
	<b>Product Specification</b>		
	<b>BQF Whole Leaf Spinach (Grade A)</b>		
	Product Code(s): 00180 00182	Revision : 06	Effective Date : 2018-05-09

### **INDEX OF QUALITY**

<b>Ingredients</b>	Spinach leaves. Product contains no additives or artificial preservatives.
<b>Variety</b>	Acceptable freezing variety and manufactured in accordance with Good Manufacturing Practices.
<b>Maturity</b>	Spinach has matured sufficiently to have become full fleshed and tender and free from any coarse or tough leaves and stems.
<b>Cut</b>	Whole leaf spinach is the style consisting substantially of the leaf and adjoining portion of the stem (10% stem and 90% leaf). Average length = 4-5 cm.
<b>Blanch</b>	Product is blanched sufficiently to inactivate the peroxidase enzyme system.
<b>Freezing Technique</b>	Block Quick Frozen (BQF).
<b>Organoleptic</b>	Product possesses a good characteristic normal flavor and aroma, and appearance of Spinach. Free from objectionable flavor and odors of any type.
<b>Color</b>	Product must possess a good, bright, uniform characteristic dark green color typical of young spinach. Stem part is light green in color. Maximum tolerance for color variation or seriously discolored units is 2.5% total by weight.
<b>Major Defects</b>	No tolerance for foreign matter such as wood, stones, glass, plastic, metal or hair.
<b>Minor Defects</b>	In a 340 gram sample: <ul style="list-style-type: none"> <li>• Not more than one root stub or root crown.</li> <li>• Not more than two seedy heads.</li> <li>• Must be free from any grit, sand, or dirt.</li> </ul>
<b>Storage &amp; Handling</b>	Transport and store at 0°F or colder.
<b>Shelf life</b>	24 months at 0°F or colder.

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## FOOD SAFETY STANDARDS

**HACCP** Required

**Non-GMO** The has not been genetically modified. It does not contain ingredients which have been genetically modified or issued from a genetically modified product.

**Pesticides** Maximum residue levels established/regulated by Health Canada and the *Pest Control Products Act* are respected.

**Microbial Standard** Must be met at the plant level on domestic production and at the time of entry into Canada in the case of imported products.

### 3 Class Plan

	<b>n</b>	<b>c</b>	<b>m</b>	<b>M</b>
<b>Total Plate Count (TPC)</b>	5	2	100,000 CFU/g	250,000 CFU/g
<b>Total Coliforms</b>	5	2	100	1000
<b><i>Escherichi coli</i></b>	5	0	10 CFU/g	
<b><i>Listeria monocytogenes</i></b>	5	0	100 CFU/g	
<b>Salmonella</b>	5	0	Negative/25g	

n = number of samples to be tested from a particular lot number.

c = maximum number of samples allowed to be between m and M.

m = microbiological limit which separates good quality from marginally acceptable quality

M = microbiological limit which separates marginally acceptable quality from defective quality.

**Allergens** The product is free of all priority food allergens identified by Health Canada and the CFIA.

The product does not contain the following:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• peanuts or its derivatives</li> <li>• tree nuts or their derivatives</li> <li>• sesame seeds or its derivatives</li> <li>• milk or its derivatives</li> <li>• eggs or its derivatives</li> <li>• soy or its derivatives</li> <li>• shellfish and mollusks or their derivatives</li> </ul> | <ul style="list-style-type: none"> <li>• fish or its derivatives</li> <li>• wheat or its derivatives</li> <li>• sulphites</li> <li>• gluten</li> <li>• mustard</li> <li>• monosodium glutamate</li> <li>• corn</li> <li>• celery</li> </ul> |
|--|---|

An allergen control program is in practice to prevent cross-contamination of the product with allergens which may be present in other products manufactured on the same line or present in the same manufacturing plant.



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#### Nutrition Facts

The values are expressed as units per 100 grams (approx. 3.5 oz serving). These values are calculated using USDA data. Actual analysis of different lots may vary.

Nutrients per 100g	
Calories	29.00
Fat (g)	0.57
Saturated Fat (g)	0.04
Trans Fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	74.00
Potassium (mg)	346.00
Total Carbohydrates (g)	4.21
Dietary Fiber (g)	2.90
Total Sugars (g)	0.65
Added Sugars (g)	0
Protein (g)	3.63
Vitamin A-RAE (mcg)	586.30
Vitamin C (mg)	5.50
Vitamin D (mcg)	0
Vitamin E-Alpha Toco (mg)	2.90
Calcium (mg)	129.00
Iron (mg)	1.89
Ash (g)	1.43
Water (g)	90.17
USDA code: 11463/ESHA code: 15795	

#### Nutrition Facts Valeur nutritive

Per 1 cup (85 g)  
pour 1 tasse (85 g)

	% Daily Value*
	% valeur quotidienne*
<b>Calories 25</b>	
<b>Fat / Lipides 0.5 g</b>	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 4 g</b>	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 1 g	1 %
<b>Protein / Protéines 3 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 65 mg</b>	3 %
Potassium 300 mg	6 %
Calcium 100 mg	8 %
Iron / Fer 1.5 mg	8 %
Vitamin A / Vitamine A 500 mcg	56 %
Vitamin C / Vitamine C 4.5 mg	5 %
Vitamin D / Vitamine D 0 mcg	0 %

\*5% or less is **a little**, 15% or more is **a lot**  
\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

#### Cooking Directions

Place frozen vegetables in a small amount of boiling water. Cook until desire tenderness. Cooking time for frozen vegetables is shorter than the fresh ones. Drain thoroughly, season to taste. Cooking time may vary depending on the particular appliance used.

#### Packaging

Product Code	Format
00180	10 x 1 kg
00182	12 x 1 kg