

On-The-Go  
Smart Snacks!

Nature Knows®

Ready-To-Eat Fresh Fruits & Vegetables

All Natural With  
No Preservatives

Healthy Snacks and Ingredients Served Up Fresh in our  
100% Compostable pouches. Good for You and our Earth!



Increase your food safety, reduce waste and labour costs with  
our convenient 55g single serve pouches.



All pre-washed and Ready to Eat, School safe and Mom approved  
Helping you provide healthy snacks or perfect side menu item.

- ✓ Pre-Washed and Ready to Eat
- ✓ 100% Compostable pouches
- ✓ Plant Based-Fresh Fruit/Veggies
- ✓ Save Labour and Improve Food Safety
- ✓ Single Serve Convenience
- ✓ Delicious and Fun to Eat
- ✓ Fundraising Healthy Programs
- ✓ No Waste-Shelf Life 50% more vs plastic formats
- ✓ All Natural, NO Preservatives
- ✓ Gluten Free, Dairy Free, Nut Free
- ✓ Easy to Open
- ✓ No mess, Hand Held
- ✓ UPC per portion
- ✓ Array of seasonal CA produce

[www.natureknows.ca](http://www.natureknows.ca)

905-612-0085

[contact@natureknows.ca](mailto:contact@natureknows.ca)

Proud to foster healthy learning more sustainably  
 #Lovethecrinkle NO More plastics!



Perfect single serve portion for little hands. Pre-washed ready to eat ingredients for Smoothies, Salads, Yogurt Parfaits, Oatmeal, Cereals, On the Side of Any Meal or as a Healthy Snack To Go!

Nature Knows Product Description	Pack Size/Format	Shelf Life
New Fresh Apple Slices	60 x 55g pouch	18 days
Fresh Red Seedless Grapes	60 x 55g pouch	14 days
Fresh Sweet Tomatoes	60 x 55g pouch	14 days
Fresh Baby Carrots	60 x 55g pouch	12 days
Fresh Snap Peas	60 x 55g pouch	12 days

Healthy Fundraising Programs Available! Check out our website for more details-A perfect solution to provide healthier choices for School /Sports Programs. Ask us about our NEW 1lb Farm to Table Family Size, Resealable 100% Compostable Bags



*Nature Knows*<sup>®</sup>

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Let's Connect:

