

Essential

PRODUCT SPECIFICATION

PRODUCT:	Organic Wild Rice
PRODUCT CODE(S):	R081E (2kg)
COUNTRY/COUNTRIES OF ORIGIN:	Canada/North America
Please note that the country of origin may differ from that specified due to seasonal shortages	
INTRASTAT CODE:	10062098
INGREDIENTS:	Wild Rice*.
Please note it is possible for these ingredients to change dependent upon brand or batch & availability; please refer to the packaging for confirmation	* <i>Organically certified ingredient</i>
OTHER CERTIFICATIONS:	Vegan Society Approved
ORGANIC CERTIFICATION CODE(S):	GB-ORG-02

DESCRIPTION:	Wild rice is the seed grain of a wetland grass, Zizania Aquatica. 10-15 mm in length, Heat Treated. The product has been grown, processed and packed in accordance with the requirements of the EU regulations 834/2007
COLOUR:	Black to brownish
TASTE:	Typical to rice
TEXTURE:	Free flowing

STORAGE INSTRUCTIONS:	Cool, dry & hygienic; away from direct light & strong odours.
COOKING INSTRUCTIONS:	Rinse in cold water. Add 1 part rice to 3 parts water. Bring to the boil then simmer for approximately 40 minutes until the water is absorbed.
PACKAGING DESCRIPTION:	Natural Polythene LFT Bag

	INNER	OUTER
GROSS WEIGHT:	2 kg	
HEIGHT:	457 mm	
WIDTH:	355 mm	
PLASTIC:	38 g	

NUTRITIONAL INFORMATION (typical values per 100g)		
Energy	1494	kJ
	357	kcal
Fat	1.1	g
Of which saturates	0.2	g
Carbohydrate	69.0	g
Of which sugars	2.5	g
Fibre	6.2	g
Protein	14.7	g
Salt	0.02	g



Does the product contain any of the following?	Present
Cereals containing Gluten: wheat, rye, barley, oats, spelt, kamut or their hybridised strain	L
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	L
Milk & dairy (including lactose) and products thereof	N
Celery Seeds, celeriac and products thereof	L
Mustard Seeds and products thereof	L
Lupin and products thereof	N
Sesame Seed and products thereof	L
Nuts and products thereof (namely almond, hazelnut, walnut, cashew nut, pecan nut, brazil nut, pistachio nut, macadamia nut and Queensland nut)	L
Peanuts and products thereof	L
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)	L
<p>Y = Present in product N = Not in product, not processed in same factory NS = Not in product, not sure if processed on same line / same factory L = Processed on same line F = Processed in same factory M = May contain from other sources (eg. crop rotation risk)</p>	
<p>May contain traces of, or contains: celery, gluten, mustard, nuts, peanuts, sesame, soya and/or sulphur dioxide.</p>	
<p>ALLERGEN STATEMENT 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.</p>	
<p>Please refer to individual labels for more information.</p>	



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



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REASON FOR CHANGE:	Updated Nutritional, Allergen
Version:	1.1

