

2019 Ingredient List

Ingredients	Cost per lb	Serving Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
				(grams)	(grams)	(grams)	(milligrams)	(milligrams)	(grams)	(grams)	(grams)	(grams)	(IU)	(mg)	(mg)	(mg)
Plain Oats	\$ 2.24	100g	375	7	1	0	0	2	68	10	0	13	0	0	0	4
Sunflower Seeds	\$ 4.00	100g	569	50	5	0	0	3	19	11	3	23	50	1	116	7
Banana Chips	\$ 3.32	100g	519	34	29	0	0	0	58	8	35	2	83	6	18	1
Dried Apples	\$ 8.99	100g	296	0	0	0	0	338	73	5	55	3	0	3	0	1
Raisins	\$ 6.88	100g	325	0	0	0	0	750	80	5	60	3	0	6	125	5
Dried Blueberries	\$ 11.49	100g	350	1	0	0	0	0	83	8	73	1	0	24	192	0
Mini Chocolate Chips	\$ 3.31	100g	500	29	18	0	0	0	64	0	57	3	0	0	0	0
Dried Cranberries	\$ 5.28	100g	321	0	0	0	0	0	79	7	71	0	0	0	0	0
Dried Peaches	\$ 8.49	100g	285	0	0	0	0	5	65	8	40	5	0	3	0	4
Sprinkles	\$ 6.99	100g	480	20	18	0	0	4	75	0	40	0	0	0	1	0
Pumpkin Seeds	\$ 15.97	100g	541	46	9	0	0	0	18	10	1	25	380	2	43	15
Dried Strawberries	\$ 8.99	100g	369	1	0	0	0	274	89	1	77	1	0	0	180	1
Chia Seeds	\$ 4.85	100g	500	31	3	0	0	14	45	39	0	17	0	0	631	8
Dried Milk	\$ 6.56	100g	358	1	0	0	18	550	52	0	52	35	15	4	1231	0
Raw Sugar	\$ 2.56	100g	380	0	0	0	0	28	98	0	97	0	0	0	83	1
Maple Sugar	\$ 12.48	100g	354	0	0	0	0	11	91	0	85	0	0	0	90	2
Puffed Quinoa	\$ 13.82	100g	404	7	0	0	0	0	70	6	2	15	0	0	43	4

Package Options	Cost per item
8 oz. Clear Mylar Resealable pouch	\$0.25
8 oz Plastic Cup	\$0.15
6 oz Disposable white hot cold cup	\$0.30
Lid with cardboard insert for 6 oz. Cup	\$0.10
Self Sealing Plastic	\$0.07