



FIRESIDE

PROVISIONS

WHOLE WHEAT FIG BARS

*"In every walk with nature one receives
far more than he seeks."*

- John Muir

NET WEIGHT: 10 OUNCES (283 GRAMS)

PACKED BY FIRESIDE PROVISIONS, SOUTH SAN FRANCISCO CA 94080

Dough: (Whole wheat flour, organic evaporated cane juice, non-hydrogenated canola oil, brown rice syrup, caramel color, apple fiber, sea salt, citric acid, baking soda, lecithin, baking powder). Filling: (fig paste, brown rice syrup, organic evaporated cane juice, rolled oats, molasses, citric acid, sea salt. Packaged in the same facility as peanuts, tree nuts, wheat, soy, and milk products.

NUTRITION FACTS

SERV. SIZE:
35g (~1.2 OZ.)

SERV. PER PACKAGE:
ABOUT 8 SERVINGS

CALORIES: 110
FAT CALORIES: 25

AMOUNT/SERVING	%DV*	AMOUNT/SERVING	%DV*
TOTAL FAT 2.5g	4%	TOTAL CARBS 22g	7%
Sat. Fat 0g	0%	Dietary Fiber 2g	7%
		Sugars 12g	
CHOLESTEROL 0mg	0%	SODIUM 60mg	2%
PROTEIN 2g		*Percent Daily Values (DV) based on a 2,000 calorie diet	
Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 6%

THIS BAG IS BIODEGRADABLE AND 100% RECYCLABLE
1% OF SALES GO TO PRESERVE AND RESTORE OUR NATURAL ENVIRONMENT