



5 000128 861069

AW CODE: P46980/1/6



Co-op was the first retailer to sell Fairtrade bananas in the UK in 2000, and the first to stock Fairtrade bananas in every store. We are proud to be sourcing Fairtrade bananas from co-operatives such as Volta River Estates in Ghana. The farmer members have invested Fairtrade Premium in social, environmental and educational projects that strengthen their co-operative and benefit farmers and their communities. You may not think you can change lives through shopping but by choosing Fairtrade you're making an impact every day.

Nutrition Typical Values **per 100g**: Energy 435kJ/103kcal, Fat <0.5g (of which Saturates <0.1g), Carbohydrate 23g (of which Sugars 21g), Fibre 1.1g, Protein 1.2g, Salt 0g, Potassium 400mg **per medium banana (approx. 80g)**: Energy 348kJ/82kcal, Fat <0.5g **LOW** (of which Saturates <0.1g **LOW**), Carbohydrate 19g (of which Sugars 17g **MED**), Fibre 0.9g, Protein 1.0g, Salt 0g **LOW**, Potassium 320mg. Reference intake of an average adult (8400kJ/2000kcal).

Storage Keep for days longer when stored in a cool, dry place and best kept away from other fruit. Do not put me in the fridge. If it still looks good enough to eat - it is!

Packed for Co-op (GB), Manchester, M60 0AG and
Co-op (NI), Unit 27/1, BT38 8PH. www.coop.co.uk/food

Try to include a wide variety of colourful fruit and veg into your diet and aim for at least 3 different veg and 2 different fruits every day. 1 medium banana will provide 1 of your 5 a day. For more information, contact us or visit our website

Responsible Sourcing We work to ensure our produce is sourced in a responsible way. To find out more visit www.coop.co.uk/sustainability/responsible-sourcing

Freephone
0800 0686 727



Ghana, Volta River Estates
FFLF0042 M206



FAIRTRADE
SMALL BANANAS

BANANAS: FAIRTRADE CERTIFIED
AND SOURCED FROM FAIRTRADE
PRODUCERS. TOTAL 100%.
VISIT WWW.INFO.FAIRTRADE.NET

1 OF YOUR FIVE A DAY

SOURCE OF POTASSIUM

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40mm

		COLOURS 1 PRIMER 2 C 3 M 4 Y 5 P5767 6 P5763 7 K 8 L631 MATT VARNISH		LABEL SIZE WIDTH 40 DEPTH 44.5		WINDING DIRECTION 1F 2F 3F 4F		APPLICATION MACHINE HAND	
CUSTOMER FYFFES GROUP LTD (STERLING)		BARCODE 5000128861069		MATERIAL SPEC SL150/PS1210/PET23 ("FB150")		LEADING EDGE NARROW WIDE		LABELS PER REEL / MAX OD 600	
DESCRIPTION CO-OP FAIRTRADE SMALL BANANA BAND GHANA VOLTA RIVER ESTATES (BOBST)		DATE 22.08.23		SURFACE/REVERSE PRINTED SURFACE		WOUND INSIDE OUTSIDE		CORE SIZE 76mm	
PLATE BAG REF. 42446		VERSION 01		OPERATOR ME		CUTTER REF 6917			

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ARTWORK APPROVED		ARTWORK NOT APPROVED AMEND AND RE-PROOF	
LABEL SPEC APPROVED		LABEL SPEC NOT APPROVED AMEND AS INDICATED	

SIGNED _____ **DATE** _____

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