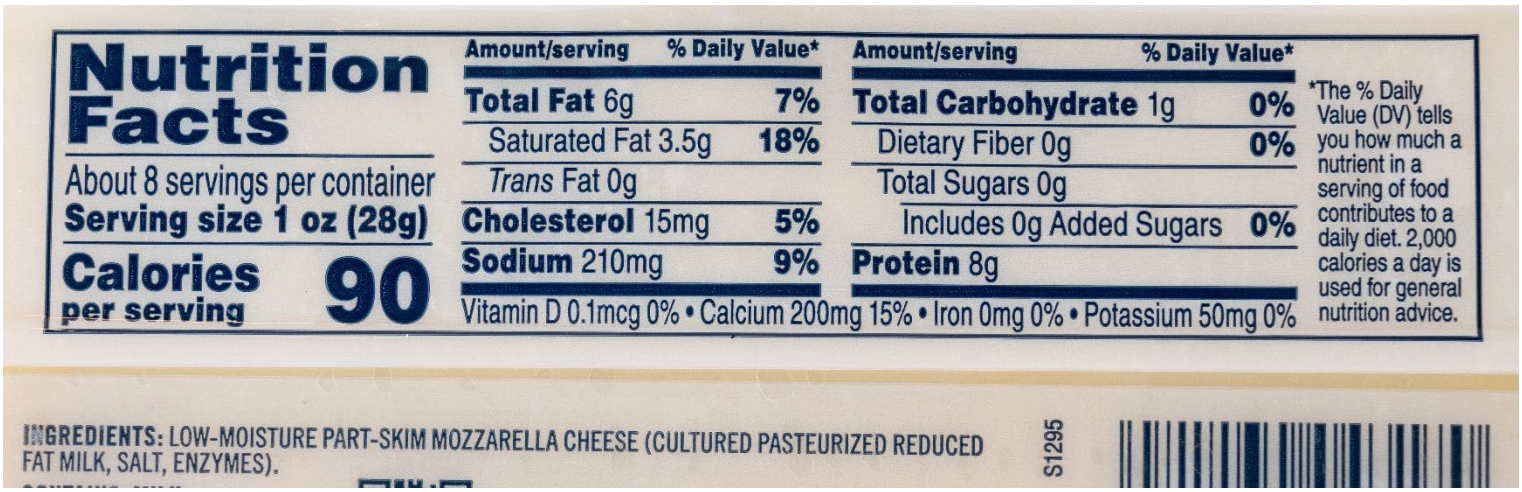
16 servings per container
Serving size 1 slice (21g)

Calories per serving 60

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 4g	**5%**	**Total Carbohydrate** 2g	**1%**
Saturated Fat 2.5g	**12%**	Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 2g	
Cholesterol 15mg	**5%**	Includes 0g Added Sugars	**0%**
Sodium 250mg	**11%**	**Protein** 3g	

Vitamin D 1.2mcg 6% • Calcium 340mg 25% • Iron 0mg 0% • Potassium 0mg 0%

*The % Daily Value 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.



Nutrition Facts

About 8 servings per container
Serving size 1 oz (28g)

Calories per serving 90

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6g	**7%**	**Total Carbohydrate** 1g	**0%**
Saturated Fat 3.5g	**18%**	Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 0g	
Cholesterol 15mg	**5%**	Includes 0g Added Sugars	**0%**
Sodium 210mg	**9%**	**Protein** 8g	

Vitamin D 0.1mcg 0% • Calcium 200mg 15% • Iron 0mg 0% • Potassium 50mg 0%

*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: LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED REDUCED FAT MILK, SALT, ENZYMES).

S1295


Kraft
SERVING SUGGESTION
Singles
ALWAYS MADE WITH MILK
American
16 SLICES
PASTEURIZED PREPARED CHEESE PRODUCT
60 CALORIES PER SLICE
SEE NUTRITION INFORMATION FOR SATURATED FAT AND SODIUM CONTENT
NET WT 12 OZ (340g)
Yes to the taste you love.
NO Artificial Preservatives or Flavors

3, 7


BEST BY NOV 21 22 S1295 2H2Fb 1741
PER 1 OZ
90 CALORIES
3.5g SAT FAT
210mg SODIUM
0g TOTAL SUGARS
NOT A LOW CALORIE FOOD
Lucerne®
DAIRY FARMS
SINCE 1904
MADE WITH MILK FROM COWS NOT TREATED WITH rBST**
PERISHABLE KEEP REFRIGERATED
low-moisture part-skim
Mozzarella
CHEESE
NET WT 8 OZ (226 g)

3, 7

Nutrition Facts

16 servings per container
Serving size
1 slice (21g)

Calories per serving 60

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 4g	5%	**Total Carbohydrate** 2g	1%
Saturated Fat 2.5g	12%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 15mg	5%	Includes 0g Added Sugars	0%
Sodium 250mg	11%	**Protein** 3g	

Vitamin D 1.2mcg 6% • Calcium 340mg 25% • Iron 0mg 0% • Potassium 0mg 0%

*The % Daily Value 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: CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), SKIM MILK, MILKFAT, MILK PROTEIN CONCENTRATE, WHEY, CALCIUM PHOSPHATE, SODIUM PHOSPHATE, CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, SALT, LACTIC ACID, MILK, ANNATTO AND PAPRIKA EXTRACT (COLOR), NATAMYCIN (A NATURAL MOLD INHIBITOR), ENZYMES, CHEESE CULTURE, VITAMIN D3.

CONTAINS: MILK.

FOODS COMPANY
CHICAGO, IL 60601

BEST WHEN USED BY DATE SHOWN

Nutrition Facts

About 8 servings per container
Serving size 1 oz (28g)

Calories per serving 90

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6g	7%	**Total Carbohydrate** 1g	0%
Saturated Fat 3.5g	18%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 15mg	5%	Includes 0g Added Sugars	0%
Sodium 210mg	9%	**Protein** 8g	

Vitamin D 0.1mcg 0% • Calcium 200mg 15% • Iron 0mg 0% • Potassium 50mg 0%

*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: LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED REDUCED FAT MILK, SALT, ENZYMES).

S1295


Kroger
Whole Wheat
TORTILLAS
Soft Taco Size
ROLL
FOLD
FRY
BAKE
Here are a few things you can make
CHIMICHANGA,
ENCHILADA,
EMPANADA,
BOWL,
QUESADILLA,
FLAUTA,
TACO
CASSEROLE!
10
WHOLE WHEAT
TORTILLAS
NET WT 16 OZ (1 LB) 453g
Kroger
Whole Wheat
TORTILLAS
Soft Taco Size
10 WHOLE WHEAT TORTILLAS


MISSION
Flour Tortillas
SOFT TACO
super soft
10ct
NET WT. 17.5 OZ
(1 LB 1.5 OZ) 496g
MISSION
super soft
Flour Tortillas
SOFT TACO
10ct

5

Nutrition Facts

10 servings per container
Serving size **1 tortilla (49g)**

Amount per serving
Calories **140**

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 4g	

Vit. D 0mcg 0% • Calcium 90mg 6%
Iron 2mg 10% • Potassium 50mg 2%

* 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: ENRICHED BLEACHED FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE SHORTENING (INTERESTERIFIED AND HYDROGENATED SOYBEAN OILS), CONTAINS 2% OR LESS OF: SALT, SUGAR, BAKING SODA, SODIUM ACID PYROPHOSPHATE, DISTILLED MONOGLYCERIDES, FUMARIC ACID, AND CALCIUM PROPIONATE AND SORBIC ACID (TO MAINTAIN FRESHNESS).

CONTAINS: WHEAT

gruma® KOSHER 119

Nutrition Facts

10 servings per container
Serving size **1 tortilla (45g)**

Amount per serving
Calories **140**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	22%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	

Vitamin D 0mcg 0% • Calcium 100mg 8%
Iron 2mg 10% • Potassium 130mg 2%

* The % Daily Value 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.

For best results
before
Warming I

CONVENTIONAL
Remove desired amo
package. Warm
medium-high heat
until soft a

MICROWAVE P
Remove desired amo
package. Place betw
paper towels. Microv
to 20 seconds o

CAUT
Microwaving the t
may cause the pack
any surface the bag

Our Brands. C
Love It or You
www.kr

For **More Product In**
Using Your **Kroger Ap**

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, VEGETABLE SHORTENING (INTERESTERIFIED SOYBEAN OIL, SOYBEAN OIL, HYDROGENATED COTTONSEED OIL). CONTAINS 2% OR LESS OF: LEAVENING (BAKING SODA, SODIUM ALUMINUM SULFATE, CORN STARCH, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), SALT, MOLASSES, VITAL WHEAT GLUTEN, FUMARIC ACID, MONO- AND DIGLYCERIDES, FULLY HYDROGENATED COTTONSEED OIL, GUAR GUM, SODIUM METABISULFITE, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), ENZYMES.
CONTAINS: WHEAT.

DISTRIBUTED BY THE KROGER CO., CINCINNATI, OHIO 45202
CONTAINS A BIOENGINEERED FOOD INGREDIENT
KEEP IN A COOL, DRY PLACE / LOT NUMBER AND BEST IF USED BY DATE: ON PACKAGE


Lean Cuisine
CLASSIC TASTE YOU LOVE
FEATURES
Steak Portabella
tender beef steak & portabella mushrooms in a savory beef sauce with broccoli
18g PROTEIN
160 CALORIES
7g NET CARBS†
PER PACKAGE
160 CALORIES
2.5 SAT FAT
770 SODIUM
2 TOTAL SUGARS
18 PROTEIN
SEE NUTRITION INFORMATION FOR SODIUM CONTENT
KEEP FROZEN • SERVING SUGGESTION
COOK THOROUGHLY
NET WT 7 1/2 OZ (212g)

3


Marie Callender's
Honey Roasted Turkey Breast
Turkey Breast in a Sweet Gravy served with Creamy Mashed Potatoes and Vegetables
KEEP FROZEN
MUST BE COOKED THOROUGHLY
19g of Protein
No Artificial Flavors | No Artificial Colors
NET WT 13 OZ (369g)
260

3, 8

Nutrition Facts

1 serving per container

Serving size 1 Package (212g)

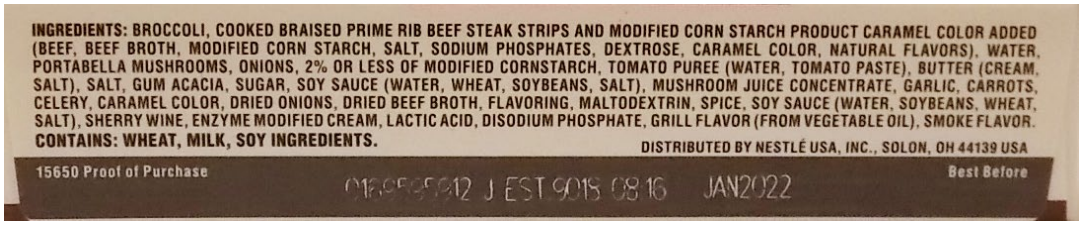
Amount per serving

Calories 160

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2g	
Cholesterol 15mg	**5%**
Sodium 770mg	**33%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 3g	**11%**
Total Sugars 2g	
Includes <1g Added Sugars	**2%**
Protein 18g	**26%**
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.1mg	6%
Potassium 360mg	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.

0 13800 15650 1



INGREDIENTS: BROCCOLI, COOKED BRAISED PRIME RIB BEEF STEAK STRIPS AND MODIFIED CORN STARCH PRODUCT CARAMEL COLOR ADDED (BEEF, BEEF BROTH, MODIFIED CORN STARCH, SALT, SODIUM PHOSPHATES, DEXTROSE, CARAMEL COLOR, NATURAL FLAVORS), WATER, PORTABELLA MUSHROOMS, ONIONS, 2% OR LESS OF MODIFIED CORNSTARCH, TOMATO PUREE (WATER, TOMATO PASTE), BUTTER (CREAM, SALT), SALT, GUM ACACIA, SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), MUSHROOM JUICE CONCENTRATE, GARLIC, CARROTS, CELERY, CARAMEL COLOR, DRIED ONIONS, DRIED BEEF BROTH, FLAVORING, MALTODEXTRIN, SPICE, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), SHERRY WINE, ENZYME MODIFIED CREAM, LACTIC ACID, DISODIUM PHOSPHATE, GRILL FLAVOR (FROM VEGETABLE OIL), SMOKE FLAVOR.
CONTAINS: WHEAT, MILK, SOY INGREDIENTS.

DISTRIBUTED BY NESTLÉ USA, INC., SOLON, OH 44139 USA

15650 Proof of Purchase

[illegible] J EST 9018 08:16 JAN2022

Best Before

Nutrition Facts

Serving size 1 Meal (369g)

Amount per serving

Calories 260

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 1040mg	**45%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 5g	**18%**
Total Sugars 6g	
Includes 5g Added Sugars	**10%**
Protein 19g	**24%**
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 750mg	15%

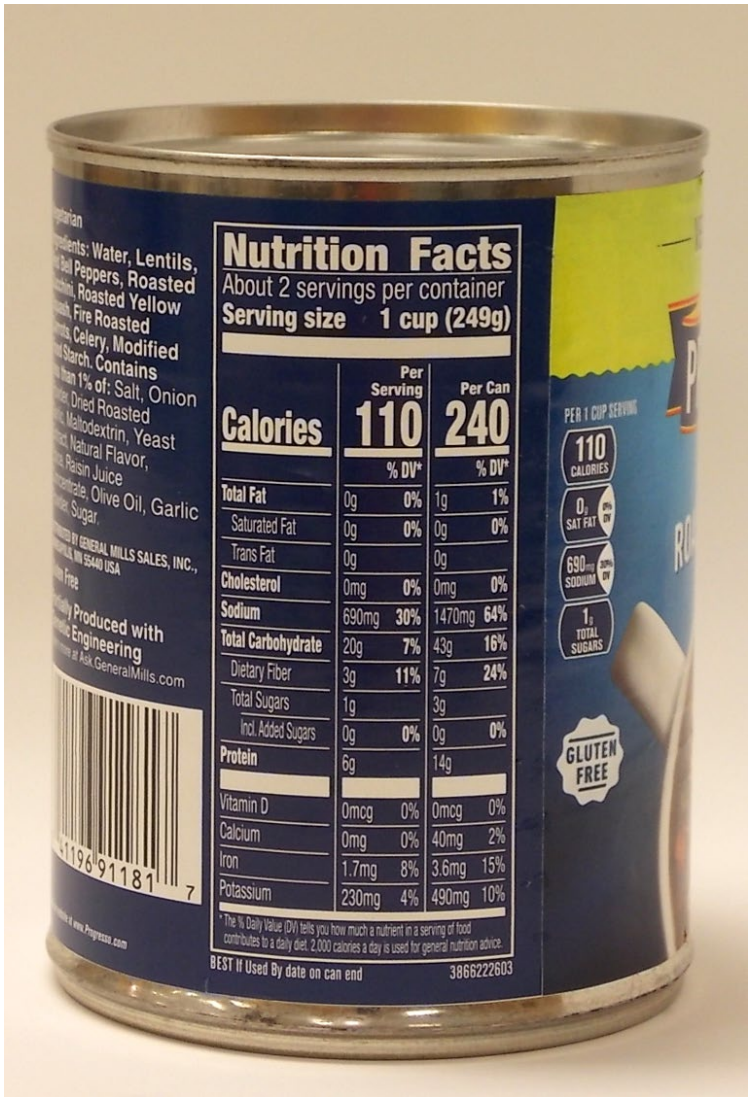
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: MASHED POTATOES (REHYDRATED POTATO FLAKES AND GRANULES [WATER, POTATOES, MONO- AND DIGLYCERIDES, CITRIC ACID, DISODIUM DIHYDROGEN PYROPHOSPHATE, BHT, SODIUM BISULFITE], BUTTER [CREAM, SALT], CREAM, SALT, FLAVORING), SWEET GRAVY (WATER, BROWN SUGAR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: CHICKEN FLAVOR [CHICKEN BROTH, SALT, CHICKEN FAT], CHICKEN GLACE [CHICKEN BROTH, COOKED CHICKEN, CHICKEN FAT, SALT, FLAVORINGS], BUTTER [CREAM, SALT], ONIONS, SALT, CHARDONNAY WINE, CANOLA OIL, GARLIC, SPICE), HONEY ROASTED TURKEY (TURKEY BREAST TENDERLOIN, WATER, HONEY, ISOLATED SOY PROTEIN PRODUCT [ISOLATED SOY PROTEIN, MODIFIED POTATO STARCH, CORN STARCH, CARRAGEENAN, SOY LECITHIN], OLIVE OIL, CHICKEN FLAVOR [MALTODEXTRIN, CHICKEN BROTH, SALT, FLAVORS], SALT, POTASSIUM CHLORIDE, POTASSIUM AND SODIUM PHOSPHATES, SEASONING [SPICE EXTRACTIVES WITH POLYSORBATE 80, CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES, PROPYLENE GLYCOL, FLAVORS, SOY LECITHIN]), CARROTS, BROCCOLI, WATER.
CONTAINS: MILK, SOY.


Campbell's
CHUNKY
SOUP THAT EATS LIKE A MEAL
13g PROTEIN PER CAN
STEAK AND POTATO
PER 1 CUP
120 CALORIES
1g SAT FAT
870mg SODIUM
1g TOTAL SUGARS
GRAMS


VEGETABLE CLASSICS
PROGRESSO
SOUP
LENTIL WITH ROASTED VEGETABLES
NO ARTIFICIAL FLAVORS
GLUTEN FREE
NET WT. 19 OZ (1 LB 3 OZ) 538g

8



Nutrition Facts

About 2 servings per container

Serving size 1 cup (249g)

	Per Serving		Per Can	
Calories	**110**		**240**	
		% DV*		% DV*
Total Fat	0g	**0%**	1g	**1%**
Saturated Fat	0g	**0%**	0g	**0%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	690mg	**30%**	1470mg	**64%**
Total Carbohydrate	20g	**7%**	43g	**16%**
Dietary Fiber	3g	**11%**	7g	**24%**
Total Sugars	1g		3g	
Incl. Added Sugars	0g	**0%**	0g	**0%**
Protein	6g		14g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	40mg	2%
Iron	1.7mg	8%	3.6mg	15%
Potassium	230mg	4%	490mg	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.

BEST If Used By date on can end

3866222603

PER 1 CUP SERVING

110 CALORIES

0g SAT FAT 0% DV

690mg SODIUM 30% DV

1g TOTAL SUGARS

GLUTEN FREE

Nutrition Facts

About 2 servings per container

Serving size 1 cup (240mL)

	Per serving		Per container	
Calories	**120**		**250**	
		% DV*		% DV*
Total Fat	3g	**4%**	6g	**8%**
Saturated Fat	1g	**5%**	2g	**10%**
Trans Fat	0g		0g	
Cholesterol	10mg	**3%**	25mg	**8%**
Sodium	870mg	**38%**	1900mg	**83%**
Total Carbohydrate	17g	**6%**	37g	**13%**
Dietary Fiber	1g	**4%**	3g	**11%**
Total Sugars	1g		2g	
Incl. Added Sugars	0g	**0%**	0g	**0%**
Protein	6g	**11%**	13g	**25%**
Vitamin D	0mcg	0%	0mcg	0%
Calcium	10mg	0%	30mg	2%
Iron	0.7mg	4%	1.5mg	8%
Potassium	300mg	6%	640mg	15%

* 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.

SOUP

COOKED WITH CARE IN THE USA

Questions or Comments?
Call us at 1-800-257-8443.
chunky.com

NET WT 18.8 OZ (1 LB. 2.8 OZ)


LIVE & ACTIVE
PROBIOTICS
Lifeway
EST. 1986
ORGANIC
KEFIR
cultured lowfat milk
Vit. A&D
1%
MILKFAT
USDA
ORGANIC
PLAIN
UNSWEETENED*
32 FL OZ (1 QT) 946mL

7


Kroger
BUTTERMILK
cultured
lowfat
buttermilk
Grade A
vitamins A & D
1% milkfat
KEEP REFRIGERATED
1 QUART (32 FL OZ) 946 mL

7

Nutrition Facts

4 servings per container
Serving size 8 fl oz (240 mL)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 380mg	17%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	

Vitamin D 2.5mcg 10% • Calcium 300mg 25%
Iron 0mg 0% • Potassium 380mg 8%
Vitamin A 150mcg 15%

*The % Daily Value 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: CULTURED SKIM MILK AND MILK, SALT, MODIFIED CORN STARCH, TAPIOCA STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN, VITAMIN A PALMITATE, VITAMIN D3.
CONTAINS: MILK.

DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202
CONTAINS A BIOENGINEERED FOOD INGREDIENT

Nutrition Facts

About 4 servings per container
Serving size 1 cup (240 mL)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 10g	16%

Vitamin D 3.8mcg 20% • Calcium 390mg 30%
Iron 0mg 0% • Potassium 380mg 8%

*The % Daily Value 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: PASTEURIZED ORGANIC LOWFAT MILK, ORGANIC NONFAT MILK, PECTIN, VITAMIN A PALMITATE, VITAMIN D3, LIVE AND ACTIVE CULTURES.
CONTAINS: MILK.


Great Value
Natural
Brown
Long Grain Rice
NET WT 32 OZ
(2 LB) 907g

5

5


LUNDBERG
WILD BLEND
RICE
A CUSTOM BLEND OF
WILD & WHOLE GRAIN
BROWN RICE
TEAR HERE
AMERICA GROWN
BEST BEFORE
11 JUN 2021
LUNDBERG
FAMILY FARMS
WHOLE GRAIN
GLUTEN-FREE
NON GMO
VERIFIED

Nutrition Facts

about 20 servings per container
Serving size
1/4 cup (45g) dry

Calories per serving 170

Amount/serving	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%

Amount/serving	% Daily Value*
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	

Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0.6mg 4% • Potassium 110mg 2%

* 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: LONG GRAIN BROWN RICE.
DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716

BEST IF USED BY MAY26 2021S


GOURMET HOUSE
CULTIVATED MINNESOTA GROWN WILD RICE
LONG GRAIN
WILD RICE
NON GMO Project VERIFIED

5


Maitreya
MINNESOTA GROWN
WILD RICE
WHOLE GRAIN
NON GMO Project VERIFIED
PROJET SANS OGM VÉRIFIÉ
Net Wt. 15 oz (425 g)

5

Nutrition Facts

About 10 servings per container
Serving size 1/4 cup (45g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 3g	**11%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 7g	

Vitamin D 0mcg 0%	• Calcium 0mg 0%
Iron 1mg 6%	• Potassium 190mg 4%
Thiamin 0.1mg 8%	• Niacin 4mg 25%
Vitamin B_6 0.2mg 10%	• Phosphorus 195mg 15%
Zinc 3mg 25%	

*The % Daily Value 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: WILD RICE.


Kroger
A FULL SERVING OF VEGETABLES
PER 1/2 CUP SERVING
MARINARA
PASTA SAUCE
NET WT 24 OZ
(1 LB 8 OZ) 680g

8


Kroger
MEDIUM
Traditional
SALSA
NET WT 16 OZ (1 LB) 453g

8

INGREDIENTS: CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), DICED TOMATOES IN TOMATO JUICE, JALAPEÑO PEPPERS, ONIONS, VINEGAR, SALT, DRIED ONION, DRIED GARLIC, NATURAL FLAVOR.

INGREDIENTS: TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES IN TOMATO JUICE, SUGAR, SOYBEAN OIL, SALT, DRIED ONIONS, DRIED GARLIC, SPICES, CITRIC ACID, ROMANO CHEESE (CULTURED PART-SKIM MILK, SALT, ENZYMES).
CONTAINS: MILK.


READY IN
1
MINUTE
Minute
BROWN & WILD RICE
READY TO SERVE • NO PRESERVATIVES
NET WT
8.8 OZ (250g)
SERVING SUGGESTION
NON GMO Project
VERIFIED
100%
WHOLE GRAIN

5


Mahatma
AMERICA'S FAVORITE RICE
Brown
Whole Grain Rice
NET WT. 32 OZ (2 LB) 907g
2LB
SERVING SUGGESTION

5

Nutrition Facts

2 servings per container
Serving size 1 Cup (125g)

Amount/serving	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%

Amount/serving	% Daily Value*
Total Carbohydrate 42g	15%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	

*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.

Calories per serving 220

Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 1mg 6% • Potassium 149mg 4%

INGREDIENTS: WATER, BROWN RICE, WILD RICE, SUNFLOWER OIL, SEA SALT, SUNFLOWER LECITHIN (EMULSIFIER).

Riviana

Good Source of Fiber*
*CONTAINS 3 GRAMS OF TOTAL FAT PER SERVING. SEE NUTRITION INFORMATION FOR FAT CONTENT.

DIRECTIONS

REMOVE film completely from cup.
PLACE cup in microwave.
HEAT on HIGH for 1 minute.
Heating time for 2 cups is 1½ minutes.
CAUTION: CUP & STEAM WILL BE EXTREMELY HOT. DO NOT PLACE HAND OVER TOP OF CUP WHEN REMOVING.
STIR & serve immediately.
Microwave ovens and cooking times may vary.
Cover and refrigerate unused portion after opening.

BPA FREE GLUTEN FREE

Nutrition Facts

about 20 servings per container
Serving size
1/4 cup (45g)

Calories per serving 170

Amount/serving	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%

Amount/serving	% Daily Value*
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	

Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 1mg 6% • Potassium 115mg 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: Brown rice.

Riviana

RIVIANA FOODS INC.,
HOUSTON, TX 77019 U.S.A.

GROWN IN THE USA RICE

Questions? Comments?
Call 1-800-226-9522 Monday-Friday, 8am to 4pm Central Time. Please have package available when calling.

* Based on Nielsen non-instant rice category data 2018


RICE
EST A 1958
RONI
THE SAN FRANCISCO TREAT®
LONG GRAIN & WILD RICE ORIGINAL
Long grain and wild rice with herbs
MAKING HOME MADE EASY
Per Serving
190 CALORIES
0g SAT FAT
0% DV
780mg SODIUM
34% DV
2g TOTAL SUGARS
SERVING SUGGESTION
NET WT 4.3 OZ (122 g)


1 SIMPLE INGREDIENT
RICE
Minute™
READY IN 10 MINUTES
BROWN RICE
100% WHOLE GRAIN
Certified GF Gluten-Free
100% WHOLE GRAIN
NON GMO Project VERIFIED
SERVING SUGGESTION
NET WT 14 OZ (396g)

Nutrition Facts

About 8 servings per container
Serving size 1/2 cup (50g dry rice, makes about 1 cup cooked)

Amount per serving

Calories 180

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 39g	**14%**
Dietary Fiber 2g	**7%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 70mg	2%
Thiamin 0.1mg	8%
Magnesium 61mg	15%
Zinc 1mg	10%
Copper 0.1mg	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: PRECOOKED PARBOILED BROWN RICE.

Riviana®

GROWN IN THE USA
RICE

Nutrition Facts

About 2 servings per container

Serving size 2.0 oz (56g/about 1/4 cup dry rice mix & 1-2/3 Tbsp seasoning mix)

	As packaged		As prepared	
Calories	**190**		**240**	
		% DV*		% DV*
Total Fat	0.5g	**1%**	6g	**7%**
Saturated Fat	0g	**0%**	1g	**6%**
Trans Fat	0g		1g	
Polyunsaturated Fat	0g		1.5g	
Monounsaturated Fat	0g		2.5g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	780mg	**34%**	840mg	**36%**
Total Carb.	42g	**15%**	42g	**15%**
Dietary Fiber	2g	**6%**	2g	**6%**
Total Sugars	2g		2g	
Incl. Added Sugars	<1g	**1%**	<1g	**1%**
Protein	5g		6g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	40mg	2%	40mg	2%
Iron	1.5mg	8%	1.5mg	8%
Potassium	150mg	2%	150mg	2%
Thiamin	0.18mg	15%	0.18mg	15%
Riboflavin	0.05mg	4%	0.05mg	4%
Niacin	1.6mg	10%	1.6mg	10%
Vitamin B_6	0.17mg	10%	0.17mg	10%
Folate DFE Folic Acid	100mcg (65mcg)	25%	100mcg (65mcg)	25%

* 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: Rice, wild rice, onions, hydrolyzed soy protein, salt, monosodium glutamate, maltodextrin, autolyzed yeast extract, sugar, parsley*, garlic, sunflower oil, caramel color, spices, hydrolyzed corn protein, ferric orthophosphate, yeast extract, niacinamide, hydrolyzed wheat protein, thiamin mononitrate, tocopherols (to preserve freshness), folic acid.
*Dried.
CONTAINS SOY AND WHEAT INGREDIENTS. (43047-L04-14)

Preferred Method
RICE RANGE TOP DIRECTIONS

– WHAT YOU NEED –

1 TABLESPOON BUTTER OR MARGARINE

1⅔ CUPS WATER

1 In a medium saucepan, combine rice mix, Special Seasonings, water and butter or margarine; bring to a boil.

2 Cover and reduce heat to low. Simmer 25 to 30 minutes or until rice is tender. Let stand 3 minutes before serving.

About 2 cups prepared. Enjoy!

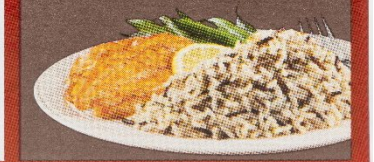
See side panels for additional product information.

MAKE IT A MEAL

EASY AS 1-2-3:

1. STIR in chopped celery during last 5 minutes of simmering.
2. ADD cooked chicken breast sliced into pieces once rice is fully cooked.
3. TOP with shredded carrots before serving (optional).

Find more ideas at ricearoni.com/recipes




PEPPERIDGE FARM
SOFT BAKED
SOFT BAKED.
SantaCruz
OATMEAL RAISIN
PER 1 COOKIE
140 CALORIES
8 COOKIES
NET WT 8.6 OZ (244g)
PEPPERIDGE FARM


Keebler
SEALED
PER 2 COOKIES
180 CALORIES
3.5g SAT FAT
95mg SODIUM
14g TOTAL SUGARS
E.L.Fudge
Elfwich
COOKIES
Double Stuffed
Butter Sandwich Cookies
with Fudge Creme Filling
NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS
NET WT 12 OZ (340g)
STOP! opens at the top.

Nutrition Facts

8 Servings Per Container
Serving Size 1 Cookie (31g)

Amount per serving

Calories 140

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber <1g	4%
Total Sugars 12g	
Includes 7g Added Sugars	14%
Protein 2g	
Vitamin D 0mcg 0% • Calcium 10mg	0%
Iron 0.7mg 4% • Potassium 80mg	2%

* 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.

MADE FROM: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), RAISINS, OATS, VEGETABLE OILS (PALM AND/OR SOYBEAN AND HYDROGENATED SOYBEAN), SUGAR, FRUCTOSE, BROWN SUGAR (SUGAR, INVERT SUGAR, MOLASSES), CONTAINS 2% OR LESS OF: EGGS, CORNSTARCH, AMMONIUM BICARBONATE, SALT, BAKING SODA, NONFAT MILK, NATURAL FLAVOR, CINNAMON, SPICES, SOY LECITHIN.
CONTAINS: WHEAT, EGGS, MILK, SOY.

PEPPERIDGE FARM, INC.
NORWALK, CT 06856

The ingredients from corn, soy, and sugar in this product come from genetically modified crops.
Learn more at **pepperidgefarm.com**

910001025662 7884-11-17E2

BAKED IN U.S.A.

Satisfaction guaranteed.
For questions or comments, please call 1-888-737-7374.
Thank you.

Nutrition Facts

About 10 servings per container
Serving size 2 Cookies (35g)

Amount per serving

Calories 180

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 95mg	4%
Total Carbohydrate 24g	9%
Dietary Fiber <1g	2%
Total Sugars 14g	
Includes 13g Added Sugars	26%
Protein 2g	
Vitamin D 0mcg 0% • Calcium 0mg	0%
Iron 0.9mg 4% • Potassium 50mg	0%

* 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: Enriched flour (wheat flour, niacin, reduced iron, vitamin B_1 [thiamin mononitrate], vitamin B_2 [riboflavin], folic acid), **sugar, vegetable oil** (soybean, palm and palm kernel oil with TBHQ for freshness), **dextrose, cocoa processed with alkali. Contains 2% or less of** high fructose corn syrup, cocoa, eggs, salt, whey, baking soda, soy lecithin, butter (cream, salt), natural and artificial flavors.
CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.

3, 5


Heart Healthy Oatmeal
100% Whole Grain
Old Fashioned Oats
Great Value
NET WT 18 OZ (1 LB 2 OZ) 510g


Marie Callender's
Honey Roasted Turkey Breast
Turkey Breast in a Sweet Gravy served with Creamy Mashed Potatoes and Vegetables
KEEP FROZEN
MUST BE COOKED THOROUGHLY
19g of Protein
No Artificial Flavors | No Artificial Colors
NET WT 13 OZ (369g)
260 Calories
3.5g Sat Fat
1040mg Sodium
6g Total Sugars

3, 8

Nutrition Facts

Serving size 1 Meal (369g)

Amount per serving

Calories 260

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 1040mg	**45%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 5g	**18%**
Total Sugars 6g	
Includes 5g Added Sugars	**10%**
Protein 19g	**24%**
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 750mg	15%

*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: MASHED POTATOES (REHYDRATED POTATO FLAKES AND GRANULES [WATER, POTATOES, MONO- AND DIGLYCERIDES, CITRIC ACID, DISODIUM DIHYDROGEN PYROPHOSPHATE, BHT, SODIUM BISULFITE], BUTTER [CREAM, SALT], CREAM, SALT, FLAVORING), SWEET GRAVY (WATER, BROWN SUGAR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: CHICKEN FLAVOR [CHICKEN BROTH, SALT, CHICKEN FAT], CHICKEN GLACE [CHICKEN BROTH, COOKED CHICKEN, CHICKEN FAT, SALT, FLAVORINGS], BUTTER [CREAM, SALT], ONIONS, SALT, CHARDONNAY WINE, CANOLA OIL, GARLIC, SPICE), HONEY ROASTED TURKEY (TURKEY BREAST TENDERLOIN, WATER, HONEY, ISOLATED SOY PROTEIN PRODUCT [ISOLATED SOY PROTEIN, MODIFIED POTATO STARCH, CORN STARCH, CARRAGEENAN, SOY LECITHIN], OLIVE OIL, CHICKEN FLAVOR [MALTODEXTRIN, CHICKEN BROTH, SALT, FLAVORS], SALT, POTASSIUM CHLORIDE, POTASSIUM AND SODIUM PHOSPHATES, SEASONING [SPICE EXTRACTIVES WITH POLYSORBATE 80, CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES, PROPYLENE GLYCOL, FLAVORS, SOY LECITHIN]), CARROTS, BROCCOLI, WATER. CONTAINS: MILK, SOY.


Great Value
Long Grain Enriched RICE
2lbs
NET WT 32 OZ (2 LB) 907g

5


Heart Healthy Oatmeal†
Great Value
100% Whole Grain
Old Fashioned
Oats
serving suggestion
enlarged to show texture
NET WT 18 OZ (1 LB 2 OZ) 510g

3, 5

Nutrition Facts

about 13 servings per container
Serving size 1/2 cup dry (40g)

Amount per serving

Calories 140

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Soluble Fiber 2g	
Insoluble Fiber 2g	
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	

Vitamin D 0mcg 0% • Calcium 20mg 0%
Iron 1.7mg 10% • Potassium 140mg 2%

* 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: WHOLE GRAIN ROLLED OATS.
DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716
Store in a cool, dry place.

COATED PAPER CANISTER | PLASTIC LID

720824

0 78742 01371 8

30644 1905 OOF-100 101H

COOKING

Servings	
Water	
Oats	
Salt (optional)	

STOVETOP

1. Boil water and oil.
2. Stir in oats.
3. Cook about 5 minutes, stir occasionally.

MICROWAVE

One Serving:
1. Combine water, oil and oats in microwavable bowl.
2. Microwave on high for ... Stir before serving.

CAUTION: Bowl may be hot.

Oatmeal Chocolate ...

1 cup Great Value Shortening
1 cup Great Value Pure Granulated Sugar
1 cup Great Value Light Brown Sugar, firmly packed
2 Great Value Eggs
2 Tbsp. Great Value Milk

DIRECTIONS

Heat oven to 375°F. In a ... with sugars, adding eggs ... and vanilla; beat well. Add ... beat well. Stir in oats and ... rounded tablespoonfuls ... cookie sheets. Bake in ... brown. Remove from ... Place cookies on a wire ...

Yield: 42 cookies.

Nutrition Facts

about 20 servings per container
Serving size 1/4 cup (45g) dry

Calories per serving 160

Amount/serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 36g	13%
Dietary Fiber <1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	

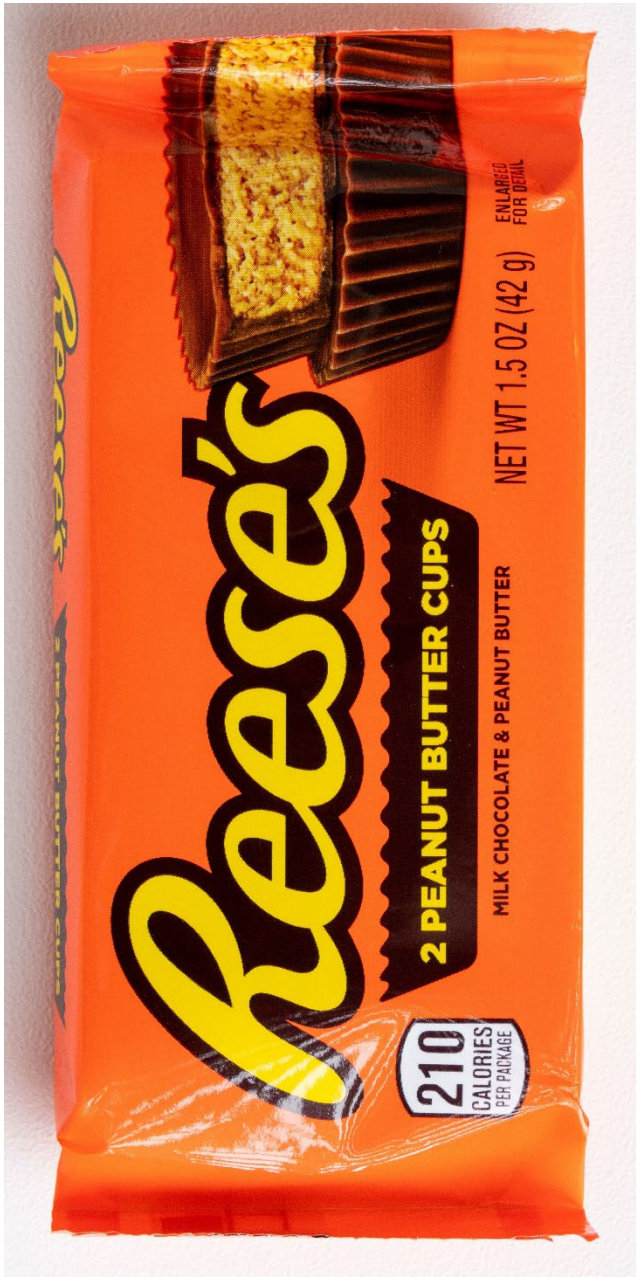
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 1.9mg 10% • Potassium 50mg 0%
Thiamine 0.26mg 20% • Niacin 1.9mg 10% • Folate 174mcg DFE (104mcg folic acid) 45%

* 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: LONG GRAIN RICE ENRICHED WITH FERRIC PHOSPHATE, NIACIN, THIAMINE MONONITRATE, FOLIC ACID.
DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716


RICH IN VITAMIN C
NO ADDED SUGAR
CALCIUM
VITAMIN D • PULP FREE
Simply Orange
NOT FROM CONCENTRATE
110 CALORIES PER 8 FL OZ SERVING
100% PURE SQUEEZED PASTEURIZED ORANGE JUICE WITH CALCIUM & VITAMIN D
52 FL OZ (1.6 QT) 1.53 L

3, 4, 7


Reese's
2 PEANUT BUTTER CUPS
MILK CHOCOLATE & PEANUT BUTTER
NET WT 1.5 OZ (42 g)
ENLARGED FOR DETAIL
210 CALORIES PER PACKAGE

Nutrition Facts Servings: 1, **Serv. size: 1 package (42g),** Amount Per Serving: **Calories 210,** **Total Fat** 12g (16% DV), Sat. Fat 4.5g (22% DV), *Trans* Fat 0g, **Cholest.** <5mg (1% DV), **Sodium** 150mg (6% DV), **Total Carb.** 24g (9% DV), Fiber 2g (6% DV), Total Sugars 22g (Incl. 20g Added Sugars, 40% DV), **Protein** 5g, Vit. D (0% DV), Calcium (4% DV), Iron (6% DV), Potas. (4% DV).

INGREDIENTS: MILK CHOCOLATE [SUGAR; COCOA BUTTER; CHOCOLATE; SKIM MILK; MILK FAT; LACTOSE; LECITHIN (SOY); PGPR]; PEANUTS; SUGAR; DEXTROSE; SALT; TBHQ AND CITRIC ACID, TO MAINTAIN FRESHNESS. ⓊD


TAURINE
MONSTER
ENERGY

8


POWER
ADE
ORANGE
FLAVORED + OTHER NATURAL FLAVORS
SPORTS DRINK
28 FL OZ (1.75 PT) 828 mL
80 CALORIES PER 12 FL OZ SERVING

8

Amount/Serving	% Daily Value
Total Fat 0g	0%
Sodium 150mg	6%
Total Carb. 21g	7%
Total Sugars 21g	
Incl. 21g Added Sugars	41%
Protein 0g	

Potas. 35mg † • Niacin 15% • Vit. B_6 15% • Vit. B_{12} 35% • Magnesium †

Not a significant source of sat. fat, trans fat, cholest., fiber, vit. D, calcium and iron.

†Contains less than 2 percent of the Daily Value of these nutrients.

WWW.POWERADE.COM

POWERADE®

WATER, HIGH FRUCTOSE CORN SYRUP, LESS THAN 0.5% OF: CITRIC ACID, ELECTROLYTES (SALT, MONO-POTASSIUM PHOSPHATE, MAGNESIUM AND CALCIUM CHLORIDES), GUM ACACIA, NATURAL FLAVORS, GLYCEROL ESTER OF ROSIN, YELLOW 5 AND 6, VITAMINS B3, B6, B12 (NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, CYANOCOBALAMIN), ASCORBIC ACID (TO PROTECT TASTE), CALCIUM DISODIUM EDTA (TO PROTECT COLOR).

PRODUCED FOR THE COCA-COLA COMPANY
ATLANTA, GEORGIA 30313

SCAN HERE FOR MORE FOOD INFORMATION OR CALL 1-800-343-0341

smartlabel

please recycle

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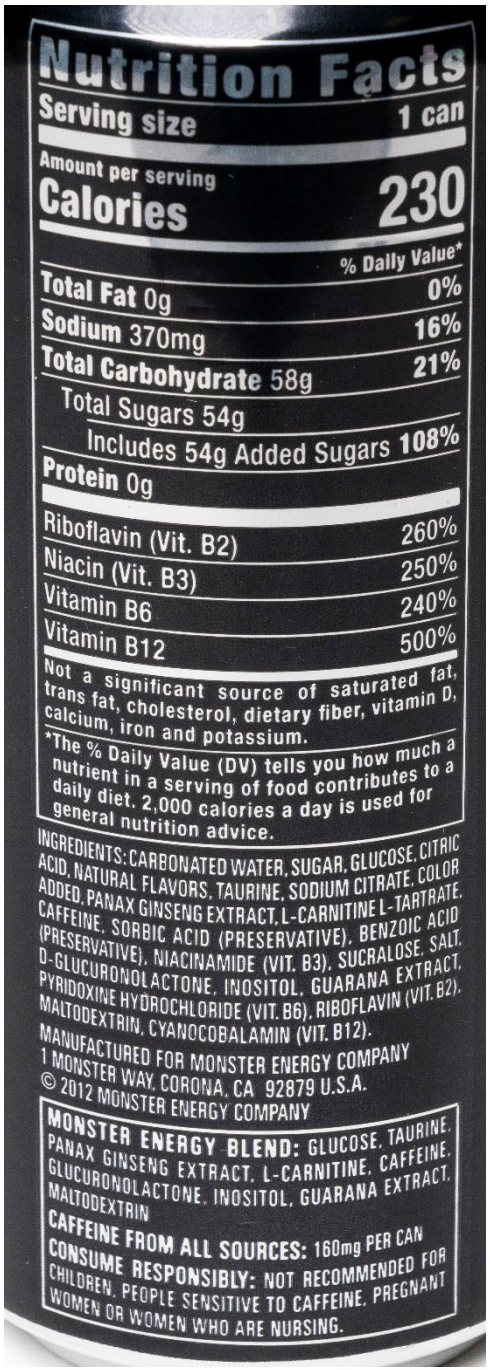
HI-MIE 5C OR 10C MCCs 2021-00387 28 FL OZ PROOF OF PURCHASE



Nutrition Facts

Serving size 1 can

Amount per serving
Calories 230

	% Daily Value*
Total Fat 0g	0%
Sodium 370mg	16%
Total Carbohydrate 58g	21%
Total Sugars 54g	
Includes 54g Added Sugars	108%
Protein 0g	
Riboflavin (Vit. B2)	260%
Niacin (Vit. B3)	250%
Vitamin B6	240%
Vitamin B12	500%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

*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: CARBONATED WATER, SUGAR, GLUCOSE, CITRIC ACID, NATURAL FLAVORS, TAURINE, SODIUM CITRATE, COLOR ADDED, PANAX GINSENG EXTRACT, L-CARNITINE L-TARTRATE, CAFFEINE, SORBIC ACID (PRESERVATIVE), BENZOIC ACID (PRESERVATIVE), NIACINAMIDE (VIT. B3), SUCRALOSE, SALT, D-GLUCURONOLACTONE, INOSITOL, GUARANA EXTRACT, PYRIDOXINE HYDROCHLORIDE (VIT. B6), RIBOFLAVIN (VIT. B2), MALTODEXTRIN, CYANOCOBALAMIN (VIT. B12).

MANUFACTURED FOR MONSTER ENERGY COMPANY
1 MONSTER WAY, CORONA, CA 92879 U.S.A.
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MONSTER ENERGY BLEND: GLUCOSE, TAURINE, PANAX GINSENG EXTRACT, L-CARNITINE, CAFFEINE, GLUCURONOLACTONE, INOSITOL, GUARANA EXTRACT, MALTODEXTRIN

CAFFEINE FROM ALL SOURCES: 160mg PER CAN

CONSUME RESPONSIBLY: NOT RECOMMENDED FOR CHILDREN, PEOPLE SENSITIVE TO CAFFEINE, PREGNANT WOMEN OR WOMEN WHO ARE NURSING.


super soft™
The Authentic Tradition
MISSION
Carb Balance®
WHOLE WHEAT TORTILLAS
SOFT TACO
8ct
5g net carbs
Excellent Source of Fiber
NET WT. 12 OZ (340g)
MISSION
5g net carbs
Carb Balance®
WHOLE WHEAT TORTILLAS
SOFT TACO
8ct

5


20% LARGER TACOS
THAN THE LEADING 12 COUNT SHELLS
ORTEGA®
Taco Shells
12 YELLOW CORN SHELLS
FRESHNESS PACK
TRAY PROTECTS FROM BREAKAGE
PAREVE
NET WT
5.8 OZ (164g)

5

Nutrition Facts

6 servings per container
Serving size 2 shells (28g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 2g	**7%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 133mg	10%
Iron 1mg	6%
Potassium 59mg	2%

*The % Daily Value 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: WHOLE GRAIN YELLOW CORN, HIGH OLEIC CANOLA OIL, WATER, CORN FLOUR, SALT, HYDRATED LIME.

Nutrition Facts

8 servings per container
Serving size 1 tortilla (42g)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 270mg	**12%**
Total Carbohydrate 19g	**7%**
Dietary Fiber 14g	**50%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.6mg	4%
Potassium 20mg	0%

* The % Daily Value 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, MODIFIED WHEAT STARCH, WHOLE WHEAT FLOUR, WHEAT GLUTEN, VEGETABLE SHORTENING (INTERESTERIFIED AND HYDROGENATED SOYBEAN OILS), WHEAT GLUTEN ISOLATE, CONTAINS 2% OR LESS OF: SALT, BAKING SODA, SODIUM ACID PYROPHOSPHATE, CELLULOSE GUM, DISTILLED MONOGLYCERIDES, NATURAL FLAVOR, SUCRALOSE, CARAMEL COLOR, FUMARIC ACID, AND CALCIUM PROPIONATE AND SORBIC ACID (TO MAINTAIN FRESHNESS).
CONTAINS: WHEAT


Lay's
GUARANTEED FRESH
• UNTIL PRINTED DATE •
31MAY2022
31120617 3
056 17:49
Classic
POTATO CHIPS
NET WT. 1 OZ. (28.3 g)


Post
EXCELLENT SOURCE OF FIBER
NON GMO Project VERIFIED
nongmoproject.org
WHEAT 'N BRAN
SHREDDED WHEAT
SPOON SIZE®
CEREAL
simple GOODNESS®
Serving Suggestion
PER 1 1/3 CUPS SERVING
210 CALORIES
0g SAT FAT
0mg SODIUM
0g TOTAL SUGARS
NET WT 18 OZ
(1 LB 2 OZ) 510g

3

Nutrition Facts

About 9 servings per container
Serving size **1 1/3 cup (60g)**

Amount per serving
Calories **210**

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 49g	18%
Dietary Fiber 8g	30%
Soluble Fiber 1g	
Insoluble Fiber 7g	
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 2.1mg	10%
Potassium 240mg	6%
Thiamin	10%
Riboflavin	6%
Niacin	20%
Folate	6%
Phosphorus	20%
Magnesium	15%
Zinc	15%

* 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: Whole Grain Wheat, Wheat Bran. BHT added to preserve freshness.

CONTAINS WHEAT.

Nutrition Facts

1 serving per container
Serving size **1 package**

Amount per serving
Calories **160**

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	5%
Total Sugars less than 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	2%
Potassium 350mg	6%
Vitamin C	6%

Not a significant source of added sugars.

* 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: POTATOES, VEGETABLE OIL (CANOLA, CORN, SOYBEAN, AND/OR SUNFLOWER OIL), AND SALT.

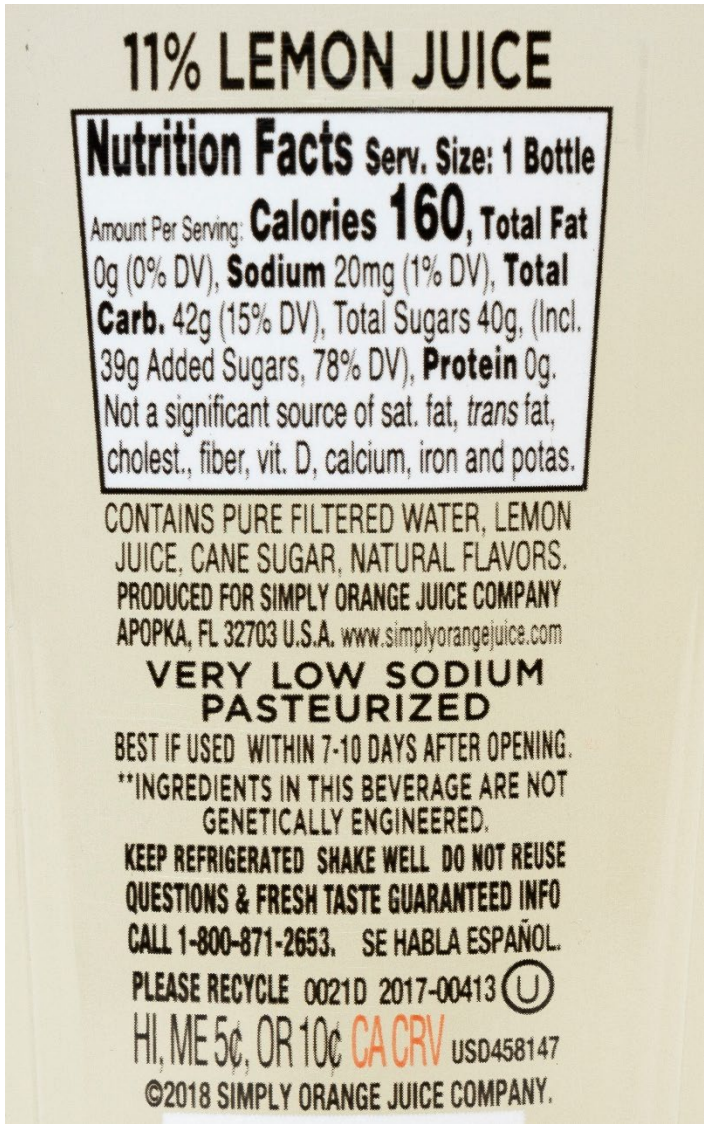

ALL NATURAL
DELICIOUS TASTE
ALL NATURAL
Simply Lemonade
NOT FROM CONCENTRATE
160 CALORIES PER BOTTLE
11.5 FL OZ (340 mL)

8


With Taurine.
Lightly carbonated.
Red Bull
ENERGY DRINK
Vitalizes body and mind®.
250 mL (8.4 FL OZ)

8

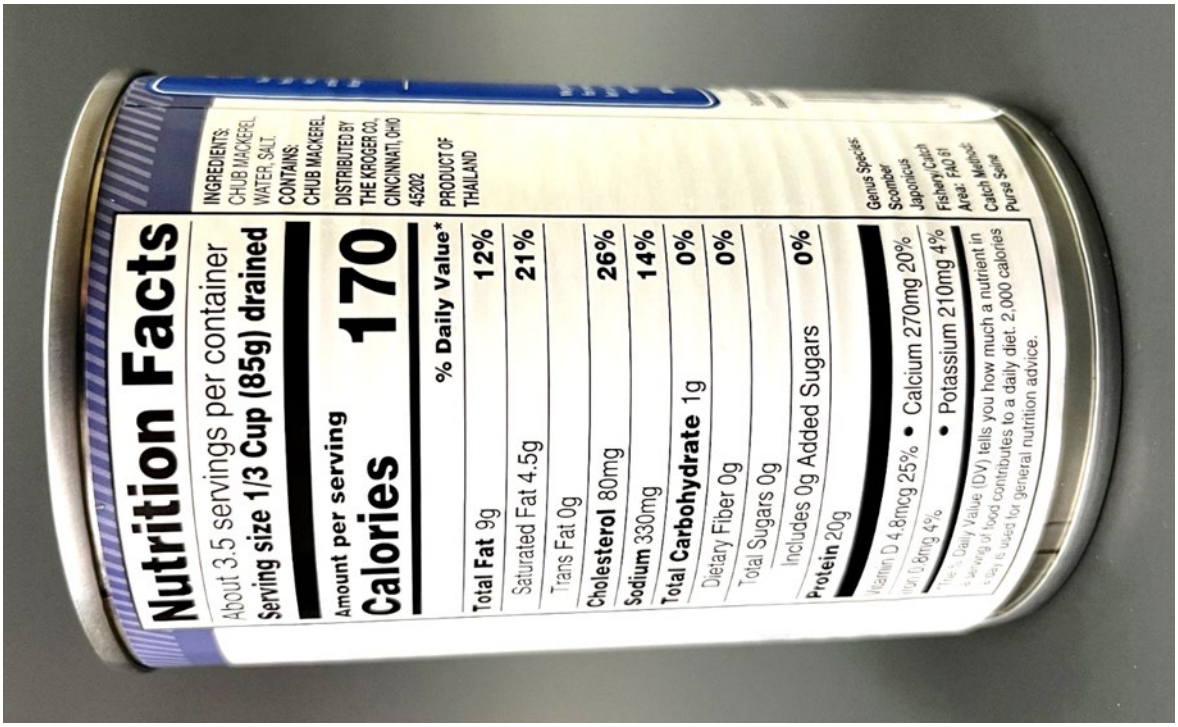

8.4 FL OZ
RED BULL® Energy Drink
Red Bull is appreciated worldwide by top athl
busy professionals, college students and travelers
long journeys.
Nutrition Facts
Serving size
1 can
Amount per serving
Calories
110
% DV*
Total Fat 0 g
0%
Sodium 105 mg
4%
Total Carbohydrate 29 g
10%
Total Sugars 27 g
Includes 27 g Added Sugars
54%
Protein 0 g
Calcium 30 mg 2% • Niacin 100% • Vitamin B6 250%
Vitamin B12 80% • Pantothenic Acid 50%
Not a significant source of saturated fat, trans fat, choles-
terol, dietary fiber, vitamin D, iron and potassium.
* DV = % Daily Value
Caffeine content: 80 mg/8.4 fl oz.
Not recommended for children, pregnant or nursing women
and persons sensitive to caffeine.
Ingredients: Carbonated Water, Sugar,
Glucose, Citric Acid, Taurine, Natural and
Artificial Flavors, Sodium Bicarbonate
(Baking Soda), Magnesium Carbonate,
Colors, Caffeine, Niacinamide, Pyrid-
oxine HCl (Vitamin B6), Calcium
Pantothenate, Vitamin B12.
Distributed by:
Red Bull N.A., Inc.,
Santa Monica, CA 90404
Made in Austria
© 1996, 2013
www.redbull.com
0 11269 99100 6


11% LEMON JUICE
Nutrition Facts Serv. Size: 1 Bottle
Amount Per Serving: Calories 160, Total Fat
0g (0% DV), Sodium 20mg (1% DV), Total
Carb. 42g (15% DV), Total Sugars 40g, (Incl.
39g Added Sugars, 78% DV), Protein 0g.
Not a significant source of sat. fat, trans fat,
cholest., fiber, vit. D, calcium, iron and potas.
CONTAINS PURE FILTERED WATER, LEMON
JUICE, CANE SUGAR, NATURAL FLAVORS.
PRODUCED FOR SIMPLY ORANGE JUICE COMPANY
APOPKA, FL 32703 U.S.A. www.simplyorangejuice.com
VERY LOW SODIUM
PASTEURIZED
BEST IF USED WITHIN 7-10 DAYS AFTER OPENING.
**INGREDIENTS IN THIS BEVERAGE ARE NOT
GENETICALLY ENGINEERED.
KEEP REFRIGERATED SHAKE WELL DO NOT REUSE
QUESTIONS & FRESH TASTE GUARANTEED INFO
CALL 1-800-871-2653. SE HABLA ESPAÑOL.
PLEASE RECYCLE 0021D 2017-00413
HI, ME 5¢, OR 10¢ CA CRV USD458147
©2018 SIMPLY ORANGE JUICE COMPANY.


MACKEREL
Kroger
WILD CAUGHT
NET WT 15 OZ

7


Kroger
SARDINES
SKINLESS & BONELESS
••IN SOYBEAN OIL••
1 SERVING
non BPA LINER*
NET WT 4.33 OZ (122g)



Nutrition Facts

About 3.5 servings per container
Serving size 1/3 Cup (85g) drained

Amount per serving
Calories 170

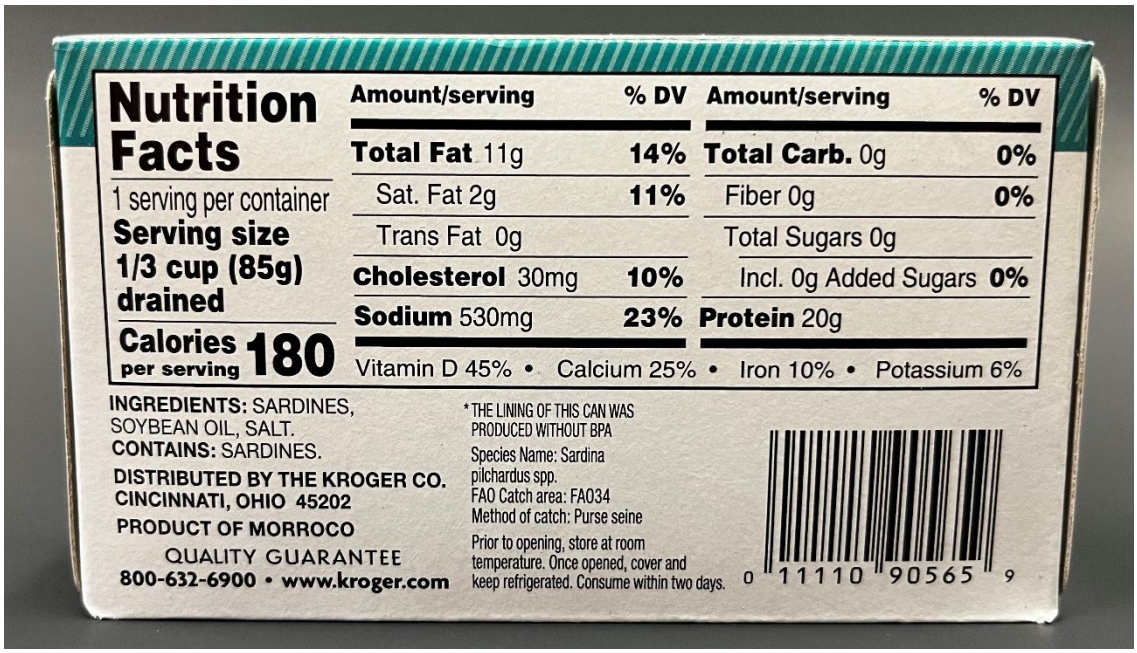
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	21%
Trans Fat 0g	
Cholesterol 80mg	26%
Sodium 330mg	14%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	

Vitamin D 4.8mcg 25% • Calcium 270mg 20%
Iron 1.8mg 4% • Potassium 210mg 4%

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

INGREDIENTS: CHUB MACKEREL, WATER, SALT.
CONTAINS: CHUB MACKEREL.
DISTRIBUTED BY THE KROGER CO. CINCINNATI, OHIO 45202
PRODUCT OF THAILAND

Genus Species: Scomber Japonicus
Fishery/Catch Area: FAO 61
Catch Method: Purse Seine



Nutrition Facts

1 serving per container
Serving size 1/3 cup (85g) drained
Calories per serving 180

Amount/serving	% DV	Amount/serving	% DV
Total Fat 11g	14%	**Total Carb.** 0g	0%
Sat. Fat 2g	11%	Fiber 0g	0%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 30mg	10%	Incl. 0g Added Sugars	0%
Sodium 530mg	23%	**Protein** 20g	

Vitamin D 45% • Calcium 25% • Iron 10% • Potassium 6%

INGREDIENTS: SARDINES, SOYBEAN OIL, SALT.
CONTAINS: SARDINES.
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202
PRODUCT OF MORROCO
QUALITY GUARANTEE
800-632-6900 • www.kroger.com

*THE LINING OF THIS CAN WAS PRODUCED WITHOUT BPA

Species Name: Sardina pilchardus spp.
FAO Catch area: FA034
Method of catch: Purse seine

Prior to opening, store at room temperature. Once opened, cover and keep refrigerated. Consume within two days.

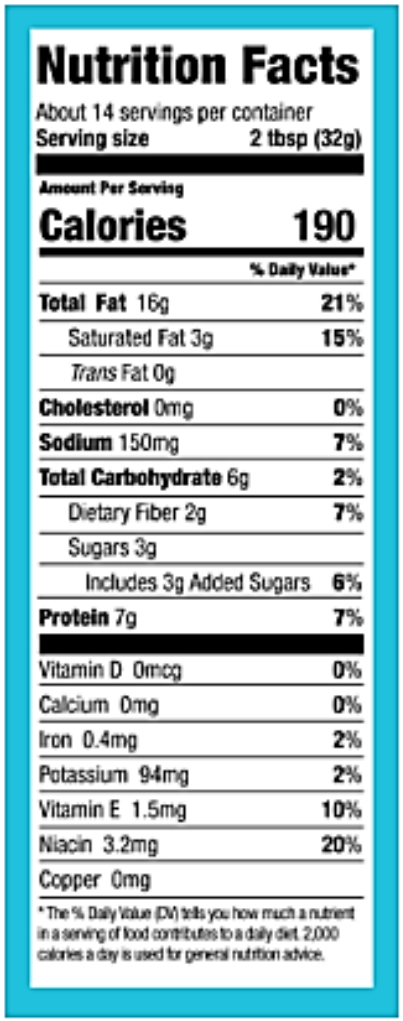
0 11110 90565 9

No Need to Stir!
SKIPPY
Natural
Creamy
Peanut Butter
Spread

8

SKIPPY
CREAMY
PEANUT
BUTTER
FUEL the FUN!

8



Nutrition Facts

About 14 servings per container

Serving size 2 tbsp (32g)

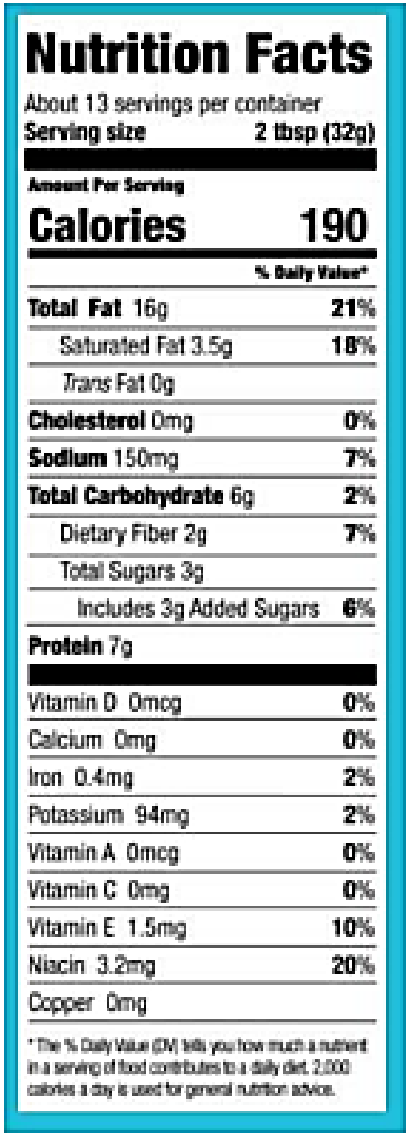
Amount Per Serving

Calories 190

	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**7%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**7%**
Sugars 3g	
Includes 3g Added Sugars	**6%**
Protein 7g	**7%**
Vitamin D 0mcg	**0%**
Calcium 0mg	**0%**
Iron 0.4mg	**2%**
Potassium 94mg	**2%**
Vitamin E 1.5mg	**10%**
Niacin 3.2mg	**20%**
Copper 0mg	

* 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: Roasted peanuts, sugar, hydrogenated vegetable oil (cottonseed, soybean and rapeseed oil) to prevent separation, salt.



Nutrition Facts

About 13 servings per container

Serving size 2 tbsp (32g)

Amount Per Serving

Calories 190

	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**7%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**7%**
Total Sugars 3g	
Includes 3g Added Sugars	**6%**
Protein 7g	
Vitamin D 0mcg	**0%**
Calcium 0mg	**0%**
Iron 0.4mg	**2%**
Potassium 94mg	**2%**
Vitamin A 0mcg	**0%**
Vitamin C 0mg	**0%**
Vitamin E 1.5mg	**10%**
Niacin 3.2mg	**20%**
Copper 0mg	

* 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: Roasted peanuts, sugar, palm oil, salt.


ALL URAL
snapple
tea
peach tea
NATURALLY FLAVORED
WITH OTHER NATURAL FLAVORS
160
CALORIES
PER BOTTLE
16 FL OZ (473 mL)


SWEET TEA
PURE
LEAF
Real BREWED TEA
160
CALORIES
PER BOTTLE
18.5 FL OZ (1.15 PT) 547 ML


Nutrition Facts
Serving size 1 bottle
Amount per serving
Calories 160
% DV*
Total Fat 0g 0%
Sodium 5mg 0%
Total Carb. 42g 15%
Total Sugars 42g
Incl. 42g Added Sugars 84%
Protein 0g
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium.
* % DV = % Daily Value
BREWED BLACK TEA*, SUGAR, CITRIC ACID.
CAFFEINE CONTENT: 69mg/18.5 fl oz
*RAINFOREST ALLIANCE CERTIFIED FIND OUT MORE AT RA.ORG
We're here to help.
PureLeaf.com or 866.612.2076
smartlabel
Scan for info
Call for info
1-866-612-2076
ME-HI-5¢OR-10¢
CA CRV
MANUFACTURED BY INDEPENDENT PRODUCERS FOR THE PEPSI/LIPTON TEA PARTNERSHIP, PURCHASE, NEW YORK 10577.
© LIPTON, A DIVISION OF UNILEVER.
REFRIGERATE AFTER OPENING
Empty & Replace Cap
PLASTIC BOTTLE
how2recycle.info


snapple
tea
GLUTEN FREE
Nutrition Facts
Serving size 1 Bottle
Amount per serving
Calories 160
% Daily Value
Total Fat 0g 0%
Sodium 10mg 0%
Total Carb. 40g 15%
Total Sugars 40g
Incl. 40g Added Sugars 79%
Protein 0g
SHAKE IT! THEN SHAKE THE BOTTLE TOO. SETTLING IS NATURAL.
REFRIGERATE AFTER OPENING
OUR REAL TEA STARTS WITH THE FINEST TEA LEAVES AND IS MADE FROM: FILTERED WATER, SUGAR, CITRIC ACID, TEA, NATURAL FLAVORS.
PRODUCED UNDER THE AUTHORITY OF SNAPPLE BEVERAGE CORP., 6425 HALL OF FAME LANE, FRISCO, TX 75034.
™ & © 2021 SNAPPLE BEVERAGE CORP.
1-800-762-7753 snapple.com
70082989
CA CRV ME-HI 5¢ OR 10¢


100% VITAMIN C PER 8 OZ
SUNNY D
TANGY ORIGINAL
120 CALORIES PER BOTTLE
16 FL OZ (1 PT) (473 mL)
ORANGE FLAVORED CITRUS PUNCH WITH OTHER NATURAL FLAVORS


100% VITAMIN C PER 8 OZ
SUNNY D
ORANGE STRAWBERRY
120 CALORIES PER BOTTLE
16 FL OZ (1 PT) (473 mL)
ARTIFICIALLY FLAVORED CITRUS PUNCH

CONTAINS 5% JUICE

Nutrition Facts

2 servings per container

Serving size 8 fl oz (240 mL)

	Per Serving		Per Bottle	
Calories	60		120	
		% Daily Value		% Daily Value
Total Fat	0g	0%	0g	0%
Sodium	190mg	8%	370mg	16%
Total Carb.	16g	6%	32g	11%
Total Sugars	14g		27g	
Incl. Added Sugars	12g	24%	24g	48%
Protein	0g		0g	
Vitamin C		100%		200%
Thiamin		15%		30%

Not a significant source of sat fat, *trans* fat, cholest, fiber, vit D, calcium, iron and potas.

CONTAINS: WATER, HIGH FRUCTOSE CORN SYRUP AND 2% OR LESS OF: CONCENTRATED ORANGE JUICE, CONCENTRATED TANGERINE JUICE, CONCENTRATED APPLE JUICE, CONCENTRATED LIME JUICE, CONCENTRATED GRAPEFRUIT JUICE, CONCENTRATED PEAR JUICE, CITRIC ACID, ASCORBIC ACID (VITAMIN C), THIAMIN HYDROCHLORIDE (VITAMIN B1), NATURAL FLAVORS, MODIFIED CORNSTARCH, CANOLA OIL, SODIUM CITRATE, CELLULOSE GUM, SUCRALOSE, SODIUM HEXAMETAPHOSPHATE, POTASSIUM SORBATE TO PROTECT FLAVOR, YELLOW #5, YELLOW #6, CALCIUM DISODIUM EDTA TO PROTECT COLOR.

DIST. BY SUNNY DELIGHT BEVERAGES CO. STAMFORD, CT 06905. U.S.A.

DO NOT PURCHASE IF SEAL IS BROKEN

SEE BEST BY DATE ON BOTTLE

SHAKE WELL

QUESTIONS? COMMENTS? SUNNYD.COM

CA CRV ME, HI 5¢, OR 10¢

PLEASE RECYCLE

CONTAINS 5% JUICE

Nutrition Facts

2 servings per container

Serving size 8 fl oz (240 mL)

	Per Serving		Per Bottle	
Calories	60		120	
		% Daily Value		% Daily Value
Total Fat	0g	0%	0g	0%
Sodium	170mg	7%	330mg	14%
Total Carb.	16g	6%	31g	11%
Total Sugars	14g		28g	
Incl. Added Sugars	12g	25%	25g	49%
Protein	0g		0g	
Vitamin C		100%		200%
Thiamin		15%		30%

Not a significant source of sat fat, *trans* fat, cholest, fiber, vit D, calcium, iron and potas.

CONTAINS: WATER, HIGH FRUCTOSE CORN SYRUP AND 2% OR LESS OF: CONCENTRATED ORANGE JUICE, CONCENTRATED TANGERINE JUICE, CONCENTRATED APPLE JUICE, CONCENTRATED LIME JUICE, CONCENTRATED GRAPEFRUIT JUICE, CITRIC ACID, ASCORBIC ACID (VITAMIN C), THIAMIN HYDROCHLORIDE (VITAMIN B1), NATURAL AND ARTIFICIAL FLAVORS, MODIFIED CORNSTARCH, CANOLA OIL, CELLULOSE GUM, SUCRALOSE, SODIUM HEXAMETAPHOSPHATE, POTASSIUM SORBATE TO PROTECT FLAVOR, YELLOW #6, RED #40, CALCIUM DISODIUM EDTA TO PROTECT COLOR.

DIST. BY SUNNY DELIGHT BEVERAGES CO. STAMFORD, CT 06905. U.S.A.

DO NOT PURCHASE IF SEAL IS BROKEN

SEE BEST BY DATE ON BOTTLE

SHAKE WELL

QUESTIONS? COMMENTS? SUNNYD.COM

CA CRV ME, HI 5¢, OR 10¢

PLEASE RECYCLE

25919055

organics
organic
Soy
non-dairy beverage
Original
Plant Based
USDA ORGANIC
Meets USDA Organic Standards for:
• No GMOs
• No Artificial Preservatives
PERISHABLE
KEEP REFRIGERATED
SERVING SUGGESTION
64 FL OZ (HALF GALLON) 1.89L
PER 1 CUP
90 CALORIES
0.5g SAT FAT 3% DV
95mg SODIUM 4% DV
6g TOTAL SUGARS
DO NOT USE IF SEAL UNDER CAP IS BROKEN.
Best if Used By:

House Foods
COOK UP HAPPINESS™
tofu
PREMIUM
Pasteurized with Double Cooling System™ for premium quality.
Delicious grilled and in stir-fries!
EXTRA FIRM
How Firm is Extra Firm?
1 2 3 4 5 6
MADE WITH U.S. SOYBEANS
NON GMO Project VERIFIED
CERTIFIED GLUTEN FREE
PERISHABLE • KEEP REFRIGERATED
STORE IN WATER
Nutrition Facts
About 5 servings per container
Serving size 3 oz (85g)
Calories 80
Amount/Serving %DV
Total Fat 4.5g 6%
Sat. Fat 0.5g 4%
Trans Fat 0g
Polyunsat. Fat 2.5g
Monounsat. Fat 1g
Cholest. 0mg 0%
Amount/Serving %DV
Sodium 10mg 0%
Total Carb. 2g 1%
Fiber 2g 6%
Total Sugars 0g
Incl. 0g Added Sugars 0%
Protein 8g 16%
Vitamin D 0% • Calcium 10% • Iron 8% • Potassium 2%
NET WT. 16 OZ (1 LB) 453 g
INGREDIENTS: WATER, SOYBEANS, CALCIUM SULFATE, CALCIUM CHLORIDE.
House Foods America Corporation
Garden Grove, CA 92841 • Somerset, NJ 08873 USA • 1-877-333-7077
www.house-foods.com
0 76371 01117 4

Plant Based

Nutrition Facts

8 servings per container
Serving size 1 cup (240 mL)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 95mg	**4%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 2g	**7%**
Total Sugars 6g	
Includes 5g Added Sugars	**10%**
Protein 7g	
Vitamin D 6mcg	30%
Calcium 300mg	25%
Iron 0.8mg	4%
Potassium 260mg	6%
Vitamin A 150mcg	15%
Riboflavin 0.51mg	40%
Vitamin B12 1.2mcg	50%

* 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: ORGANIC SOY BLEND (FILTERED WATER, ORGANIC SOYBEANS), ORGANIC CANE SUGAR, CALCIUM CARBONATE, SEA SALT, NATURAL FLAVORS, GELLAN GUM, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN (VITAMIN B2) AND VITAMIN B12.

CONTAINS: SOY.

DISTRIBUTED BY
LUCERNE FOODS, INC.
P.O. BOX 99
PLEASANTON, CA
94566-0009
1-877-232-4271

Quality & Satisfaction
100% Guaranteed
or Your Money Back

CERTIFIED ORGANIC BY QUALITY ASSURANCE INTERNATIONAL

NOT TO BE USED AS AN INFANT FORMULA
ONCE OPENED, CONSUME WITHIN 7 DAYS
PROCESSED AND PACKAGED AT PLANT STAMPED ON TOP
ULTRA-PASTEURIZED
CALCIUM, VITAMINS A, D, B2 & B12 ADDED
DO NOT FREEZE

smartlabel
Scan here for more food information

8699001A

RD 19330
0 79893 40072 3

NET WT. 16 OZ (1 LB) 453 g

INGREDIENTS: WATER, SOYBEANS, CALCIUM SULFATE, CALCIUM CHLORIDE.

Nutrition Facts

About 5 servings per container
Serving size 3 oz (85g)

Calories 80 per serving

Amount/Serving	%DV
Total Fat 4.5g	6%
Sat. Fat 0.5g	4%
Trans Fat 0g	
Polyunsat. Fat 2.5g	
Monounsat. Fat 1g	
Cholest. 0mg	0%

Amount/Serving	%DV
Sodium 10mg	0%
Total Carb. 2g	1%
Fiber 2g	6%
Total Sugars 0g	
Incl. 0g Added Sugars	0%
Protein 8g	16%

Vitamin D 0% • Calcium 10% • Iron 8% • Potassium 2%


VEGETABLE CLASSICS
PROGRESSO
SOUP
TOMATO BASIL
NO ARTIFICIAL FLAVORS
GLUTEN FREE
NET WT. 19 OZ (1 LB 3 OZ) 538g

8


Campbell's
SPAGHETTIOS
ORIGINAL
PASTA IN TOMATO AND CHEESE SAUCE
NET WT. 15.8 OZ (448g)

8

Nutrition Facts

About 2 servings per container
Serving size 1 cup (244g)

	Per Serving		Per Can	
Calories	**120**		**270**	
		% DV*		% DV*
Total Fat	3g	4%	7g	9%
Saturated Fat	0.5g	3%	1g	5%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	690mg	30%	1540mg	67%
Total Carbohydrate	22g	8%	49g	18%
Dietary Fiber	3g	10%	6g	22%
Total Sugars	9g		19g	
Incl. Added Sugars	4g	7%	8g	16%
Protein	2g		5g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	50mg	4%
Iron	0.8mg	4%	1.8mg	8%
Potassium	810mg	15%	1800mg	40%

* 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.

Vegetarian
Ingredients: Tomato Puree (water, tomato paste), **Water. Contains less than 2% of:** Corn Syrup Solids, Corn Starch, Sugar, Soybean Oil, Modified Food Starch, Salt, Potassium Chloride, Garlic Powder, Dried Parsley, Basil, Natural Flavor, Citric Acid, Ascorbic Acid, Soy Lecithin.

CONTAINS SOY INGREDIENTS.

Nutrition Facts

Serving size
1 container

Calories
170 per 1 cup | **290** per serving

	Per 1 cup	% DV*	Per serving	% DV*
Total Fat	1g	1%	2g	3%
Saturated Fat	0.5g	3%	1g	5%
Trans Fat	0g		0g	
Polyunsaturated Fat	0.5g		1g	
Monounsaturated Fat	0g		0g	
Cholesterol	< 5mg	2%	5mg	2%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	30mg	2%	50mg	4%
Iron	1.5mg	8%	2.7mg	15%
Potassium	270mg	6%	480mg	10%
Vitamin A	100mcg	10%	220mcg	25%
Sodium	600mg	26%	1070mg	47%
Total Carb.	33g	12%	58g	21%
Dietary Fiber	3g	11%	5g	18%
Total Sugars	12g		22g	
Incl. Added Sugars	6g	12%	11g	22%
Protein	6g		10g	
Thiamin	0.2mg	15%	0.3mg	25%
Riboflavin	0.2mg	15%	0.4mg	30%
Niacin	2.6mg	15%	4.7mg	30%
Folate	110mcg DFE (65mcg folic acid)	30%	200mcg DFE (120mcg folic acid)	50%

*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.

HEALTHY KIDS ENTRÉE
MEETS CLAIM PER 1 CUP

0g of Trans Fat Per 1 Cup
4 Essential Nutrients in the Pasta
20% of Daily Vegetables†

†1 CUP OF CANNED PASTA = ½ CUP OF VEGETABLES. Dietary Guidelines recommend 2½ cups of a variety of vegetables per day for a 2,000 calorie diet.

READY IN 3 MINUTES!

MICROWAVE: *Microwave ovens vary. Time given is approximate.*
1. Heat, covered, in microwavable bowl on **HIGH** 1½ to 2 min. or until hot.
2. Careful, leave in microwave 1 min., then stir.

STOVE: Heat, stirring occasionally.

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, BETA CAROTENE FOR COLOR, CITRIC ACID, PAPRIKA EXTRACT, SKIM MILK, NATURAL FLAVORING.
CONTAINS: WHEAT, MILK.

CAMPBELL SOUP COMPANY, CAMDEN, NJ, U.S.A. 08103-1701

CONTAINS BIOENGINEERED FOOD INGREDIENTS.
THE CORN, SOY AND CANOLA IN THIS PRODUCT COME FROM GENETICALLY MODIFIED CROPS.

FRANCO AMERICAN®

Best if used by date on package. CAUTION: Metal edges are sharp. Promptly refrigerate unused product in separate container.

Questions or Comments?
Call us at **1-800-PASTA-02.**
campbells.com/spaghettios

Rinse & Insert Lid
how2recycle.info
METAL CAN

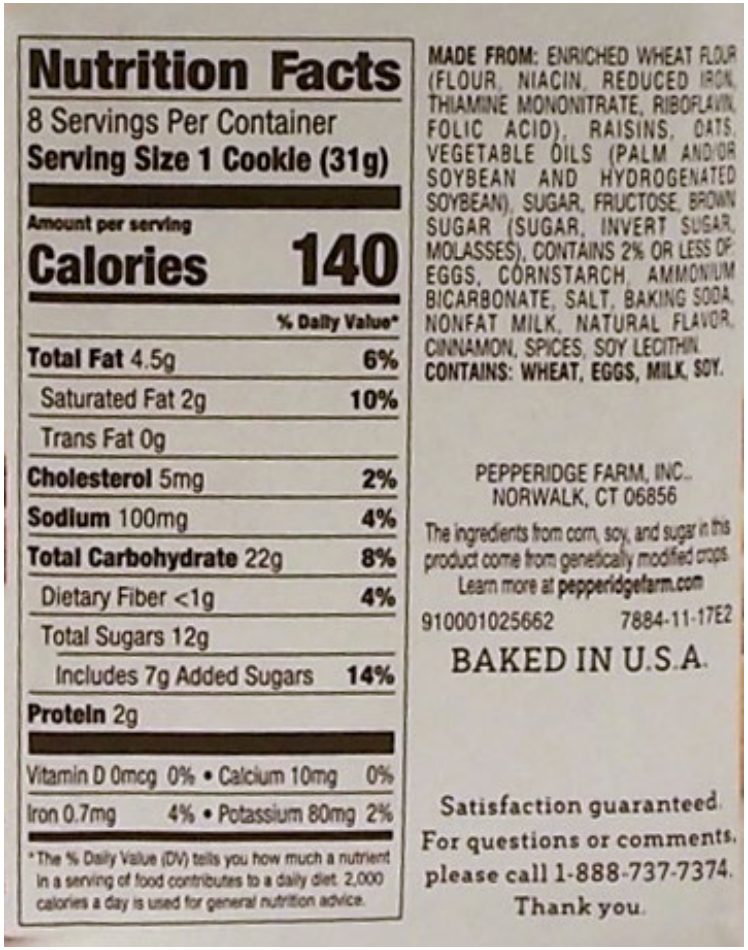
0 51000 23283 0
23283-5N
910001031698


Betty Crocker™
Whipped
FROSTING
ARTIFICIALLY FLAVORED
Butter Cream
NET WT 12 OZ (340g)


PER 1 COOKIE
140 CALORIES
SOFT BAKED
PEPPERIDGE FARM
SOFT BAKED
SantaCruz
OATMEAL RAISIN
ENLARGED TO SHOW TEXTURE
8 COOKIES
NET WT 8.6 OZ (244g)

8

8



Nutrition Facts

8 Servings Per Container
Serving Size 1 Cookie (31g)

Amount per serving

Calories 140

	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 100mg	**4%**
Total Carbohydrate 22g	**8%**
Dietary Fiber <1g	**4%**
Total Sugars 12g	
Includes 7g Added Sugars	**14%**
Protein 2g	

Vitamin D 0mcg 0% • Calcium 10mg 0%
Iron 0.7mg 4% • Potassium 80mg 2%

* 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.

MADE FROM: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), RAISINS, OATS, VEGETABLE OILS (PALM AND/OR SOYBEAN AND HYDROGENATED SOYBEAN), SUGAR, FRUCTOSE, BROWN SUGAR (SUGAR, INVERT SUGAR, MOLASSES), CONTAINS 2% OR LESS OF: EGGS, CORNSTARCH, AMMONIUM BICARBONATE, SALT, BAKING SODA, NONFAT MILK, NATURAL FLAVOR, CINNAMON, SPICES, SOY LECITHIN.
CONTAINS: WHEAT, EGGS, MILK, SOY.

PEPPERIDGE FARM, INC.
NORWALK, CT 06856

The ingredients from corn, soy, and sugar in this product come from genetically modified crops.
Learn more at **pepperidgefarm.com**

910001025662 7884-11-17E2

BAKED IN U.S.A.

Satisfaction guaranteed.
For questions or comments,
please call 1-888-737-7374.
Thank you.

Nutrition Facts

About 14 servings per container
Serving size 2 tbsp (24g)

Amount per serving

Calories 100

	% Daily Value*
Total Fat 5g	**7%**
Saturated Fat 3g	**14%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 25mg	**1%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 13g	
Includes 13g Added Sugars	**27%**
Protein 0g	

Not a significant source of vitamin D, calcium, iron, and potassium.

* 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: Sugar, Palm Oil, Water, Corn Syrup, Corn Starch. Contains 2% or less of: Hydrogenated Palm Oil, Monoglycerides, Cellulose Gel, Salt, Polysorbate 80, Sodium Acid Pyrophosphate, Cellulose Gum, Natural and Artificial Flavor, Citric Acid, Color (yellows 5 & 6 and other color added). Freshness Preserved by Potassium Sorbate.

MAY CONTAIN MILK INGREDIENTS.

DIST. BY **GENERAL MILLS SALES, INC.,**
MINNEAPOLIS, MN 55440 USA

Contains Bioengineered Food Ingredients
Learn more at Ask.GeneralMills.com

GLUTEN FREE

Carbohydrate Choices: 1

STORE FROSTING IN COOL PLACE.


Ramen
Noodle Soup
Chicken Flavor
COOKS IN 3 MINUTES
SERVING SUGGESTION
NET WT. 3 OZ (85g

8

8


Kroger
Refried
Beans
Traditional


BEST BY: (MMDDYY)
020724 05:04 6TE 537
Nutrition Facts
2 servings per container
Serving size
½ noodle block with
½ flavoring packet (43g)
Calories per serving 190
370 per container
Per serving % DV* | Per container % DV*
Total Fat 7g 9% | 14g 18%
Saturated Fat 3.5g 18% | 7g 35%
Trans Fat 0g | 0g
Cholesterol 0mg 0% | 0mg 0%
Sodium 760mg 33% | 1,520mg 66%
Vitamin D 0mcg 0% | 0mcg 0%
Calcium 0mg 0% | 0mg 0%
Total Carb. 27g 10% | 54g 20%
Dietary Fiber 1g 4% | 2g 7%
Total Sugars 1g | 2g
Incl. Added Sugars <1g 1% | 1g 2%
Protein 4g | 8g
Iron 1.3mg 8% | 2.6mg 15%
Potassium 0mg 0% | 0mg 0%
*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.
RAMEN NOODLE INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA, COTTONSEED, PALM
SOUP BASE INGREDIENTS: SALT, SUGAR, CONTAINS LESS THAN 1% OF: MONOSODIUM GLUTAMATE, MALTODEXTRIN, SPICES (CELERY SEED), HYDROLYZED CORN PROTEIN, HYDROLYZED WHEAT PROTEIN, HYDROLYZED SOY PROTEIN, TURMERIC,
CONTAINS WHEAT, SOY, AND MILK INGREDIENTS. MANUFACTURED IN A FACILITY THAT ALSO PROCESSES CRUSTACEAN SHELLFISH AND SESAME PRODUCTS. CONTAINS A BIOENGINEERED FOOD INGREDIENT.
Maruchan, INC.
IRVINE, CA 92618 MADE IN U.S.A.
YOU MAY REDUCE THE AMOUNT OF SODIUM BY SIMPLY USING LESS OF THE FLAVOR PACKET.
PLEASE STORE IN A DRY PLACE AWAY FROM HEAT AND DIRECT SUNLIGHT.
WHEN CONTACTING US, PLEASE INCLUDE THE PRINTED LOT CODE INFORMATION.
0 41789 00211 3
www.maruchan.com © 2022 Maruchan, Inc. / V1
DO NOT PURCHASE OR USE IF THE PACKAGING IS OPEN, TORN, OR DAMAGED.
2. Turn off heat, add contents of flavor packet, stir well for 1 minute until flavoring is fully dissolved. Makes two 8 oz servings.
3. Product is very hot. Allow to cool, serve and enjoy.
CAUTION: PRODUCT IS EXTREMELY HOT. HANDLE CAREFULLY TO AVOID SPILLS AND SEVERE BURNS. AFTER PREPARATION, TEMPERATURE SHOULD BE MONITORED FOR CHILDREN UNDER 15 YEARS OLD. PRODUCT SHOULD BE CONSUMED AT A TABLE WITH ADULT SUPERVISION.
Chicken Flavor


Nutrition Facts
about 3.5 servings per container
Serving size 1/2 cup (130g)
Amount per serving
Calories 140
% Daily Value*
Total Fat 2.5g 3%
Sat. Fat 1g 5%
Sodium 320mg 14%
Total Carb. 22g 8%
Fiber 5g 18%
Total Sugars 1g
Protein 7g
Vit. D 0mcg 0% • Calcium 40mg 4%
Iron 2mg 10% • Potas. 480mg 10%
Not a significant source of trans fat, cholest., added sugars.
*The % Daily Value 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: COOKED PINTO BEANS, WATER, LARD AND HYDROGENATED LARD, SALT, VINEGAR, SPICES, GARLIC POWDER, ONION POWDER, CHILI PEPPER.
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202


Crisco
All-Vegetable Shortening
Serving Suggestion
110 CALORIES
GREAT FOR BAKING & FRYING
Use Instead of Butter or Margarine
50% Less Saturated Fat Than Butter
0g Trans Fat per serving
SEE DIRECTIONS FOR USE
12g FAT PER SERVING. SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT

8


SKIPPY
CREAMY
PEANUT BUTTER
FUEL the FUN!

Nutrition Facts

About 14 servings per container
Serving size 2 tbsp (32g)

Amount Per Serving

Calories 190

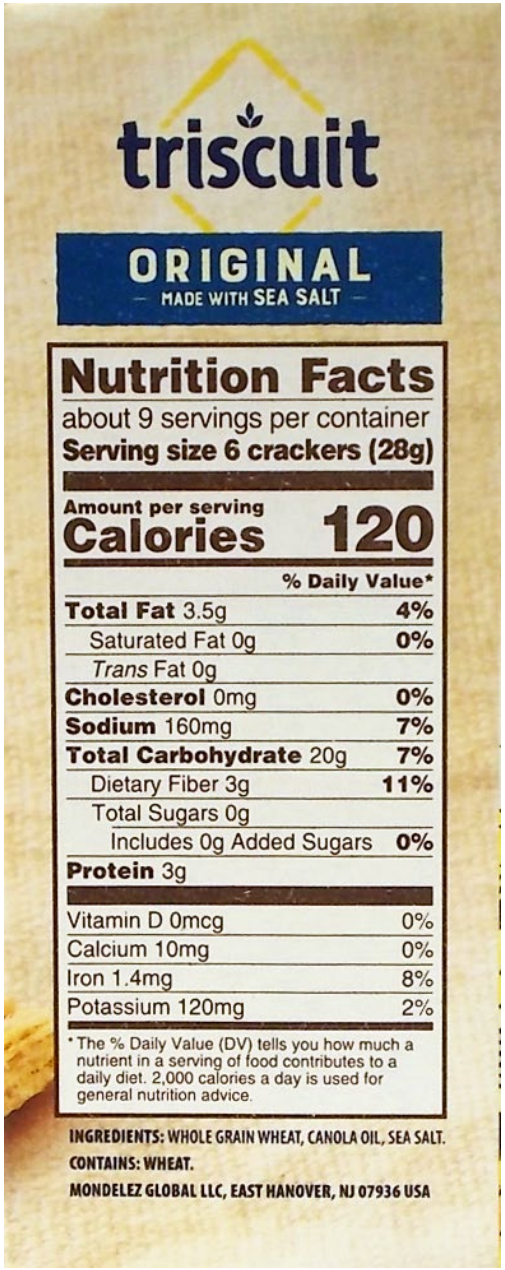
	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**7%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**7%**
Sugars 3g	
Includes 3g Added Sugars	**6%**
Protein 7g	**7%**
Vitamin D 0mcg	**0%**
Calcium 0mg	**0%**
Iron 0.4mg	**2%**
Potassium 94mg	**2%**
Vitamin E 1.5mg	**10%**
Niacin 3.2mg	**20%**
Copper 0mg	

* 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: Roasted peanuts, sugar, hydrogenated vegetable oil (cottonseed, soybean and rapeseed oil) to prevent separation, salt.


Kellogg's
CLUB
crackers
perfect for packing
SNACK STACKS
ORIGINAL
70 CALORIES
0g SAT FAT 0% DV
125mg SODIUM 5% DV
1g TOTAL SUGARS
PER 4 CRACKERS
6 STACKS - NET WT 12.5 OZ (354g)


-BAKED WITH-
100% WHOLE GRAIN WHEAT
triscuit
ORIGINAL
MADE WITH SEA SALT
SERVING SUGGESTION
-STARTS WITH-
3 SIMPLE ingredients
NO ARTIFICIAL COLORS OR FLAVORS
ENLARGED TO SHOW DETAIL
NON GMO Project VERIFIED
nongmoproject.org
PER 6 CRACKERS
120 CALORIES
0g SAT FAT 0% DV
160mg SODIUM 7% DV
0g TOTAL SUGARS
CRACKERS
NET WT 8.5 OZ (240g)


triscuit
ORIGINAL
MADE WITH SEA SALT
Nutrition Facts
about 9 servings per container
Serving size 6 crackers (28g)
Amount per serving
Calories 120
% Daily Value*
Total Fat 3.5g 4%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 20g 7%
Dietary Fiber 3g 11%
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 3g
Vitamin D 0mcg 0%
Calcium 10mg 0%
Iron 1.4mg 8%
Potassium 120mg 2%
* 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: WHOLE GRAIN WHEAT, CANOLA OIL, SEA SALT.
CONTAINS: WHEAT.
MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA


NO ARTIFICIAL COLORS OR FLAVORS
NO CHOLESTEROL
0g SATURATED FAT (Contains 3g total fat per serving.)
Nutrition Facts
About 25 servings per container
Serving size 4 Crackers (14g)
Amount per serving
Calories 70
% Daily Value*
Total Fat 3g 4%
Saturated Fat 0g 0%
Trans Fat 0g
Polyunsaturated Fat 2g
Monounsaturated Fat 0.5g
Cholesterol 0mg 0%
Sodium 125mg 5%
Total Carbohydrate 9g 3%
Dietary Fiber 0g 0%
Total Sugars 1g
Includes 1g Added Sugars 2%
Protein <1g
Vitamin D 0mcg 0% • Calcium 0mg 0%
Iron 0.4mg 2% • Potassium 10mg 0%
* 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: Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), soybean oil (with TBHQ for freshness), sugar. Contains 2% or less of salt, high fructose corn syrup, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), corn syrup, soy lecithin.
CONTAINS WHEAT AND SOY INGREDIENTS.


Kroger
FRESH PACK
ZESTY
KOSHER DILL
SPEARS
NO
Artificial Flavors
or Preservatives
NO
Synthetic
Dyes
NO
High Fructose
Corn Syrup
24 FL OZ (1 PT 8 FL OZ) 710mL
Vegan • Gluten Free
Nutrition
Facts
Calories

8


3
VEGETABLES†
V8
Original
100% VEGETABLE JUICE
FROM CONCENTRATE WITH ADDED INGREDIENTS
NET 12 FL. OZ. (354mL)

8


100% VEGETABLE JUICE
Nutrition Facts
Serving size 1 bottle
Amount per serving
Calories 60
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 960mg 42%
Total Carbohydrate 13g 5%
Dietary Fiber 3g 11%
Total Sugars 10g
Includes 0g Added Sugars 0%
Protein 3g
Vitamin D 0mcg 0% • Calcium 50mg 4%
Iron 1mg 6% • Potassium 700mg 15%
Vitamin A 270mcg 30% • Vitamin C 110mg 120%
* 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: VEGETABLE JUICE (WATER AND CONCENTRATED JUICES OF TOMATOES, CARROTS, CELERY, BEETS, PARSLEY, LETTUCE, WATERCRESS, SPINACH), SALT, VITAMIN C (ASCORBIC ACID), NATURAL FLAVORING, BETA CAROTENE, CITRIC ACID.
DISTRIBUTED BY:
CAMPBELL SOUP COMPANY
CAMDEN, NJ, U.S.A. 08103-1701


FRESH PACK
Vegan • Gluten Free
Nutrition Facts
about 17 servings
Serving size
1 oz. (28g/
about ¾ spear)
Calories per serving 0
Amount/serving % Daily Value
Total Fat 0g 0%
Sodium 220mg 10%
Total Carb. 1g 0%
Protein 0g
Calcium 20mg 2% • Potas. 30mg 0%
INGREDIENTS: FRESH CUCUMBERS, WATER, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, DEHYDRATED GARLIC, CALCIUM CHLORIDE, DEHYDRATED RED BELL PEPPERS, SPICE, NATURAL DILL FLAVOR, NATURAL FLAVORS, GUM ARABIC, TURMERIC EXTRACT (COLOR).
DISTRIBUTED BY THE KROGER CO., CINCINNATI, OHIO 45202
QUALITY GUARANTEE • 800-632-6900 • WWW.KROGER.COM


Vanilla
Flavored with Other
Natural Flavors
STARBUCKS
frappuccino
chilled coffee drink
290
CALORIES
PER BOTTLE
CHILLED COFFEE DRINK
13.7 FL OZ (405 mL)

3, 8


NO SUGAR NO CALORIES
Diet
Coke
0
20 FL OZ (1.25 PT) 591 mL

8


Nutrition Facts
Serv. Size 1 Bottle
Calories per serving 0
Amount/Serving % Daily Value
Total Fat 0g 0%
Sodium 70mg 3%
Total Carb. 0g 0%
Total Sugars 0g
Incl. 0g Added Sugars 0%
Protein 0g
Not a significant source of sat. fat, trans fat, cholest., fiber, vit. D, calcium, iron and potas.
CARBONATED WATER, CARAMEL COLOR, ASPARTAME, PHOSPHORIC ACID, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, CITRIC ACID, CAFFEINE.
Coke

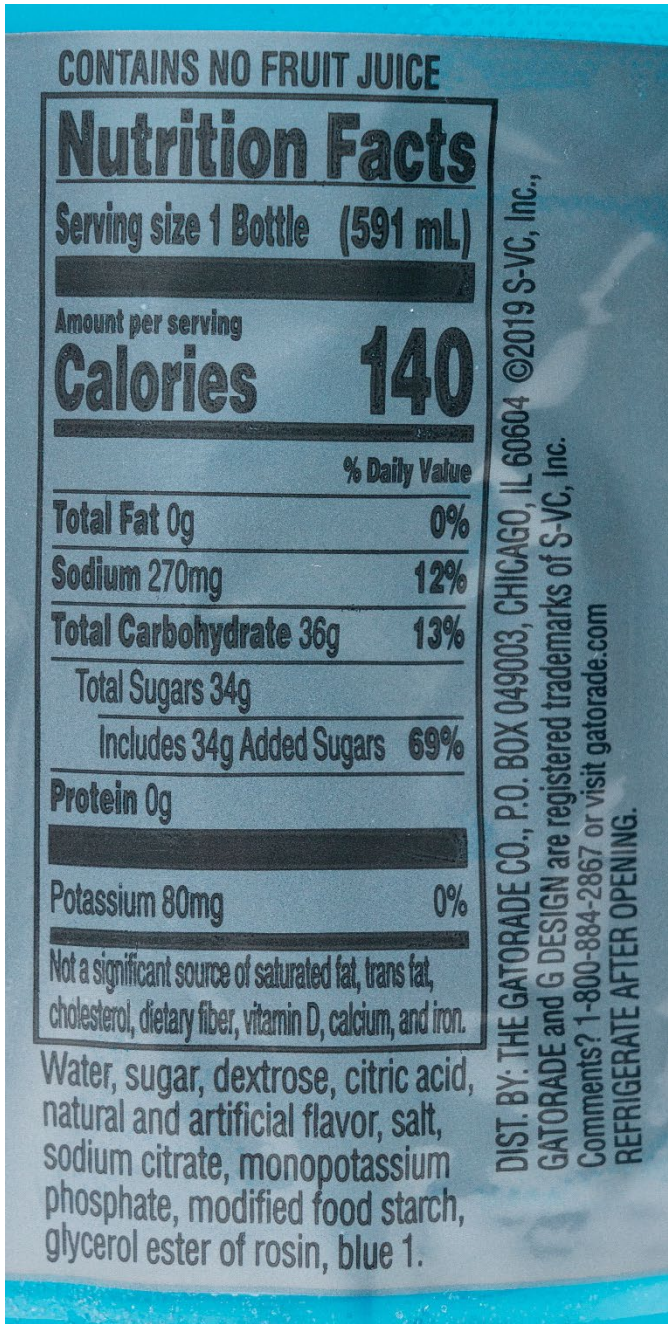

Vanilla
Flavored with Other Natural Flavors
Nutrition Facts Serving size: 1 bottle
Amount per serving: Calories 290, Total Fat 5g (6% DV), Saturated Fat 3g (15% DV), Trans Fat 0g, Cholesterol 20mg (7% DV), Sodium 290mg (13% DV), Total Carbohydrate 53g (19% DV), Dietary Fiber 0g (0% DV), Total Sugars 46g (Includes 32g Added Sugars, 64% DV), Protein 9g, Vitamin D 0mcg (0% DV), Calcium 322mg (25% DV), Iron 0mg (0% DV), Potassium 646mg (15% DV).
INGREDIENTS: BREWED STARBUCKS® COFFEE (WATER, COFFEE), REDUCED-FAT MILK, SUGAR, MALTODEXTRIN, PECTIN, NATURAL FLAVORS.
DISTRIBUTED BY NORTH AMERICAN COFFEE PARTNERSHIP, PURCHASE, NY 10577 USA.
SERVING SUGGESTION: SHAKE WELL. SERVE CHILLED OR OVER ICE.
FOR COMMENTS OR QUESTIONS, CALL 1-800-211-8307.
Frappuccino.com
ME-HI 5¢ DEP
OR 10¢ PLEASE RECYCLE
CA CRV
KD SBX19-415389
0 12000 81331 3
TM © 2019 STARBUCKS COFFEE COMPANY. ALL RIGHTS RESERVED.


GLACÉAU
vitaminwater®
power-c
dragonfruit
flavored + other natural flavors
vitamin c
200% antioxidant vitamin c
100% vitamins b5, b6, b12
25% zinc & chromium
taurine & electrolytes
nutrient enhanced water beverage
20 FL OZ (1.25 PT) 591 mL

8


GATORADE®
THIRST QUENCHER
COOL BLUE™
140 CALORIES PER BOTTLE
20 FL OZ (1.25 PT) 591 mL

8



CONTAINS NO FRUIT JUICE

Nutrition Facts

Serving size 1 Bottle (591 mL)

Amount per serving

Calories 140

	% Daily Value
Total Fat 0g	0%
Sodium 270mg	12%
Total Carbohydrate 36g	13%
Total Sugars 34g	
Includes 34g Added Sugars	69%
Protein 0g	
Potassium 80mg	0%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, and iron.

Water, sugar, dextrose, citric acid, natural and artificial flavor, salt, sodium citrate, monopotassium phosphate, modified food starch, glycerol ester of rosin, blue 1.

DIST. BY: THE GATORADE CO., P.O. BOX 049003, CHICAGO, IL 60604 ©2019 S-VC, Inc., GATORADE and G DESIGN are registered trademarks of S-VC, Inc. Comments? 1-800-884-2867 or visit gatorade.com REFRIGERATE AFTER OPENING.

Nutrition Facts

Serv. Size 1 Bottle

Amount Per Serving

Calories 100

	% Daily Value
Total Fat 0g	0%
Sodium 0mg	0%
Total Carb. 27g	10%
Total Sugars 27g	
Incl. 27g Added Sugars	54%
Protein 0g	

Potassium †	• Vitamin C 200%
Vitamin B_6 100%	• Vitamin B_{12} 100%
Pantothenic Acid 100%	• Magnesium †
Zinc 25%	• Chromium 25%

† Not a significant source of sat. fat, *trans* fat, cholest., fiber, vit. D, calcium, iron, potas. and magnesium.

ingredients: reverse osmosis water, crystalline fructose, less than 0.5% of: vitamins C, B5, B6, B12 (ascorbic acid, calcium pantothenate, pyridoxine hydrochloride, cyanocobalamin), electrolytes (calcium and magnesium lactate and potassium phosphate), taurine, zinc gluconate, chromium polynicotinate, cane sugar, citric acid, natural flavors, vegetable juices (for color).

100 CALORIES PER BOTTLE

SCAN FOR INFO

smartlabel

made for glacéau, atlanta, ga 30313

CA CRV

CT-HI-ME 5¢ OR 10¢

© 2020 glacéau

MCCm 2020-01039 20 FL OZ

Empty & Replace Cap

PLASTIC BOTTLE

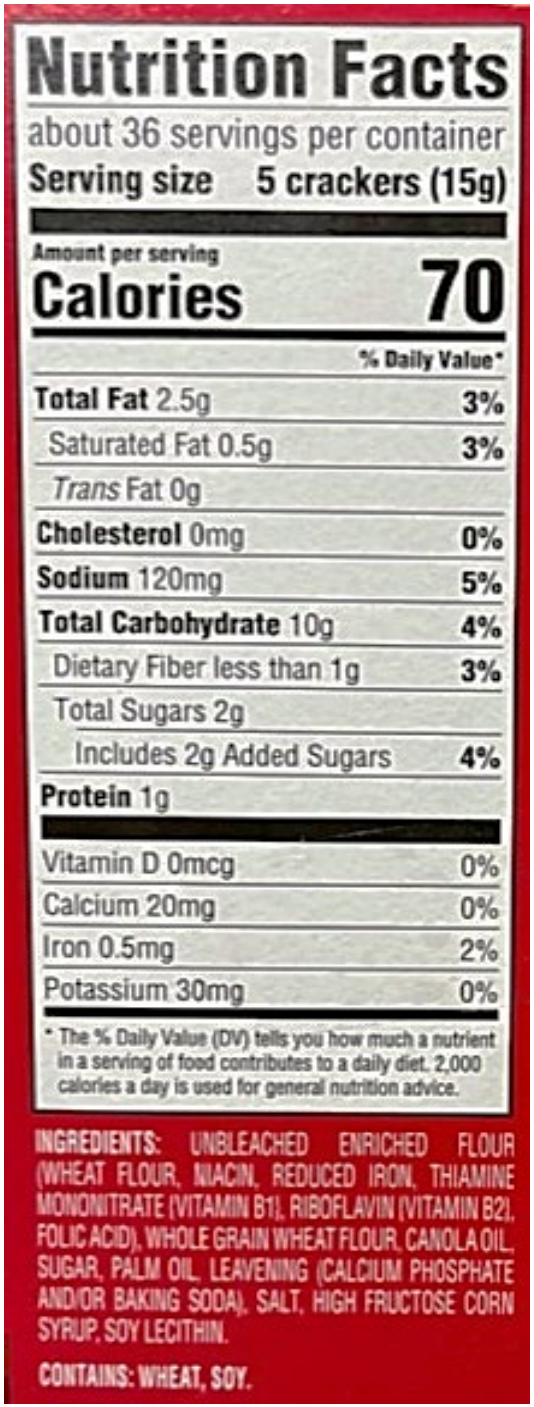
how2recycle.info

1-877-GLACEAU


NABISCO
21g Whole Grain per 29g Serving
100% WHOLE GRAIN
WHEAT THINS
reduced fat
25% LESS FAT THAN ORIGINAL WHEAT THINS
NO ARTIFICIAL FLAVORS OR COLORS
SERVING SUGGESTION
ENLARGED TO SHOW DETAIL
PER 16 PIECES
120 CALORIES
0.5g SAT FAT 3% DV
200mg SODIUM 8% DV
4g TOTAL SUGARS
SNACKS | NET WT 8.5 OZ (240g)


NABISCO
FAMILY SIZE
RITZ
CRACKERS
6 PACKS
Baked with
Whole Wheat
5g WHOLE GRAIN
PER 15g SERVING
Serving Suggestion
PER 5 CRACKERS
70 CALORIES
0.5g SAT FAT
120mg SODIUM
2g TOTAL SUGARS
NET WT 1 LB 3.3 OZ (547g)

5



Nutrition Facts

about 36 servings per container

Serving size 5 crackers (15g)

Amount per serving	
Calories	**70**
	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**
Total Carbohydrate 10g	**4%**
Dietary Fiber less than 1g	**3%**
Total Sugars 2g	
Includes 2g Added Sugars	**4%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 30mg	0%

* 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: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, PALM OIL, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SALT, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN.

CONTAINS: WHEAT, SOY.

Reduced Fat Wheat Thins
contain 3.5g fat per serving compared to
5g in Original Wheat Thins

Nutrition Facts

about 8 servings per container

Serving size 16 pieces (29g)

Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**9%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 3g	**11%**
Total Sugars 4g	
Includes 4g Added Sugars	**8%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	4%
Potassium 90mg	0%

* 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: WHOLE GRAIN WHEAT FLOUR, SUGAR, CANOLA OIL, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, REFINER'S SYRUP, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA).

BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.

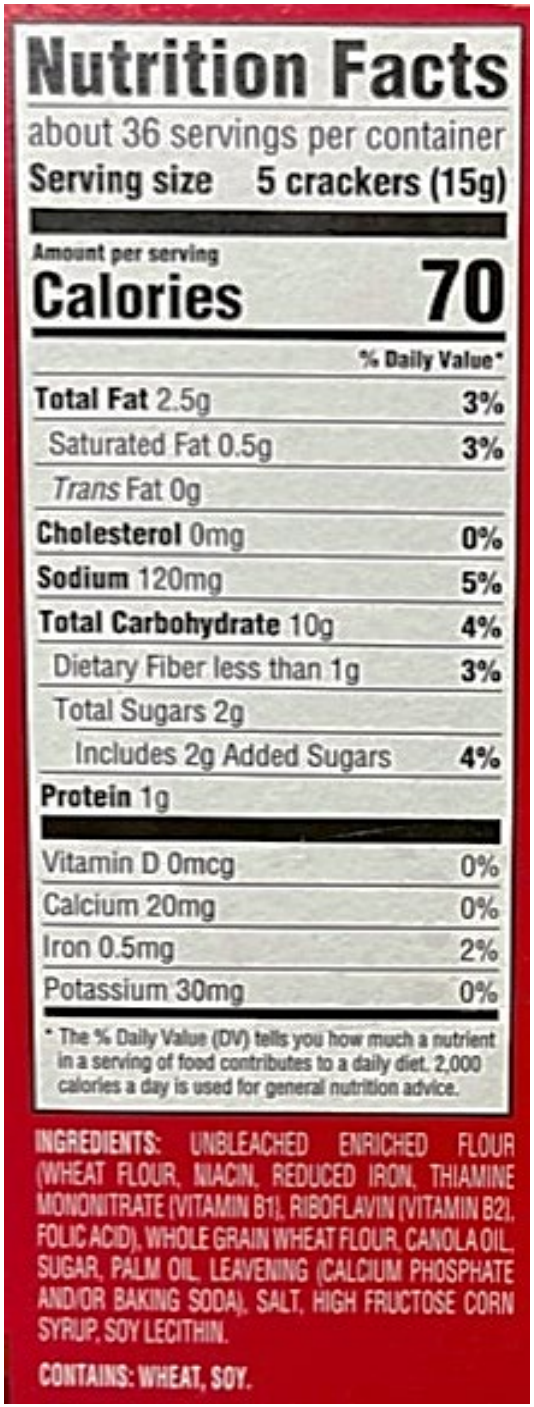
CONTAINS: WHEAT.

MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA


NABISCO
21g Whole Grain per 29g Serving
100% WHOLE GRAIN
WHEAT THINS
reduced fat
25% LESS FAT THAN ORIGINAL WHEAT THINS
NO ARTIFICIAL FLAVORS OR COLORS
SERVING SUGGESTION
ENLARGED TO SHOW DETAIL
PER 16 PIECES
120 CALORIES
0.5g SAT FAT 3% DV
200mg SODIUM 8% DV
4g TOTAL SUGARS
SNACKS | NET WT 8.5 OZ (240g)


NABISCO
FAMILY SIZE
RITZ
CRACKERS
6 PACKS
Baked with
Whole Wheat
5g WHOLE GRAIN
PER 15g SERVING
Serving Suggestion
PER 5 CRACKERS
70 CALORIES
0.5g SAT FAT
120mg SODIUM
2g TOTAL SUGARS
NET WT 1 LB 3.3 OZ (547g)

5



Nutrition Facts

about 36 servings per container

Serving size 5 crackers (15g)

Amount per serving	
Calories	**70**
	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**
Total Carbohydrate 10g	**4%**
Dietary Fiber less than 1g	**3%**
Total Sugars 2g	
Includes 2g Added Sugars	**4%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 30mg	0%

* 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: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, PALM OIL, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SALT, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN.

CONTAINS: WHEAT, SOY.

Reduced Fat Wheat Thins
contain 3.5g fat per serving compared to
5g in Original Wheat Thins

Nutrition Facts

about 8 servings per container

Serving size 16 pieces (29g)

Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**9%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 3g	**11%**
Total Sugars 4g	
Includes 4g Added Sugars	**8%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	4%
Potassium 90mg	0%

* 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: WHOLE GRAIN WHEAT FLOUR, SUGAR, CANOLA OIL, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, REFINER'S SYRUP, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA).

BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.

CONTAINS: WHEAT.

MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA


GLUTEN FREE
NATURAL
CREAMY
PEANUT BUTTER
NO PRESERVATIVES, NO ADDED SUGAR
JUST TWO INGREDIENTS
Roasted Peanuts & Salt
NET WT 15 OZ (425g)

8


9g of WHOLE GRAIN
NO HIGH FRUCTOSE CORN SYRUP
NO ARTIFICIAL COLORS OR FLAVORS
CALCIUM
32% OF GRAIN IS WHOLE GRAIN.
Sara Lee
WHITE MADE WITH WHOLE GRAIN
WHITE MADE WITH WHOLE GRAIN
NET WT 1 LB 4 OZ (567g)

5

Nutrition Facts about 13 servings per container,
Serv. size: 2 Tbsp (32g), Amount per serving: **Calories 180,**
Total Fat 16g (21% DV), Sat. Fat 2g (10% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 130mg (6% DV), **Total Carb.** 5g (2% DV), Fiber 3g (11% DV), Total Sugars 1g (Incl. 0g Added Sugars, 0% DV), **Protein** 8g, Vit. D 0mcg (0% DV), Calcium 31mg (2% DV), Iron 1mg (6% DV), Potas. 223 mg (4% DV).

INGREDIENTS: ROASTED PEANUTS, SALT.
CONTAINS: PEANUTS.
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202
STIR AND REFRIGERATE TO REDUCE OIL SEPARATION.

QUALITY GUARANTEE
800-632-6900 • www.kroger.com

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87-9763

PLEASE RECYCLE

Nutrition Facts

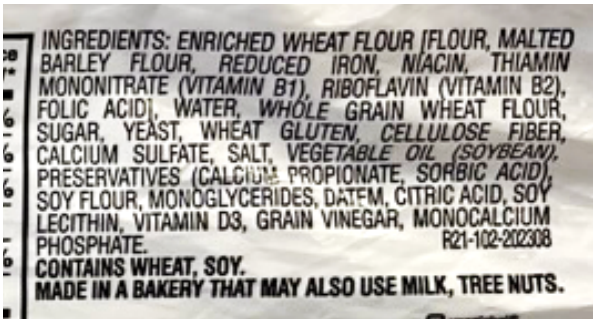
10 Servings Per Container

Serving Size
2 Slices (57g)

Calories
130 Per Serving | **70** Per 1 Slice

	Per serving	% DV*	Per 1 slice	% DV*
Total Fat	1.5g	**2%**	1g	**1%**
Saturated Fat	0g	**0%**	0g	**0%**
Trans Fat	0g		0g	
Polyunsaturated Fat	0.5g		0g	
Monounsaturated Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Vitamin D	1.2mcg	6%	0.6mcg	2%
Calcium	300mg	25%	150mg	10%
Iron	1.3mg	8%	0.7mg	4%
Potassium	70mg	0%	35mg	0%
Sodium	270mg	**12%**	135mg	**6%**
Total Carbohydrate	26g	**9%**	13g	**5%**
Dietary Fiber	3g	**11%**	1g	**4%**
Total Sugars	2g		1g	
Incl. Added Sugars	2g	**4%**	1g	**2%**
Protein	5g		3g	
Thiamin	0.2mg	15%	0.1mg	8%
Riboflavin	0.1mg	10%	0.1mg	6%
Niacin	1.9mg	10%	0.9mg	6%
Folate DFE (folic acid)	60mcg (30mcg)	15%	30mcg (15mcg)	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: ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, WHOLE GRAIN WHEAT FLOUR, SUGAR, YEAST, WHEAT GLUTEN, CELLULOSE FIBER, CALCIUM SULFATE, SALT, VEGETABLE OIL (SOYBEAN), PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), SOY FLOUR, MONOGLYCERIDES, DATEM, CITRIC ACID, SOY LECITHIN, VITAMIN D3, GRAIN VINEGAR, MONOCALCIUM PHOSPHATE. R21-102-202308

CONTAINS WHEAT, SOY.
MADE IN A BAKERY THAT MAY ALSO USE MILK, TREE NUTS.


Barilla
WHOLE GRAIN
EXCELLENT SOURCE OF FIBER
ROTINI
ONE SIMPLE INGREDIENT
"AL DENTE" PERFECTION IN 9-10 MINUTES
ITALY'S #1 BRAND OF PASTA
NET WT. 16 OZ (1 LB) 454 g
NON GMO PROJECT VERIFIED
SERVING SUGGESTION
WHOLE WHEAT PASTA

3, 5


Vanilla
Flavored with Other Natural Flavors
STARBUCKS
Frappuccino
chilled coffee drink
290 CALORIES PER BOTTLE
CHILLED COFFEE DRINK
13.7 FL OZ (405 mL)

3, 8

Nutrition Facts

Serving Size 2 oz (56g)
Servings Per Container about 8

Amount Per Serving	
Calories 180 Calories from Fat 15	
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 6g	**24%**
Soluble Fiber 1g	
Insoluble Fiber 5g	
Sugars 2g	
Protein 8g	

Iron	20%	• Thiamin	15%
Niacin	25%	• Folate	4%
Phosphorus	25%	• Magnesium	20%
Manganese	80%		

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

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

INGREDIENTS: WHOLE GRAIN DURUM WHEAT FLOUR.

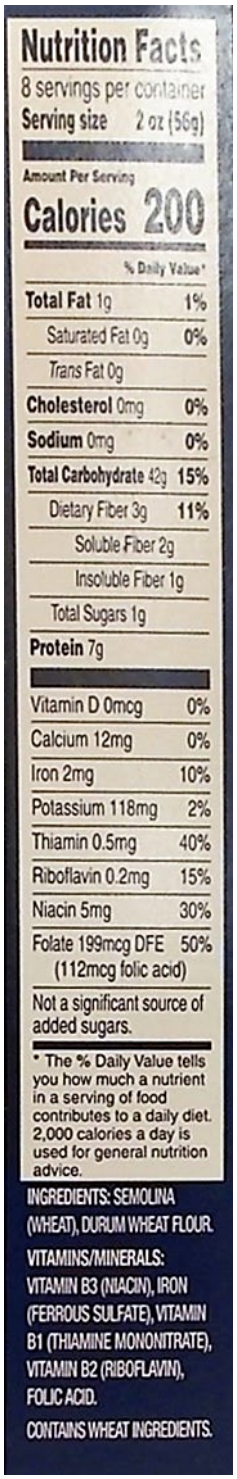
CONTAINS WHEAT INGREDIENTS.


THIN SPAGHETTI
Barilla
"AL DENTE" PERFECTION IN 6-7 MINUTES
ITALY'S #1 BRAND OF PASTA
ENRICHED MACARONI PRODUCT
NET WT. 1 LB (454 g)
NON GMO Project
VERIFIED

5


Barilla
WHOLE GRAIN
EXCELLENT SOURCE OF FIBER
ROTINI
SERVING SUGGESTION
WHOLE WHEAT PASTA
ONE SIMPLE INGREDIENT
"AL DENTE" PERFECTION IN 9-10 MINUTES
ITALY'S #1 BRAND OF PASTA
NET WT. 16 OZ (1 LB) 454 g
NON GMO Project
VERIFIED

3, 5



Nutrition Facts

8 servings per container
Serving size 2 oz (56g)

Amount Per Serving

Calories 200

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 42g	15%
Dietary Fiber 3g	11%
Soluble Fiber 2g	
Insoluble Fiber 1g	
Total Sugars 1g	
Protein 7g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 2mg	10%
Potassium 118mg	2%
Thiamin 0.5mg	40%
Riboflavin 0.2mg	15%
Niacin 5mg	30%
Folate 199mcg DFE (112mcg folic acid)	50%

Not a significant source of added sugars.

* The % Daily Value 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: SEMOLINA (WHEAT), DURUM WHEAT FLOUR.

VITAMINS/MINERALS: VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID.

CONTAINS WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 2 oz (56g)
Servings Per Container about 8

Amount Per Serving

Calories 180 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 39g	13%
Dietary Fiber 6g	24%
Soluble Fiber 1g	
Insoluble Fiber 5g	
Sugars 2g	
Protein 8g	

Iron	20%	• Thiamin	15%
Niacin	25%	• Folate	4%
Phosphorus	25%	• Magnesium	20%
Manganese	80%		

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

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

INGREDIENTS: WHOLE GRAIN DURUM WHEAT FLOUR.

CONTAINS WHEAT INGREDIENTS.


Great Value
All-Purpose Flour
Enriched, Bleached & Pre-Sifted
Sprinkle
Baking
Sprinkle
NET WT 5 LB (2.26kg)


EXPERTLY MILLED IN THE USA
GOLD Medal
PREMIUM QUALITY
SINCE 1880
OVER 135 YEARS of BAKING SUCCESS
ALL NATURAL
WHOLE WHEAT FLOUR
PER 1/4 CUP SERVING AS PACKAGED
100 CALORIES
NET WT 5 LB (2.26kg)

Nutrition Facts

About 75 servings per container

Serving size **¼ cup (30g)**

Amount per serving

Calories **100**

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 3g	**11%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Iron 0.6mg	4%
Potassium 110mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.04mg	2%
Niacin 1.3mg	8%
Folate 10mcg DFE	2%

Not a significant source of vitamin D, calcium and 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

Ingredients: Whole Wheat Flour.