


# ONTARIO STUDENT NUTRITION SERVICES - PRODUCT SPECIFICATION

<b>PRODUCT CATEGORY</b>	Meat & Alternatives		
<b>PRODUCT SUBCATEGORY</b>	Nuts, Legume Butters and Seeds		
<b>OSNS PRODUCT CODE</b>	88646	<b>MANUFACTURER PRODUCT CODE</b>	WPUMPKIN15
<b>MANUFACTURER</b>	Sweets from the Earth		
<b>BRAND</b>	Sweets from the Earth		
<b>PRODUCT NAME</b>	Pumpkin Seeds	<b>SIZE</b>	1.5KG

<b>NUTRITION FACTS</b>		
<b>SERVING SIZE (ML/G)</b>	32	
<b>CALORIES</b>	173	
<b>FAT (G)</b>	14.7	
<b>SATURATED (G)</b>	2.9	
<b>TRANS (G)</b>	0	
<b>CHOLESTORAL (MG)</b>	0	
<b>SODIUM (MG)</b>	5	
<b>POTASSIUM (MG)</b>	259	
<b>CARBOHYDRATE (G)</b>	5.8	
<b>FIBRE (G)</b>	1.3	
<b>SUGARS (G)</b>	0.3	
<b>PROTEIN (G)</b>	8	
<b>VITAMIN A (%DV)</b>	0.03	
<b>VITAMIN C (%DV)</b>	0.01	
<b>CALCIUM (%DV)</b>	0.01	
<b>IRON (%DV)</b>	0.27	
<b>VITAMIN D (%DV)</b>	0	
<b>MILK FAT (%)</b>	0	

<b>INGREDIENTS</b>	100% pumpkin seed kernels
<b>OTHER NOTES</b>	Peanut & nut free. Dairy, lactose and egg free. Sesame free. Non-hydrogenated and Trans Fat free. Free from artificial colours, flavours and preservatives.
<b>PACKAGING</b>	1.5KG pail
<b>STORAGE</b>	Dry
<b>MINIMUM SHELF LIFE</b>	12 months
<b>PRODUCTION CODE</b>	Lot code inkjet on package