

Brand	Sub Category	HFB Product Code	Product Description	Long Description	Ingredients	Shelf Life after opening (days)	Storage Instructions	Ready to Eat? (Y/N)	Is the product Fairtrade? (Y/N)
RIFCo	Soup	RIF3004	Organic Sri Lankan Lentil & Coconut Soup 400g	Sri Lankan dishes blend a fusion of exotic flavours to create the most delicately aromatic of food. Our delicious Organic Sri Lankan Lentil and Coconut Soup combines red lentils, coconut, dhal and spices and owes its flavours to the traditional recipes of Yala National Park in the south eastern tip of the tropical island.	Water, Red Lentils (7.5%), Creamed Coconut (4.5%), Toor Dhal (4%), Onion Powder, Lemon, Sea Salt, Chilli Powder, Turmeric, Cinnamon.	3 days in a suitable container - refrigerated	Store in a cool, dry place.	Y	N

[illegible]

Yeast free? (Y/N)	Fish free? (Y/N)	Crustacean free? (Y/N)	Mollusc free? (Y/N)	Pork free? (Y/N)	Gelatin Free? (Y/N)	Citric Acid free? (Y/N)	Palm oil free? (Y/N)	Caffeine free? (Y/N)	Lupin free? (Y/N)	Has salt been added to the product? (Y/N)	Has sugar been added to the product? (Y/N)	Alcohol free? (Y/N)	Energy (kJ) * per 100g	Energy (kcal)* per 100g	Fat (g)* per 100g	of which saturates* per 100g	Carbohydr ate (g)* per 100g	of which sugars (g)* per 100g	Fibre (g)* per 100g	Protein (g) * per 100g	Salt (g)* per 100g	Low fat?* (under 3g per 100g) (Y/N)	Fat free?* (under 0.5g per 100g) (Y/N)
Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	N	Y	238	57	3.2	2.7	4	0.4	3.8	1.2	0.8	N	N

Free from hydrogenated fats? (Y/N)	Sugar free?* (under 0.5g per 100g) (Y/N)	High Fibre?* (at least 6g per 100g) (Y/N)	Low salt?* (under 0.12g per 100g) (Y/N)	Country of Origin	nutritional as words
Y	Y	N	N	UK	per 100g. KJ 238. Kcal 57. Fat 3.2 saturates 2.7 Carbs 4 Sugrs 0.4 Fibre 3.8 Protein 1.2 Salt 0.8