

Any food/drink product declaring itself as organic must be certified by an accredited certification body.

Ingredients need to be listed in descending order of weight and their organic status denoted.

#### Vegetable soup with cream

Ingredients: Water\*, Potato (13%), Carrot (12%), Swede (8%), Parsnip (8%), Vegetable Bouillon (Sea Salt\*, Yeast Extract\*, Rice flour, Carrot, Onion, Leek, Bay, Thyme) Onion, Double Cream (3%), Leek, Corn Flour, Sunflower Oil, Sea Salt\*, Black Pepper

\* Denotes non organic ingredient

#### Nutrition

	Per 100g	Per 100ml	% based on GDA for adult
Energy	152kJ	457kJ	-
	Satur	109kcal	5.5%
Protein	0.9g	2.7g	6.0%
Carbohydrate	4.8g	14.4g	6.3%
of which: Sugars	2.2g	6.7g	7.0%
Fat	1.3g	3.9g	3.4%
of which: Saturates	0.4g	1.8g	9.0%
Fibre	0.9g	2.7g	11.3%
Salt	0.40g	1.20g	21.2%
Sodium	0.17g	0.51g	21.3%

The EU logo is required by law. Any certified retail packed product must have this logo.



GB-ORG-05

EU/non EU agriculture



500g

The certification code is a number that is applied to products to show which certifier a company is licensed by. This code is required by law and where we certify in the UK ours is 'GB-ORG-05'.

The agriculture statement is required by law to detail where the ingredients were originally farmed.



# Organic creamy vegetable soup



"Organic, wholesome food produced to trusted organic standards"

The Soil Association symbol is only applied to products certified by Soil Association Certification. It is a symbol of trust, integrity, high standards and is the most recognised organic symbol in the UK.

We believe in producing soups from trusted organic ingredients. Under the EU law organic farms and companies must be certified by an accredited certification body. We have chosen to be certified by the Soil Association as we want to assure our customers that we meet the highest standards of integrity while supporting the work of the Soil Association charity.

These standards aim to avoid the use of artificial pesticides and fertilisers as well prohibiting the use of GM materials. All our products are verified by Soil Association Certification and they inspect our premises at least once a year and check the integrity of our operations.

#### Storage

For use by date: see lid. Keep refrigerated, once opened, use within 24 hours and do not exceed the use by date

Suitable for freezing on day of purchase. Use within 1 month. Defrost fully before use. Use within 24 hours. Do not refreeze once defrosted

#### Cooking

Microwave from chilled but can also be heated on the hob.  
On the hob: Using a moderate heat warm through for 6-7 minutes. Stirring continuously until piping hot.

Microwave: Undo lid and replace loosely. Place on a non-metallic plate. Stir after 3 to 3 1/2 minutes. Re-cover and continue heating for a further period. After heating, stir thoroughly and check food is piping hot. Allow to stand for 1 minute.

MICROWAVE	BOILING	FULL POWER	FULL POWER
	5-15 min	2-10 min	3 min
	5-15 min	3 min	3 min
	5-15 min	3 min	3-10 min

Any claims or statements about organic need to be checked so they do not mislead the consumer.