

Honest Weight Food Co-op Inc.
Food & Product Manual
Deli Section

As approved by the CMT and Nutrition Committee July 2008

The Deli and all Food Service will follow the guidelines set forth in the Food & Product Manual in general, and in particular the following:

- **Every offering will be labeled with all ingredients.**
- **The legally defined allergens: milk, eggs, fish, shellfish, wheat, peanuts and tree nuts will be prominently labeled on each offering. (Although not legally defined: Gluten free offerings will also be prominently labeled.)**
- Preference given to available local, regional & seasonal organic ingredients.
- Preference given for whole grains and whole grain products
- Daily provision of the following offerings:
 - 1 - fully organic
 - 2 - gluten-free
 - 3 - dairy-free
 - 4 - Vegan
 - 5 - raw food & juice(s)
 - 6 – Combinations of the above will also be available on a rotating basis.
- Use of the most nutritional ingredients available
- Every effort will be made to use product-suitable packaging that is currently known as least toxic and most biodegradable.