

# ONTARIO STUDENT NUTRITION SERVICES - PRODUCT SPECIFICATION

<b>PRODUCT CATEGORY</b>	Meat & Alternatives		
<b>PRODUCT SUBCATEGORY</b>	Seeds - Shelled		
<b>OSNS PRODUCT CODE</b>	88647	<b>MANUFACTURER PRODUCT CODE</b>	NWZPKS030P128
<b>MANUFACTURER</b>	Sweets from the Earth		
<b>BRAND</b>	Sweets from the Earth		
<b>PRODUCT NAME</b>	Pumpkin Seeds	<b>SIZE</b>	128x30g

NUTRITION FACTS	
<b>SERVING SIZE (ML/G)</b>	30
<b>CALORIES</b>	170
<b>FAT (G)</b>	15
<b>SATURATED (G)</b>	2.5
<b>TRANS (G)</b>	0
<b>CHOLESTORAL (MG)</b>	0
<b>SODIUM (MG)</b>	0
<b>POTASSIUM (MG)</b>	250
<b>CARBOHYDRATE (G)</b>	3
<b>FIBRE (G)</b>	2
<b>SUGARS (G)</b>	0
<b>PROTEIN (G)</b>	9
<b>VITAMIN A (%DV)</b>	
<b>VITAMIN C (%DV)</b>	
<b>CALCIUM (%DV)</b>	1%
<b>IRON (%DV)</b>	14%
<b>VITAMIN D (%DV)</b>	



<b>INGREDIENTS</b>	Pumpkin seeds.
<b>OTHER NOTES</b>	Peanut & nut free. Dairy, lactose and egg free. Sesame free. Non-hydrogenated and Trans Fat free.
<b>PACKAGING</b>	128 x 30g pouches per case
<b>STORAGE</b>	Room temperature
<b>MINIMUM SHELF LIFE</b>	6 months
<b>PRODUCTION CODE</b>	Lot code sticker on package

