



Fundraising Wholesale Bag

For (Ontario School 2011 Requirements & Dietitian Letter) -see below

<i>FLAVOURS</i>	Air Caramel	Buttersalt	Dill Pickle	Salt & Vinegar	White Cheddar	Ketchup
Serving Size	65 g	25g	30g	30g	30g	30g
Approximate Cups	3 1/4	2 3/4	2 3/4	2 3/4	2 3/4	2 3/4
Calories	280	110	140	130	150	140
Total Fat	6g	3.5g	6g	4g	7g	6g
Saturated Fat	3.5g	0.4g	0.5g	0.4g	0.5g	0.5g
Trans Fats	0.2g	0g	0g	0g	0g	0g
Cholesterol	15mg	0mg	0mg	0mg	0mg	0mg
Sodium	340mg	85mg	300mg	300mg	240mg	160mg
Carbohydrate	54g	18g	19g	21g	18g	19g
Fibre	2g	3g	4g	4g	2g	4g
Sugars	26g	0g	0g	0g	1g	1g
Protein	2g	2g	2g	3g	2g	3g
Vitamin A	4%	0%	0%	0%	0%	2%
Vitamin C	0%	0%	0%	0%	0%	0%
Calcium	2%	0%	0%	0%	2%	2%
Iron	4%	6%	4%	4%	4%	4%

CLAIMS

Free of Cholesterol		★	★	★	★	★
Free of Trans Fats		★	★	★	★	★
100% Sunflower Oil		★	★	★	★	★
Source of Energy	★					★

June '11



KERNELS[®]

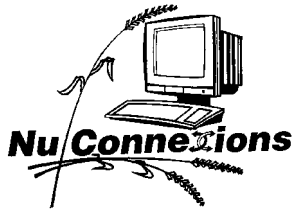
Fundraising bag Information

Nutritional Information for Fundraising Bags

Ontario School Year 2011

<i>Flavours</i>	Buttersalt	Low Fat Caramel	Salt & Vinegar	Kettle Corn	Dill Pickle	White Cheese
Category	Sell Most	Sell Most	Sell Most	Sell Most	Sell Most	Sell Most
Serving Size	20 g	50 g	20 g	25 g	20 g	20 g
Calories	90	200	90	100	90	90
Total Fat	3 g	2.5 g	2.5 g	1 g	3 g	3 g
Saturated Fat	0.3 g	0.3 g	0.3 g	0.1 g	0.3 g	0.3 g
Trans Fats	0 g	0 g	0 g	0 g	0 g	0 g
Cholesterol	0 mg	0 mg	0 mg	0 mg	0 mg	0 mg
Sodium	65 mg	170 mg	200 mg	220 mg	40 mg	40 mg
Carbohydrate	14 g	42 g	14 g	21 g	14 g	14 g
Fiber	2 g	3 g	3 g	2 g	3 g	4 g
Sugars	0 g	21 g	0 g	10 g	0 g	0 g
Protein	2 g	2 g	2 g	1 g	2 g	2 g
Vitamin A	0%	0%	0%	0%	0%	0%
Vitamin C	0%	0%	0%	0%	0%	0%
Calcium	0%	2%	0%	0%	0%	0%
Iron	4%	6%	2%	2%	2%	4%

June 15, 2011



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June 16, 2011

Re: Kernels Popcorn Fundraising Items

This is to certify that Steve Kinsley, RD (Ontario College of Dietitians registration # 1083) has reviewed the *Kernels* items listed below, and categorized them as indicated in the table pertaining to *Nutrition Standards For Ontario Schools - Appendix 150* and *Ontario Regulation 200/08 "Trans Fat Standards"* (a Regulation under the *Ontario Education Act*).

Finished Product Attributes per Nutrition Standards for Ontario Schools - Appendix 150 (Grain-Based Snacks) and Ontario Regulation 200/08 "Trans Fat Standards"

Item	"Sell Most" or "Sell Less" Categorization	Total Fat (g)	Saturated Fat (g)	Trans Fat (as % of Total Fat in Finished Product)	Sodium Content (mg)
Buttersalt Flav. Popcorn (20 g bag)	"Sell Most"	3	0.3	<= 5%	65
Dill Pickle Flav. Popcorn (20 g bag)	"Sell Most"	3	0.3	<= 5%	40
Salt & Vinegar Flav. Popcorn (20 g bag)	"Sell Most"	2.5	0.3	<= 5%	200
White Cheddar Flav. Popcorn (20 g bag)	"Sell Most"	3	0.3	<= 5%	40
Kettle Corn Popcorn (25 g bag)	"Sell Most"	1	0.1	<= 5%	220
Low Fat Caramel Flav. Popcorn (50 g bag)	"Sell Most"	2.5	0.3	<= 5%	170

Sincerely,

Steve Kinsley, RD