

| Buckwheat – Groats & Grits | | | | | | |
|---|---------------|--|----------------------|--|-----------|----------------------|
| Conventional Product | Item Code | Organic Product | | | Item Code | |
| Wolff's Whole Groats – 6/13 oz Box | A015611 | (O) Pocono Whole Groats – 6/13 oz Box | | | A015111 | |
| Wolff's Whole Groats – 50 lb Bag | A015633 | (O) Pocono Whole Groats – 25 lb Bag | | | A015125 | |
| Wolff's Whole Groats – 2000 lb Tote | A015643 | (O) Pocono Whole Groats – 50 lb Bag | | | A015133 | |
| Wolff's Coarse Grits – 50 lb Bag | A015533 | (O) Pocono Whole Groats – 50 lb Bag | | | A016850 | |
| Wolff's Medium Grits – 50 lb Bag | A015433 | (O) Pocono Whole Groats – 2000 lb Tote | | | A016950 | |
| Wolff's Medium Grits – 2000 lb Tote | A015443 | (O) Pocono Coarse Grits – 50 lb Bag | | | A015833 | |
| Wolff's Fine Grits – 50 lb Bag | A015333 | (O) Pocono Medium Grits – 50 lb Bag | | | A015233 | |
| | | (O) Pocono Medium Grits – 50 lb Bag | | | A016650 | |
| | | (O) Pocono Medium Grits – 2000 lb Tote | | | A016653 | |
| | | (O) Pocono Fine Grits – 50 lb Bag | | | A015733 | |
| GENERAL DESCRIPTION: Wolff's Groats/Grits are milled from conventional buckwheat grain. (O) Pocono Groats/Grits are milled from organic buckwheat grain. Buckwheat Groats/Grits are produced by mechanical harvesting, cleaning, dehulling, and grinding buckwheat grain. | | | | | | |
| INGREDIENT: 100% Buckwheat | | | | | | |
| ALLERGENS: Less than 20 PPM gluten | | | | | | |
| REGULATIONS AND FOOD SAFETY: This product is food grade and is in compliance with Federal Food, Drug and Cosmetic Act as amended and all applicable regulations thereunder. Groats/Grits are a raw agricultural products that are not subjected to a microbiological kill step and are therefore not ready to eat and intended for further processing. | | | | | | |
| CERTIFICATIONS: | | | | | | |
| GFSI Cert: SQF Food Safety Code for Manufacturing, Edition 8 | | | | | | |
| Kosher Cert: OU Kosher Certified | | | | | | |
| Organic Cert: NOFA-NY Certified Organic LLC [Organic designated by (O) in product description] | | | | | | |
| PACKAGING/SHELF LIFE/STORAGE CONDITIONS/PALLET CONFIGURATION | | | | | | |
| 1. Package consists of 50 lb multi-wall paper bags, 13 oz paper box, or 2000 lb poly woven tote | | | | | | |
| 2. Stored according to GMPs at <80°F and 70% R.H., the shelf life is 3 years from the date of manufacture | | | | | | |
| 3. To preserve quality, dry storage at room temperature with regular inspection and rotation is recommended | | | | | | |
| Product | Size | Units/Pallet | Units/Layer | Per Unit Wt. | Cube | Packaging Dimensions |
| Wolff's Whole Groats | 50 lb | 40 | 5 | 51 lb | 1.17 | 18x32 |
| Wolff's Whole Groats | 2000 lb | NA | NA | 2050 lb | 36.86 | 35x35x52 |
| Wolff's Whole Groats | 6/13 oz | 312 | 39 | 6 lb | .15 | 6.5x8.75x5 |
| Wolff's Medium, Fine, & Coarse Grits | 50 lb | 40 | 5 | 51 lb | 1.17 | 18x32 |
| (O) Pocono Whole Groats | 25 lb | 80 | 8 | 26 lb | .71 | 13.5x26 |
| (O) Pocono Whole Groats | 50 lb | 40 | 5 | 51 lb | 1.17 | 18x32 |
| (O) Pocono Whole Groats | 2000 lb | NA | NA | 2050 lb | 36.86 | 35x35x52 |
| (O) Pocono Whole Groats | 6/13 oz | 312 | 39 | 6 lb | .15 | 6.5x8.75x5 |
| (O) Pocono Fine & Medium Grits | 50 lb | 40 | 5 | 51 lb | 1.17 | 18x32 |
| (O) Pocono Medium Grits | 2000 lb | NA | NA | 2050 lb | 42.54 | 35x35x60 |
| PHYSICAL CHARACTERISTICS | | | | | | |
| 1. Color – Creamy white with or without light green tint | | | | | | |
| 2. The product shall be free of rancid, bitter, musty, or other undesirable flavors or odors | | | | | | |
| 3. The product shall be as free of all types of foreign material as can be achieved through GMPs | | | | | | |
| CHEMICAL COMPOSITION – WHOLE GRANULATION ONLY | | | | TREATMENT | | |
| Moisture | 14.0% Maximum | | | None | | |
| Protein | 12.5% | +/- 2.0% | | | | |
| Ash | 1.7% | +/- 0.5 | | | | |
| CHEMICAL COMPOSITION – COARSE, MEDIUM & FINE GRANULATIONS ONLY | | | | MICROBIAL GUIDELINES¹ | | SCREEN SIZE |
| Moisture | 14.0% Maximum | | Standard Plate Count | n/a | Whole | Thru 12RD; Over 9RD |
| Protein | 7.0% | +/- 2.0% | Coliforms | < 500/g | Medium | Thru 8W; Over 16W |
| Ash | 1.25% | +/- 0.5 | Yeast | < 500/g | Coarse | Thru 7W; Over 16W |
| | | | Mold | < 10,000/g | Fine | Thru 10W; Over 28W |
| | | | | ¹ Listed as guidelines as opposed to controllable specifications. | | |

**THE BIRKETT
MILLS**

Penn Yan, New York

Finished Product Specs - Groats & Grits (NLEA) (FPSP 02.03.05).docx

Doc#: 000305

Date: 10/25/2018

Version: 11

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| NUTRITION² per 100 g (per FDA 2016 NLEA) | | |
|---|--------------------|----------------|
| --- WHOLE GRANULATION ONLY --- | | |
| Analysis | Test Result | Method |
| Calories | 320.46 | by calculation |
| Calories from Fat | 28.22 | by calculation |
| Fat by GC | --- | AOAC 996.06 |
| Fat (Total) (as is) (g) | 3.136 | AOAC 996.06 |
| Fat (Saturated) (as is) (g) | 0.695 | AOAC 996.06 |
| Trans Fatty Acids (g) | ND | AOAC 996.06 |
| Fat (Polyunsaturated) (g) | 1.112 | AOAC 996.06 |
| Fat (Monounsaturated) (g) | 1.328 | AOAC 996.06 |
| Carbohydrates (g) | 69.51 | by calculation |
| Total Dietary Fiber (as is) (g) | 9.96 | AACC 32-07.01 |
| Fiber, Soluble (as is) (g) | 1.70 | AACC 32-07.01 |
| Fiber, Insoluble (as is) (g) | 8.25 | AACC 32-07.01 |
| Total Sugar (g) | 0.98 | AOAC 984.22 |
| Includes 0g Added Sugars | --- | --- |
| Protein (N x 5.7) (as is) (g) | 11.80 | AACC 46-30.01 |
| Cholesterol (mg) | ND | AOAC 994.10 |
| Vitamin D (IU) | 0.00 | HPLC-UV |
| Calcium (mg) | 12.00 | AACC 40-70.01 |
| Iron (mg) | 2.25 | AACC 40-70.01 |
| Potassium (mg) | 415.00 | AACC 40-70.01 |
| Sodium (mg) | 3.75 | AACC 40-70.01 |
| Vitamin A | n/a | --- |
| Vitamin C | n/a | --- |
| <p>² Nutritional values represent typical properties of product, where the raw material (grain) may vary from crop season to crop season. Buyers of this product should determine what is suitable for their application and own operating environment.</p> | | |

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| NUTRITION² per 100 g (per FDA 2016 NLEA) | | |
|---|--------------------|----------------|
| --- COARSE, MEDIUM & FINE GRANULATIONS ONLY --- | | |
| Analysis | Test Result | Method |
| Calories | 334.04 | by calculation |
| Calories from Fat | 14.52 | by calculation |
| Fat by GC | --- | AOAC 996.06 |
| Fat (Total) (as is) (g) | 1.613 | AOAC 996.06 |
| Fat (Saturated) (as is) (g) | 0.361 | AOAC 996.06 |
| Trans Fatty Acids (g) | ND | AOAC 996.06 |
| Fat (Polyunsaturated) (g) | 0.598 | AOAC 996.06 |
| Fat (Monounsaturated) (g) | 0.653 | AOAC 996.06 |
| Carbohydrates (g) | 77.64 | by calculation |
| Total Dietary Fiber (as is) (g) | 3.64 | AACC 32-07.01 |
| Fiber, Soluble (as is) (g) | 0.29 | AACC 32-07.01 |
| Fiber, Insoluble (as is) (g) | 3.35 | AACC 32-07.01 |
| Total Sugar (g) | 0.58 | AOAC 984.22 |
| Includes 0g Added Sugars | --- | --- |
| Protein (N x 5.7) (as is) (g) | 5.59 | AACC 46-30.01 |
| Cholesterol (mg) | ND | AOAC 994.10 |
| Vitamin D (IU) | 0.00 | HPLC-UV |
| Calcium (mg) | 10.00 | AACC 40-70.01 |
| Iron (mg) | 0.85 | AACC 40-70.01 |
| Potassium (mg) | 198.00 | AACC 40-70.01 |
| Sodium (mg) | 1.00 | AACC 40-70.01 |
| Vitamin A | n/a | --- |
| Vitamin C | n/a | --- |
| <p>² Nutritional values represent typical properties of product, where the raw material (grain) may vary from crop season to crop season. Buyers of this product should determine what is suitable for their application and own operating environment.</p> | | |

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Wolff's Whole Groats – 13 oz Box

Wolff's
Whole
**BUCKWHEAT
GROATS**

Wheat & Gluten **FREE**

**WHOLE GRAIN
8
SERVINGS**

**100% Pure
Dehulled BUCKWHEAT Kernals**
Low Fat • Low Sodium • Whole Grain

NET WT. 13OZ. SEE DETAILS ON SIDE PANEL. **369 GRAMS**

BUCKWHEAT COOKBOOK
It's better with buckwheat!
You'll love this prize-winning collection of mouthwatering salads, soups, main dishes, breads, desserts, and more... Send \$3.00 (U.S. Funds) to:
Buckwheat Cookbooks
P.O. Box 440 Penn Yan, N.Y. 14827
(Allow 6 weeks for delivery)

Wolff's
WHOLE GROATS

Nutrition Facts
Serving Size: 1/4 cup (45g)
(About 3/4 cup prepared)
Servings Per Container: About 8

| Amount Per Serving | % Daily Value* |
|-----------------------------|----------------------|
| Calories 150 | Calories from Fat 10 |
| | % Daily Value |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 10mg | 0% |
| Potassium 150mg | 6% |
| Total Carbohydrates 32g | 11% |
| Dietary Fiber 2g | 10% |
| Sugars 0g | |
| Protein 5g | |
| Vitamin A 0% • Vitamin C 0% | |
| Calcium 0% • Iron 8% | |
| Phosphorus 20% | |

*Percent Daily Values are based on a diet of other people's secrets.

Made in the USA

INGREDIENTS:
100% Pure Buckwheat.
Contains no additives, or preservatives.
For a complete list of our products, write:
Mail Order Dept.
P.O. Box 440
Penn Yan, N.Y. 14827
Ph. (315) 536-3311
www.thebirkettmills.com

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Pocono Whole Groats – 13 oz Box

Pocono
Heart of Buckwheat
Whole
**BUCKWHEAT
GROATS**

Wheat & Gluten **FREE**

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Pocono
WHOLE GROATS

Nutrition Facts
Serving Size: 1/4 cup (45g)
(About 3/4 cup prepared)
Servings Per Container: About 8

| Amount Per Serving | % Daily Value* |
|-----------------------------|----------------------|
| Calories 150 | Calories from Fat 10 |
| | % Daily Value |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 1% |
| Trans Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 10mg | 0% |
| Potassium 150mg | 6% |
| Total Carbohydrates 32g | 11% |
| Dietary Fiber 2g | 10% |
| Sugars 0g | |
| Protein 5g | |
| Vitamin A 0% • Vitamin C 0% | |
| Calcium 0% • Iron 8% | |
| Phosphorus 20% | |

*Percent Daily Values are based on a diet of other people's secrets.

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