



KID APPROVED *and* SCHOOL SAFE. *have it both ways*

SEED + GRAIN BAR



1.6 OZ / 45G BAR

SEED BUTTERS



65 OZ JAR / 1.16 OZ POUCH

DARK CHOCOLATE SEA SALT

Nutrition Facts	
1 serving per container	
Serving size 1 Bar (45g)	
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 6g Added Sugars	12%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.9mg	10%
Potassium 140mg	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: Oats, Brown Rice Syrup, Maple Syrup, Organic Dark Chocolate (Organic Cane Sugar, Organic Chocolate, Organic Cocoa Butter, Organic Vanilla Extract), Organic Sunflower Seeds, Organic Pumpkin Seeds, Ground Flax Seeds, Sea Salt

- SMART-SNACK APPROVED
- 1 GRAIN EQUIVALENT
- 12 MONTH SHELF LIFE
- 70 BAR UNITS / CASE
- STORE IN A COOL, DRY PLACE



PUMPKIN

Nutrition Facts	
About 56 servings per container	
Serving size 2 Tbsp (33g)	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 2.4mg	15%
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: Organic Pumpkin Seeds, Organic Expeller Pressed Sunflower Oil, Organic Powdered Sugar (Organic Cane Sugar, Organic Tapioca Starch), Sea Salt

- SMART-SNACK APPROVED
- 1 MEAT ALTERNATE
- 12 MONTH SHELF LIFE
- 4 65 OZ JAR UNITS / CASE
- 100 1.6OZ POUCH UNITS / CASE



SUNFLOWER

Nutrition Facts	
About 56 servings per container	
Serving size 2 Tbsp (33g)	
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.4mg	8%
Potassium 180mg	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: Organic Sunflower Seeds, Organic Expeller Pressed Sunflower Oil, Organic Maple Sugar, Sea Salt

- SMART-SNACK APPROVED
- 1 MEAT ALTERNATE
- 12 MONTH SHELF LIFE
- 4 65 OZ JAR UNITS / CASE
- 100 1.6OZ POUCH UNITS / CASE

MADE IN OUR DEDICATED, ZERO FOOD-WASTE BAKERY FREE OF THE TOP 9 ALLERGENS