

Arctic Gardens®

LESS WATER, MORE FLAVOUR!

Vacuum-packed
preparation using less
liquid for **superior-quality**
canned vegetables.



A UNIQUE PROCESS

Enhance your salads or cooked dishes with the superior quality of vacuum-packed canned vegetables.

So many uses...

- **Cold:** *Al dente* texture, perfect for salads
- **Hot:** Vegetables remain intact and delicious



ARCTIC GARDENS
Whole grain corn
27117
6 x 2.84L

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (125 mL)	
pour 1/2 tasse (125 mL)	
Calories 90	% Daily Value*
Fat / Lipides 1 g	% valeur quotidienne*
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 20 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 105 mg	5 %
Potassium 175 mg	4 %
Calcium 0 mg	0 %
Iron / Fer 0.3 mg	2 %
* 5 % or less is a little, 15 % or more is a lot.	
* 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	

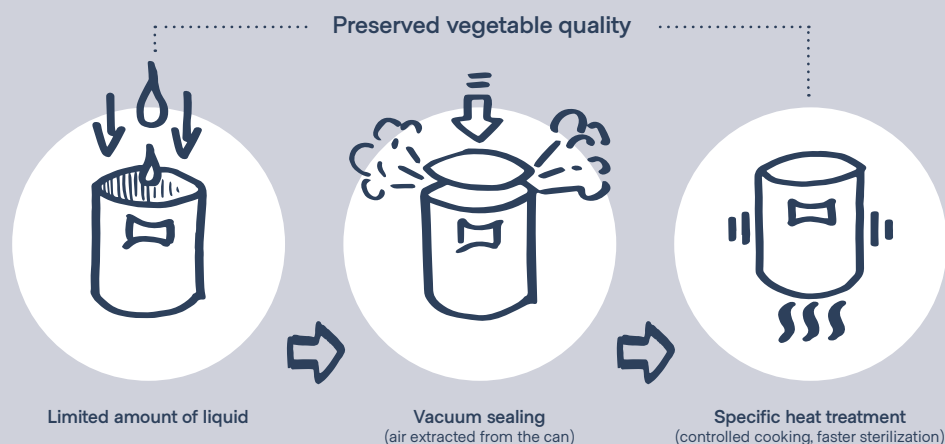


ARCTIC GARDENS
Chunky beets
27116
6 x 2.84L

Valeur nutritive	
Nutrition Facts	
pour 1/2 tasse (125 mL)	
Per 1/2 cup (125 mL)	
Calories 40	% valeur quotidienne *
Lipides / Fat 0 g	% Daily Value *
saturés / Saturated 0g	0 %
+ trans / Trans 0g	0 %
Glucides / Carbohydrate 9 g	
Fibres / Fibre 2 g	7 %
Sucres / Sugars 6 g	6 %
Protéines / Protein 1 g	
Cholestérol / Cholesterol 0 mg	
Sodium 15 mg	1 %
Potassium 250 mg	5 %
Calcium 10 mg	1 %
Fer / Iron 0.3 mg	2 %
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	
* 5% or less is a little, 15% or more is a lot	

VACUUM-PACKED Process

A process with exclusive benefits that are the result of a technology that PRESERVES THE FLAVOUR.



Vegetables keep all of their organoleptic qualities because they are vacuum-cooked in very little liquid.

- **Texture:** firmer, holds together better
- **Taste:** fresh flavour maintained
- **Shelf Life:** longer than fresh or frozen products