



BC Centre for Disease Control
An agency of the Provincial Health Services Authority

GROCERY STORE TOUR

Facilitator Prep for In-Class Tour

Food Skills for Families

2026

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Facilitator Prep for an In-Class Grocery Store Tour

Selecting The Tour Format

Decide early on if an in-class tour is the best option for your group.

An in-class grocery store tour is a good option if your group is unable to visit a store in person. You can achieve the same outcomes and learning objectives of Session Five in an in-class setting as you would in a physical store.

Step 1: Decide if an in-class tour is the best choice for your group.

Reasons for not conducting the tour at a grocery store may include:

- Store location (too far away/poor transportation options)
- Accommodate mobility challenges or childcare
- Inclement weather
- Familiarity (a grocery store may not be where your group typically accesses food)

Step 2: Prepare for your in-class tour.

Leading the tour from the comfort of the classroom can be very accessible to you and your group. However, keep in mind that because there is less movement and visuals in the classroom than at a store, the in-class tour will require you to be a little more creative to engage your participants. Rather than having them passively sit and listen, we suggest you:

- Having examples ready (i.e. bring empty bread bags, milk cartons, yogurt tubs, etc.)
- Inviting participants to bring in some labels of their favourite foods.
- **Appendix A** provides examples that can be used, or find other food items on the internet relevant to your group to print off.
- Dividing the classroom up in sections that reflect the grocery store, or local store (i.e. produce on one side of the room and dairy on the other, to create movement in the learning space).

Step 3: Set-up your in-class tour.

If you have decided that the in-class tour is best suited for your group, it is time to set-up!

1. Review and use the [Session 5 – Grocery Store Tour](#) in your Facilitator Guide to lead discussions for the tour.
2. Gather your materials and supplies.
 - a. Keep various food packaging from previous sessions or bring from home.
 - b. Print off food examples and food labels from **Appendix A**.
 - c. Use the **Materials List** as a quick checklist for items you may want on hand to ensure your in-class grocery tour runs smoothly.

Materials List

FROM PREVIOUS SESSIONS

Save packaging from sessions to use during the tour.

- | | |
|---|---|
| <input type="checkbox"/> Cereals: Corn flakes, oats | <input type="checkbox"/> Oils: Canola & Olive Oil |
| <input type="checkbox"/> Dried red lentils | <input type="checkbox"/> Cheese & Yogurt |

PRINT (Appendix A)

Labels for the following items are in Appendix A.

- | | |
|--|---|
| <input type="checkbox"/> Muffins | <input type="checkbox"/> Cheese |
| <input type="checkbox"/> Breakfast Cereals | <input type="checkbox"/> Yogurt containers |
| <input type="checkbox"/> Fish, Meat, Poultry & Soy | <input type="checkbox"/> Nuts (Almonds and Cashews) |

ADDITIONAL ITEMS YOU MAY WISH TO PRINT OR PURCHASE

- ☐ 12 x Different, individual pieces of fruits or vegetables with produce stickers. Ensure there is a mix of items from BC and from outside of BC.
- ☐ 2 x Cans of beans
 - 1 x Black beans
 - 1 x Chickpeas
- ☐ 3 x Loaves of sliced bread
 - 1 x Loaf- High-fibre (DV of 15% or more), whole grain
 - 1 x Loaf- whole wheat
 - 1 x Loaf - Low fibre (DV of 5% or less), white
- ☐ 3 x Milk & Alternatives
 - 1 x Carton Milk (1%)
 - 1 x Carton Soy Beverage (unsweetened + fortified)
 - 1 x Carton Almond Beverage (or Oat)
- ☐ Items that are culturally or traditionally relevant to your group (i.e. salmonberries, bok choy, elk, Keifer, etc.)

Appendix A: Nutrition Labels

This appendix contains single page handouts of the following products along with their nutritional breakdown and ingredient list for use during the In-Class Grocery Store Tour.

Muffins

- Blueberry Muffin (Save On)
- Raisin Bran Muffin (Farmer's Market)
- Bran Muffin Mix (Quaker)

Breakfast Cereals

- Frosted Flakes
- Fruit Loops
- All-Bran Frosted
- Shredded Wheat

Fish, Meat, Poultry & Soy

- Salmon Fillet, Fresh
- Mackerel, Frozen
- Lean Ground Beef
- Chicken Strips
- Tofu
- Veggie Ground Round

Cheese

- Medium Cheddar Cheese
- Medium Cheddar Cheese, Light
- Mozzarella
- Paneer

Yogurts

- Yogurt, Strawberry Vanilla (2.9% M.F.)
- Greek Yogurt, Plain (0% M.F.)
- Yogurt, Black Cherry (9% M.F.)

Nuts (Pre-packaged & Bulk)

- Natural Sliced Almonds (110g), Pre-Packaged
- Natural Sliced Almonds, Bulk
- Whole Cashews (150g), Pre-Packaged
- Whole Cashews, Bulk

Blueberry Muffin



saveonfoods

Ingredients

Enriched wheat flour, Sugars (sugar, dextrose), Blueberries, Soybean oil, Liquid whole egg, Water, Buttermilk (milk ingredients, bacterial culture), Vegetable and modified palm oil margarine (soy), Modified milk ingredients, Baking powder, Salt, Natural and artificial flavour, Mono- and diglycerides, Modified cellulose, Sodium stearoyl-2-lactylate, Xanthan gum, Citric acid, Polyglycerol esters of fatty acids. Contains: Wheat, Eggs, Milk, Soy. May contain: Tree nuts, Sesame.

Nutrition Facts

Serving Size Per 1 Muffin (100 G)

Calories 360	% Daily Value*
Fat 18g	24 %
Saturated Fat 3.5g	19 %
+ Trans 0g	
Carbohydrate 45g	
Fibre 1g	4 %
Sugars 25g	
Protein 5g	
Cholesterol 55mg	
Sodium 350mg	15 %
Calcium	2 %
Iron	8 %
Vitamin A	0 %
Vitamin C	0 %

*5% or less is a little,
15% or more is a lot

Raisin Bran Muffin



NUTRITION FACTS & INGREDIENTS

Serving Size Per 100 g

% Daily Value*		% Daily Value*	
Calories 290 cal		Calcium 40 mg	3 %
Fat 9 g	12 %	Iron 2.5 mg	14 %
Saturates 1.5 g			
+ Trans 0.0 g	8 %		
Carbohydrate 49 g			
Sugars 27 g	27 %		
Fiber 7 g	25 %		
Protein 6 g			
Cholesterol 30 mg			
Sodium 300 mg	13 %		
Potassium 350 mg	10 %		

*5% or less is a **little**, 15% or more is a **lot**

The values stated are approximate and may not be fully representational of this products vitamins, nutrients and ingredients.

Ingredients

Water, Sugars (brown Sugar, Blackstrap Molasses), Whole Wheat Flour, Wheat Bran, Raisins (contain Cottonseed And / Or Sunflower And / Or Rapeseed Oil), Liquid Whole Egg, Soybean And/or Canola Oil, Liquid Egg-white, Baking Soda, Baking Powder, Artificial Flavour, Xanthan Gum, Soy Lecithin. May Contain: Tree Nuts, Milk, Sesame.

Bran Muffin Mix



NUTRITION FACTS & INGREDIENTS

Serving Size Per 1.0 /2 cup (68 g)

% Daily Value*		% Daily Value*	
Calories 270 cal		Calcium 100 mg	8 %
Fat 8 g	11 %	Iron 2.5 mg	14 %
Saturates 1.5 g			
+ Trans 0.0 g	8 %		
Carbohydrate 48 g			
Sugars 23 g	23 %		
Fiber 6 g	21 %		
Protein 6 g			
Cholesterol 5 mg			
Sodium 420 mg	18 %		
Potassium 250 mg	7 %		

*5% or less is **a little**, 15% or more is **a lot**

The values stated are approximate and may not be fully representational of this products vitamins, nutrients and ingredients.

Ingredients

Wheat Flour, Sugar, Wheat Bran, Vegetable Oil, Modified Milk Ingredients, Baking Soda, Salt, Modified Corn Starch, Monocalcium Phosphate, Propylene Glycol Esters Of Fatty Acids, Monoglycerides, Sodium Stearoyl-lactate, Caramel, Natural Flavour. Contains: Wheat, Milkmay Contain: Egg. Contains Wheat, Milk Ingredients. May Contain Egg Ingredients.

Frosted Flakes



NUTRITION FACTS & INGREDIENTS

Serving Size Per 1.0 cup (38 g)

% Daily Value*		% Daily Value*	
Calories 140 cal		Calcium 0 mg	0 %
Fat 0.0 g	0 %	Iron 5.0 mg	28 %
Saturates 0.0 g		Vitamin D 1.5 µg	8 %
+ Trans 0.0 g	0 %	Thiamine 0.75 mg	63 %
Carbohydrate 34 g		Riboflavin 0.95 mg	73 %
Sugars 14 g	14 %	Niacin 2.0 mg	13 %
Fiber 1 g	4 %	Vitamin B6	
Protein 2 g		0.225 mg	13 %
Cholesterol 0 mg		Pantothenate	
Sodium 180 mg	8 %	0.6 mg	12 %
Potassium 40 mg	1 %		

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Ingredients

Milled Corn, Sugars (sugar, Corn And Barley Malt Extract), Salt, Riboflavin (for Colour), Vitamins And Minerals: Iron, Niacinamide, Thiamine Hydrochloride, Cholecalciferol (vitamin D₃), D-calcium Pantothenate, Pyridoxine Hydrochloride, Folic Acid. Contains: Barley.

Fruit Loops

NUTRITION FACTS & INGREDIENTS

Serving Size Per 1.0 cup (39 g)

% Daily Value*		% Daily Value*	
Calories 150 cal		Calcium 10 mg	1 %
Fat 1.5 g	2 %	Iron 5.0 mg	28 %
Saturates 0.5 g		Vitamin D 1.5 µg	8 %
+ Trans 0.0 g	3 %	Thiamine 0.8 mg	67 %
Carbohydrate 34 g		Niacin 2.25 mg	14 %
Sugars 14 g	14 %	Vitamin B6	
Fiber 3 g	11 %	0.225 mg	13 %
Protein 2 g		Pantothenate	
Cholesterol 0 mg		0.6 mg	12 %
Sodium 150 mg	7 %	Zinc 1.25 mg	11 %
Potassium 50 mg	1 %		

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Ingredients

Sugars (sugar, Maltodextrin), Whole Grain Corn Flour, Wheat Flour, Whole Grain Oat Flour, Degerminated Corn Flour, Corn Bran, Oat Hull Fibre, Hydrogenated Coconut And Vegetable Oil, Salt, Concentrated Carrot Juice (for Colour), Anthocyanin, Annatto, Turmeric, Natural Flavour, Concentrated Watermelon Juice (for Colour), Concentrated Blueberry Juice (for Colour), Concentrated Huito Juice (for Colour), Stevia Leaf Extract, Vitamins And Minerals: Iron, Niacinamide, Zinc Oxide, Thiamine Hydrochloride, D-calcium Pantothenate, Cholecalciferol (vitamin D₃), Pyridoxine Hydrochloride, Folic Acid. Contains: Wheat, Oats.



All-Bran Frosted

NUTRITION FACTS & INGREDIENTS

Serving Size Per 1.0 cup (44 g)

% Daily Value*		% Daily Value*	
Calories 160 cal		Calcium 20 mg	2 %
Fat 0.5 g	1 %	Iron 1.25 mg	7 %
Saturates 0.0 g		Thiamine 0.15 mg	13 %
+ Trans 0.0 g	0 %	Phosphorus 150.0 mg	12 %
Carbohydrate 38 g		Magnesium 50.0 mg	12 %
Sugars 10 g	10 %	Zinc 1.25 mg	11 %
Fiber 5 g	18 %		
Protein 3 g			
Cholesterol 0 mg			
Sodium 210 mg	9 %		
Potassium 175 mg	5 %		

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Ingredients

Whole Grain Wheat, Sugars (sugar, Blackstrap Molasses, Corn And Barley Malt Extract), Rice, Wheat Bran, Salt. Contains: Wheat, Barley.



Shredded Wheat

NUTRITION FACTS & INGREDIENTS

Serving Size Per 2.0 biscuits (51 g)

% Daily Value*		% Daily Value*	
Calories 180 cal		Calcium 20 mg	2 %
Fat 1.0 g	1 %	Iron 1.25 mg	7 %
Saturates 0.2 g		Thiamine 0.1 mg	8 %
+ Trans 0.0 g	1 %	Niacin 2.5 mg	16 %
Carbohydrate 42 g		Pantothenate 0.5 mg	10 %
Sugars 0 g	0 %	Phosphorus 175.0 mg	14 %
Fiber 7 g	25 %	Magnesium 60.0 mg	14 %
Protein 6 g		Zinc 1.25 mg	11 %
Cholesterol 0 mg			
Sodium 0 mg	0 %		
Potassium 200 mg	6 %		

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Ingredients

Whole Grain Wheat, Bht Is Added To Package Material To Help Maintain Product Freshness. Contains: Wheat.



Salmon Fillet, Fresh



NUTRITION FACTS & INGREDIENTS

Serving Size Per 4.0 oz (113 g)

% Daily Value*		% Daily Value*	
Calories 240 cal		Calcium	0 %
Fat 15 g	23 %	Iron	2 %
Saturates 3.5 g		Vitamin C	8 %
+ Trans 0.0 g	18 %	Thiamine	20 %
Monounsaturates 4.5 g		Riboflavin	10 %
Polyunsaturates 4.5 g		Vitamin B6	40 %
Carbohydrate 0 g		Vitamin B12	180 %
Sugars 0 g		Pantothenate	25 %
Fiber 0 g	0 %	Phosphorus	25 %
Protein 23 g		Magnesium	10 %
Cholesterol 60 mg		Zinc	4 %
Sodium 65 mg	3 %	Selenium	50 %
Potassium 400 mg	12 %		

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Mackerel, Frozen

NUTRITION FACTS & INGREDIENTS

Serving Size Per 0.0 not available (113 g)

% Daily Value*		% Daily Value*	
Calories 180 cal		Calcium	2 %
Fat 9 g	14 %	Iron	10 %
Saturates 2.5 g		Vitamin C	4 %
+ Trans 0.0 g	13 %	Thiamine	10 %
Omega-3 Fatty Acids 2000 mg		Riboflavin	30 %
Monounsaturates 3.0 g		Vitamin B6	20 %
Polyunsaturates 2.0 g		Vitamin B12	250 %
Carbohydrate 0 g		Pantothenate	6 %
Sugars 0 g		Phosphorus	15 %
Fiber 0 g	0 %	Magnesium	15 %
Protein 23 g		Zinc	8 %
Cholesterol 55 mg		Selenium	80 %
Sodium 95 mg	4 %		
Potassium 450 mg	13 %		

Ingredients

Fish (chub Mackerel).



Lean Ground Beef



NUTRITION FACTS & INGREDIENTS

Serving Size Per 3.0 oz (90 g)

Ingredients

% Daily Value*		% Daily Value*	
Calories 210 cal		Calcium	0 %
Fat 15 g	23 %	Iron	10 %
Saturates 6 g		Vitamin K	4 %
+ Trans 0.5 g	30 %	Thiamine	8 %
Monounsaturates 7 g		Riboflavin	10 %
Polyunsaturates 0.4 g		Vitamin B6	10 %
Carbohydrate 0 g		Vitamin B12	80 %
Sugars 0 g		Pantothenate	8 %
Fiber 0 g	0 %	Phosphorus	15 %
Protein 17 g		Magnesium	6 %
Cholesterol 55 mg		Zinc	40 %
Sodium 55 mg	2 %	Selenium	30 %
Potassium 225 mg	7 %		

Lean Ground Beef.

Chicken Strips



Ingredients

Chicken breast, Water, Toasted wheat crumbs, Canola oil, Whole grain wheat flour, Wheat flour, Modified corn starch, Soy protein isolate, Rice starch, Salt, Pea fibre, Sugar, Baking powder, Spices, Spice extracts, Natural flavour. May contain Egg.

Nutrition Facts

Serving Size per 2 stri

Calories 170	% Daily Value*
Fat 9g	12 %
Saturated Fat 1.5g	8 %
+ Trans 0g	
Carbohydrate 15g	
Fibre 1g	4 %
Sugars 0g	0 %
Protein 8g	
Cholesterol 20mg	
Sodium 380mg	17 %
Potassium 100mg	2 %
Calcium 10mg	1 %
Iron 1mg	6 %
Vitamin A	0 %
Vitamin C	0 %

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15% or more is a lot

Tofu



Ingredients

Water, Soybeans (non-GMO), Magnesium chloride, Calcium sulphate. Contains: Soy.

Nutrition Facts

Serving Size per ¼ pack

	% Daily Value*
Calories 130	
Fat 8g	11 %
Saturated Fat 1g	5 %
+ Trans 0g	
Carbohydrate 3g	
Fibre 0g	0 %
Sugars 1g	1 %
Protein 14g	
Cholesterol 0mg	
Sodium 15mg	0 %
Potassium 150mg	3 %
Calcium 75mg	6 %
Iron 2mg	11 %
Vitamin A	0 %
Vitamin C	0 %

*5% or less is a little,
15% or more is a lot

Veggie Ground Round



Ingredients

Water • Textured soy protein* • Canola oil* • Apple cider vinegar • Dehydrated vegetables (beet, onion, garlic) • Yeast Extract • Tapioca • Sea Salt • Nutritional yeast • Spices. Contains: Soy. May contain: Wheat. *Non-GMO

Nutrition Facts

Serving Size per 55 g

Calories 70	% Daily Value*
Fat 2g	3 %
Saturated Fat 0.2g	2 %
+ Trans 0.1g	
Carbohydrate 5g	
Fibre 3g	11 %
Sugars 0g	0 %
Protein 9g	
Cholesterol 0mg	
Sodium 270mg	12 %
Potassium 350mg	7 %
Calcium 50mg	4 %
Iron 1.75mg	10 %

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15% or more is a lot

Medium Cheddar Cheese



NUTRITION FACTS & INGREDIENTS

Serving Size Per 3.0 cm cube (30 g)

% Daily Value*		% Daily Value*	
Calories 120 cal		Calcium 225 mg	17 %
Fat 9 g	12 %	Iron 0 mg	0 %
Saturates 6 g			
+ Trans 0.3 g	32 %		
Carbohydrate 1 g			
Sugars 0 g	0 %		
Fiber 0 g	0 %		
Protein 7 g			
Cholesterol 30 mg			
Sodium 250 mg	11 %		
Potassium 20 mg	1 %		

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Ingredients

Pasteurized Milk, Modified Milk Ingredients, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme, Annatto.

Medium Cheddar Cheese, Light



NUTRITION FACTS & INGREDIENTS

Serving Size Per 30 g

% Daily Value*		% Daily Value*	
Calories 90 cal		Calcium 250 mg	19 %
Fat 5 g	7 %	Iron 0.2 mg	1 %
Saturates 3.5 g			
+ Trans 0.2 g	19 %		
Carbohydrate 1 g			
Sugars 0 g	0 %		
Fiber 0 g	0 %		
Protein 9 g			
Cholesterol 20 mg			
Sodium 210 mg	9 %		
Potassium 30 mg	1 %		

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Ingredients

Pasteurized Partly Skimmed Milk, Modified Milk Ingredients, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme, Annatto.

Pizza Mozzarella, Light



Ingredients

Pasteurized partly skimmed milk, Modified milk ingredients, Salt, Bacterial culture, Calcium chloride, Microbial enzyme.

Nutrition Facts

Serving Size per 3 cm c

Calories 90	% Daily Value*
Fat 5g	7 %
Saturated Fat 3g	16 %
+ Trans 0.2g	
Carbohydrate 1g	
Fibre 0g	0 %
Sugars 0g	0 %
Protein 9g	
Cholesterol 20mg	
Sodium 230mg	10 %
Potassium 20mg	1 %
Calcium 225mg	17 %
Iron 0mg	0 %

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15% or more is a lot

Paneer



NUTRITION FACTS & INGREDIENTS

Serving Size Per 4.0 tbsp (55 g)

Ingredients

Milk, Whey, Citric Acid.

% Daily Value*		% Daily Value*	
Calories 110 cal		Calcium	10 %
Fat 8 g	12 %	Iron	2 %
Saturates 5 g		Vitamin A	8 %
+ Trans 0.3 g	26 %		
Carbohydrate 2 g			
Sugars 2 g			
Fiber 0 g	0 %		
Protein 6 g			
Cholesterol 35 mg			
Sodium 90 mg	4 %		
Potassium 0 mg	0 %		

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Yogurt, Strawberry Vanilla (2.9% M.F.)



Ingredients

Skim milk, Ultrafiltered skim milk and/or Milk protein concentrate, Sugars [sugar, caramel and grape juice concentrate (for colour)], Cream, Water, Strawberries, Modified corn starch, Gelatin, Natural flavour, Active probiotic culture (Bifidobacterium lactis CNCM I-2494) and active bacterial cultures, Pectin, Black carrot juice (for colour), Vitamin D3, Malic acid, Sodium citrate, Annatto (for colour), Calcium lactate. Made with vitamin D fortified skim milk.

Nutrition Facts

Serving Size per 1 cont

Calories 90	% Daily Value*
Fat 2.5g	3 %
Saturated Fat 1.5g	8 %
+ Trans 0.1g	
Carbohydrate 12g	
Fibre 0g	0 %
Sugars 10g	10 %
Protein 4g	
Cholesterol 10mg	
Sodium 45mg	2 %
Potassium 125mg	3 %
Calcium 125mg	10 %
Iron 0.1mg	1 %

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15% or more is a lot

Greek Yogurt, Plain (0% M.F.)



Ingredients

Skim milk, milk protein, bacterial culture.

Nutrition Facts

Serving Size Per 3/4 cu

	% Daily Value*
Calories 100	
Fat 0g	0 %
Saturated Fat 0g	0 %
+ Trans 0g	
Carbohydrate 6g	
Fibre 0g	0 %
Sugars 6g	6 %
Protein 17g	
Cholesterol 0mg	
Sodium 65mg	3 %
Potassium 250mg	5 %
Calcium 225mg	17 %
Iron 0mg	0 %

*5% or less is a little,
15% or more is a lot

Yogurt, Black Cherry (9% M.F.)



Ingredients

Whole milk, fruit preparation (sugar, black cherries, water, rice starch, natural flavour, pectin, citric acid), cream, sugar, milk protein, bacterial culture.

Nutrition Facts

Serving Size Per 3/4 cu

Calories 230	% Daily Value*
Fat 13g	17 %
Saturated Fat 8g	42 %
+ Trans 0.4g	
Carbohydrate 23g	
Fibre 0g	0 %
Sugars 22g	22 %
Protein 5g	
Cholesterol 45mg	
Sodium 70mg	3 %
Potassium 225mg	5 %
Calcium 175mg	13 %
Iron 0.1mg	1 %

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15% or more is a lot

Natural Sliced Almonds (110g), Pre-packaged



Description

Natural Sliced almonds



Western Family – Natural Sliced
Almonds, 110g

\$5.99

Natural Sliced Almonds, Bulk



\$3.69/100g

save on foods

Loose Bulk - Natural Sliced Almonds,
100g

\$3.69/100g

Whole Cashews (150g), Pre-Packaged



Description

1 bag is approximately 1 cup. Recipe ready. Packed in Canada from imported ingredients.



Western Family – Whole Cashews
Sliced Almonds, 150g
\$6.39

Whole Cashews, Bulk



\$4.29/100g



Loose Bulk – Whole Raw Cashews,
100g
\$4.29/100g