



Ingredient Lists and Nutrition Facts Panels

STRAWBERRY JAM

Ingredients: Sugars (sugar, dextrose), Strawberries, Lemon juice, Pectin, Citric acid.

Nutrition Facts	
Per 1 tbsp (15 mL)	
Calories 45	% Daily Value*
Fat 0 g	0 %
Carbohydrate 11 g	
Sugars 11 g	11 %
Protein 0.1 g	
Potassium 10 mg	1 %
Not a significant source of other nutrients.	
* 5% or less is a little, 15% or more is a lot	

STRAWBERRY RHUBARB JAM

Ingredients: Sugars (sugar, dextrose), Strawberries, Rhubarb, Lemon juice, Pectin, Lemon zest, Citric acid.

Nutrition Facts	
Per 1 tbsp (15 mL)	
Calories 40	% Daily Value*
Fat 0 g	0 %
Carbohydrate 10 g	
Sugars 10 g	10 %
Protein 0.1 g	
Potassium 20 mg	1 %
Not a significant source of other nutrients.	
* 5% or less is a little, 15% or more is a lot	



STRAWBERRY BALSAMIC JAM

Ingredients: Sugar, Strawberries, Water, Balsamic vinegar, Pectin, Lemon juice, Lemon zest, Black pepper, Lactic acid, Citric acid, Sodium benzoate.

Nutrition Facts	
Per 1 tbsp (15 mL)	
Calories 50	% Daily Value*
Fat 0 g	0 %
Carbohydrate 12 g	
Sugars 11 g	11 %
Protein 0.1 g	
Potassium 10 mg	1 %
Not a significant source of other nutrients.	
* 5% or less is a little, 15% or more is a lot	

BLUEBERRY SPICE JAM

Ingredients: Sugars (sugar, dextrose), Blueberries, Water, Pectin, Lemon juice, Spice, Citric acid.

Nutrition Facts	
Per 1 tbsp (15 mL)	
Calories 45	% Daily Value*
Fat 0 g	0 %
Carbohydrate 11 g	
Sugars 11 g	11 %
Protein 0.1 g	
Potassium 10 mg	1 %
Not a significant source of other nutrients.	
* 5% or less is a little, 15% or more is a lot	





HOLIDAY JAM

Ingredients: Strawberries, Sugars (sugar, dextrose), Cranberries, Pectin, Citric acid, Spices.

Nutrition Facts	
Per 1 tbsp (15 mL)	
Calories 35	% Daily Value*
Fat 0 g	0 %
Carbohydrate 9 g	
Sugars 8 g	8 %
Protein 0.1 g	
Potassium 20 mg	1 %
Not a significant source of other nutrients.	
* 5% or less is a little, 15% or more is a lot	

ZUCCHINI RELISH

Ingredients: Zucchini, Onion, White vinegar, Sugar, Bell peppers, Salt, Spices, Mustard seed, Celery seed.

Nutrition Facts	
Per 1 tbsp (15 mL)	
Calories 10	% Daily Value*
Fat 0 g	0 %
Carbohydrate 3 g	
Sugars 3 g	3 %
Protein 0.1 g	
Sodium 105 mg	5 %
Potassium 30 mg	1 %
Iron 0.1 mg	1 %
Not a significant source of saturated fat, trans fat, fibre, cholesterol or calcium.	
* 5% or less is a little, 15% or more is a lot	



CORN RELISH

Ingredients: Corn, Vinegar, Bell peppers, Sugar, Celery, Onion, Water, Salt, Mustard seed, Modified corn starch, Celery seed, Turmeric.

Nutrition Facts	
Per 1 tbsp (15 mL)	
Calories 15	% Daily Value*
Fat 0.1 g	1 %
Carbohydrate 3 g	
Sugars 1 g	1 %
Protein 0.3 g	
Sodium 50 mg	2 %
Potassium 20 mg	1 %
Iron 0.1 mg	1 %
Not a significant source of saturated fat, trans fat, fibre, cholesterol or calcium.	
*5% or less is a little, 15% or more is a lot	

RED PEPPER JELLY

Ingredients: Sugar, Bell Peppers, Vinegar (apple cider and/or white), Jalapeno peppers, Pectin, Red pepper flakes.

Nutrition Facts	
Per 1 tbsp (15 mL)	
Calories 25	% Daily Value*
Fat 0 g	0 %
Carbohydrate 6 g	
Sugars 6 g	6 %
Protein 0.1 g	
Sodium 4 mg	1 %
Potassium 10 mg	1 %
Not a significant source of saturated fat, trans fat, fibre, cholesterol, calcium or iron.	
*5% or less is a little, 15% or more is a lot	