



PRODUCT SPECIFICATION

| | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| PRODUCT: | Couscous (Wholemeal) (Org) |
| PRODUCT GROUP CODE (First 4 Characters): | G018 see list of variants below |
| COUNTRY/COUNTRIES OF ORIGIN: | Italy |
| Please note that the country of origin may differ from that specified due to seasonal shortages | |
| INTRASTAT CODE: | 19041090 |
| INGREDIENTS: | Durum <u>Wheat</u> *. |
| Please note it is possible for these ingredients to change dependent upon brand or batch & availability; please refer to the packaging for confirmation | |

* *Organically certified ingredient(s)*

| | |
|--------------------------------|-----------|
| ORGANIC CERTIFICATION CODE(s): | GB-ORG-02 |
|--------------------------------|-----------|

Product sold in these variants

| Product Code | Description | Total Kilo Weight |
|--------------|---------------------------------------|-------------------|
| G0180 | Couscous (Wholemeal) (25kg) (Org) | 25.00 |
| G0180-20KG | Couscous (Wholemeal) (20kg) (Org) | 20.00 |
| G018B | Couscous (Wholemeal) (5kg) (Org) | 5.00 |
| G018X | Couscous (Wholemeal) (6 x 500g) (Org) | 3.00 |

| | |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DESCRIPTION: | Couscous is produced from selected durum wheat semolina, which is moistened, and spray dried into an oven which agglomerates the particles. The particles are partially cooked under steam, dried, and sieved to the required particle size. |
| COLOUR: | Uniform colour, pale brown to brown |
| TASTE: | Typical of wheat |
| SMELL: | Typical of wheat |

| | |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| FOREIGN MATTER: | Absent |
| MOISTURE: | 12.5% max |
| ECOLI: | < 10 cfu/g |
| MOULDS: | < 500 cfu/g |
| SALMONELLA: | Absent in 25g |
| TVC: | < 100,000 cfu/g |
| YEAST: | < 500 cfu/g |
| STORAGE INSTRUCTIONS: | Cool, dry & hygienic; away from direct light & strong odours . |
| COOKING INSTRUCTIONS: | Fry 250g of Cous Cous in 1tbsp of oil for 2 minutes. Stir in 300ml of boiling water, cover and remove from heat. Allow to stand for 3 minutes. |



NUTRITIONAL INFORMATION
(typical values per 100g)

| | | |
|--------------------|------|------|
| Energy | 1452 | kJ |
| | 347 | kcal |
| Fat | 2.1 | g |
| Of which saturates | 0.4 | g |
| Carbohydrate | 65 | g |
| Of which sugars | 3.5 | g |
| Fibre | 8.2 | g |
| Protein | 12 | g |
| Salt | 0.01 | g |

| Does the bulk product contain any of the following? Please see allergen statement below for all products packed at Essential Trading. | Present |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| Cereals containing Gluten: wheat, rye, barley, oats, spelt, kamut or their hybridised strains | Y |
| Mollusc | N |
| Crustacean (shellfish and products thereof) | N |
| Egg and products thereof | N |
| Fish and products thereof | N |
| Soya (soy) beans & protein and products thereof | M |
| Milk & dairy (including lactose) and products thereof | N |
| Celery Seeds, celeriac and products thereof | N |
| Mustard Seeds and products thereof | M |
| Lupin and products thereof | N |
| Sesame Seed and products thereof | N |
| Nuts and products thereof (namely almond, hazelnut, walnut, cashew nut, pecan nut, brazil nut, pistachio nut, macadamia nut and Queensland nut) | N |
| Peanuts and products thereof | N |
| Added Sulphur Dioxide: (the product contains >10mg/Kg added Sulphur Dioxide in the form of SO ₂ , Sulphites (E220, E221, E222, E223, E224, E226, E227, E228) | N |
| Y = Present in product | |
| N = Not in product | |
| M = May contain from other sources (eg. Crop rotation risk) | |

| | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| ALLERGEN ADVICE: | |
| Products packed at Essential Trading are packed with a precautionary alibi labelling statement: | |
| "May contain traces of, or contains: celery, gluten, mustard, nuts, peanuts, sesame, soya and/or sulphur dioxide" | |
| Product codes ending in alphabetical letter (e.g. F125B) are packed at Essential Trading except product codes ending in P (e.g. P901P). Bulk commodity product codes end in 0 and may arrive to Essential Trading with previous allergen information associated. | |
| Where products are indicated as not having an allergen present, this refers to the product not being formulated or wholly derived from the particular ingredient. Allergen handling policies and procedures | |



are in place throughout the supply chain to reduce the likelihood of cross contamination, however this cannot be guaranteed.

Please refer to individual labels for more information.

| | |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| GMO DECLARATION: | This product has been produced without the use of genetically modified organisms (GMOs) or their derivatives, nor been irradiated. |
| ORGANIC CERTIFICATION: | Essential Trading Co-operative Limited is organically certified to EU Regulation 834/2007 by the Organic Farmers & Growers (GB-ORG-02) |
| CONDITIONS OF SALE: | All sales are made under Essential Trading Co-operative's Conditions of Sale & Terms of Trade (available upon request) |

To the best of our knowledge the information contained herein is true and accurate. Essential Trading Co-operative Limited cannot assume liability for any loss or damage arising out of the use of this data & nothing contained herein shall be construed to imply warranty or guarantee.

All unprocessed commodities may contain impurities. It is the responsibility of the customer to ensure that they are fit for their intended use.

Specifications are updated according to the latest batch we stock. We cannot guarantee that the specifications match the product we have delivered to you due to stock rotation. For accurate information regarding specific batches, please contact Quality Assurance with the product code, batch details and invoice number.

Signature:



This specification supersedes all others issued or dated before it

Date: 11/12/2025

Tig Taylor-Cummings

| | |
|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| sales@essential-trading.coop | www.essential-trading.coop |
| +44 (0)117 943 0800 | Essential Trading Co-operative Ltd. Registered Company Number IP23234R Registered Office: Unit 3 Lodge Causeway Trading Estate, BRISTOL, BS16 3JB, UK |

Reason For Change: Format update

Spec Version Ref: **G018 < 20251211**

