



Nutritional Information for New Fundraising Bags

(Ontario Requirements – Sell Most Bags)

Flavours	Buttersalt	Low Fat Caramel	Salt & Vinegar	Dill Pickle	White Cheese	Kettle Corn
Category	Sell Most	Sell Most	Sell Most	Sell Most	Sell Most	Sell Most
Serving Size	20 g	50 g	20 g	20 g	20 g	45 g
Calories	90	200	90	90	90	180
Total Fat	3 g	2.5 g	2.5 g	3 g	3 g	2.5 g
Saturated Fat	0.3 g	0.3 g	0.3 g	0.3 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	40 mg	40 mg	230 mg
Carbohydrate	14 g	42 g	14 g	14 g	14 g	37 g
Fiber	2 g	3 g	3 g	3 g	4 g	4 g
Sugars	0 g	21 g	0 g	0 g	0 g	14 g
Protein	2 g	2 g	2 g	2 g	2 g	3 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%	4%	4%

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March 8, 2012
 (Supersedes letter dated 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 (45 g bag)	"Sell Most"	2.5	0.3	<= 5%	230
Low Fat Caramel Flav. Popcorn (50 g bag)	"Sell Most"	2.5	0.3	<= 5%	170

Sincerely,

Steve Kinsley, RD