



# Pre Pack List

November 2008



Since we started - some three decades ago - we've specialised in producing competitively priced and conveniently packaged dry goods and now have a range that includes most grains, fruits, pulses, and seeds you can name and even a few you probably can't. So we thought, since this is obviously what we're good at, why don't we invest a little time and effort in making these foods an even more attractive proposition? So we did.

We've come up with what we believe to be some truly fresh, innovative and striking graphics that not only give our products greater shelf presence but also help to reinforce the brand values we have worked hard to establish. In order to keep up continuity so consumers will find it easy to spot the product they usually buy, we have used colour routes that follow on from existing Suma designs.

Fairly traded produce will be packaged in purple, bearing the 'fairly traded' legend in purple; wholefood lines are in orange packets, marked with 'wholefood' in white, and organic foods in green, labelled 'organic' in white.

Because shoppers like to see what they are buying, we have included a large window in the packaging, which serves as another aid to rapid recognition - not everyone wants to spend time reading and digesting (sic) the information on the label. To satisfy those who do and the powers that be, however, we have included easy-to-read information about ingredients and nutritional values, as well as cooking and storage information on the larger packs.

We are still using recycled card for the rip-top outers, which now form convenient shelf-ready display solutions, while the inner packs are made of polyprop. We decided against paper because it would have to be coated in order to be sealed and incorporate a window and this in turn adversely affects its recycling properties. Cellophane was ruled out, being highly energy-intensive in production.

Polyprop is a film manufactured from two polymers (LLDPE and VLDPE) which form food-grade polyethylene. It is stable, tear resistant to minimise spoilage, and - most importantly - is easily recycled.



[www.suma.coop](http://www.suma.coop)

**BEANS & DRIED PULSES****PREPACKS**

PU144	Black Beans	500g	1.09	GV
PU064	Blackeye Beans	500g	1.15	GV
PU078	Broth Mix	500g	1.29	V
PU066	Butter Beans	500g	1.39	GV
PU067	Chick Peas	500g	1.09	GV
PU068	Flageolet Beans	500g	2.15	GV
PU065	Lentils - brown	500g	1.19	GV
PU133	Lentils - Dark Speckled	500g	1.25	GV
PU069	Lentils - green	500g	1.45	GV
PU076	Lentils - red split	500g	1.99	GV
PU072	Marrowfat Peas	500g	0.89	GV
PU177	Moong Dahl	500g	1.19	GV
PU070	Split Peas - green	500g	0.85	GV
PU080	Split Peas - yellow	500g	0.85	GV

**ORGANIC PREPACKS**

PU004	<b>Organic Broth Mix</b>	500g	1.49	OV
PU222	<b>Bean Mix</b>	500g	1.49	GOV
PU166	<b>Yellow Split Peas</b>	500g	1.59	GOV
PU256	<b>Blackeye Beans</b>	500g	2.15	GVO
PU345	<b>Butter Beans</b>	500g	1.45	GVO
PU225	<b>Cannellini Beans</b>	500g	1.29	GOV
PU369	<b>Chick Peas</b>	500g	1.29	GVO
PU182	<b>Green Split Peas</b>	500g	1.45	GOV
PU145	<b>Haricot Beans</b>	500g	1.49	GOV
PU135	<b>Lentils - Brown</b>	500g	2.19	GVO
PU167	<b>Lentils - Dark Speckled</b>	500g	1.79	GOV
PU129	<b>Lentils - Green</b>	500g	1.79	GVO
PU294	<b>Lentils - Red split</b>	1kg	4.15	GOV
PU267	<b>Lentils - Red split</b>	500g	2.35	GVO
PU151	<b>Mung Beans</b>	500g	1.39	GVO
PU136	<b>Pinto Beans</b>	500g	1.39	GOV
PU156	<b>Red Kidney Beans</b>	500g	1.55	GOV
PU146	<b>Soya Beans</b>	500g	1.05	GOV

**FAIRTRADE PREPACKS**

PU244	<b>Aduki Beans</b>	500g	0.95	FGOV
PU219	<b>Soya Beans</b>	500g	1.09	FGOV
PU148	<b>Black Beans</b>	500g	1.19	FGOV

**BURGERS SAUSAGES & TVP MIXES****PREPACKS**

SY108	TVP Flavoured Col'd Chunks	250g	0.85	GV
SY109	TVP Flavoured Col'd Mince	250g	0.95	GV
SY103	TVP Plain Chunks	250g	0.86	GV
SY104	TVP Plain Mince	250g	0.89	GV

**CHOCOLATE****ORGANIC PREPACKS**

KB137	<b>Cacao Nibs</b>	100g	1.59	GOV
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**COCOA****FAIRTRADE PREPACKS**

LJ189	<b>Cocoa Powder</b>	250g	2.49	FGOV
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**CRISPS & SNACKS****PREPACKS**

ZX196	Bombay Mix	250g	0.99	GV
ZX200	Delhi Mix	125g	0.85	GV
ZX084	Fruit & Nut Mix	125g	0.75	GV
ZX205	Japanese Rice Crackers	125g	1.17	V
ZX294	Spiced Roast Chick Peas	125g	0.75	GV
ZX558	Spicy Noodles	250g	1.19	GV
ZX088	Trail Mix	125g	0.65	GS
ZX244	Tropical Mix	125g	0.79	GS
ZX195	Bombay Mix	125g	0.75	GV
ZX202	Sesame Sticks	125g	0.60	V

ZX204	Spicy Noodles	125g	0.85	GV
DR034	Super 4U Berry Mix	125g	2.95	GV

**ORGANIC PREPACKS**

ZX552	<b>Bombay Mix</b>	250g	1.15	OV
ZX931	<b>Bombay Mix</b>	125g	0.75	OV

**FLAKES, BRANS & WHEATGERM****PREPACKS**

FX099	Oats - jumbo	1kg	1.29	V
FX030	Oats - jumbo	500g	0.89	V
FX100	Oats - porridge	1kg	1.29	V
FX033	Oats - porridge	500g	0.89	V
FX035	Wheatgerm	500g	1.65	V

**ORGANIC PREPACKS**

FX092	<b>Barley Flakes - pearl</b>	500g	0.95	OV
FX090	<b>Bran Flakes (no salt)</b>	250g	1.08	OV
FX067	<b>Bran Sticks</b>	250g	0.99	OV
FG123	<b>Medium Oatmeal</b>	500g	0.78	OV
FX031	<b>Millet Flakes</b>	500g	2.05	GOV
FX111	<b>Oat Bran</b>	500g	1.45	OV
FX039	<b>Oats - jumbo</b>	500g	1.19	OV
FX060	<b>Oats - jumbo</b>	1kg	1.99	VO
FX040	<b>Oats - porridge</b>	500g	1.19	OV
FX059	<b>Oats - porridge</b>	1kg	1.99	VO
FX656	<b>Quinoa Flakes</b>	500g	2.45	GOV
FX032	<b>Rice Flakes Brown</b>	500g	1.99	OV
FX093	<b>Rye Flakes</b>	500g	0.89	OV
FX213	<b>Toasted Malted Wheat Flakes</b>	500g	1.69	OV
FX043	<b>Wheat Bran</b>	500g	0.89	OV
FX094	<b>Wheat Flakes</b>	500g	1.09	OV

**FLOURS & BREAD MIXES****PREPACKS**

FG092	Polenta	500g	1.05	GV
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**FRUIT - DRIED****PREPACKS**

DR202	Cherries - red, E127, SO2	200g	1.85	VS
DR221	Cherries - red, natural SO2	200g	1.89	VS
DR060	Cranberries	125g	1.45	GVS
DR097	Currants - medium	250g	0.99	GV
DR100	Dates - pitted	500g	0.99	GV
DR102	Figs	500g	4.29	GV
DR038	Fruit Cake Mix	500g	2.59	
DR182	Ginger - crystallised	250g	1.63	GSV
DR279	Mango Slices	125g	1.99	GV
DR203	Mixed Peel	200g	1.15	GVS
DR123	Papaya - diced	125g	0.79	GSV
DR180	Pineapple - diced SO2	250g	0.85	GSV
DR288	Pineapple Rings	125g	2.05	GV
DR167	Raisins - Thompson	500g	1.25	GV
DR115	Sultanas - Australian	500g	1.79	GV
DR119	Vine Fruit Mix	500g	1.69	GV
DR047	Apple - rings SO2	250g	1.55	GV
DR091	Apple Rings, SO2	125g	1.05	GV
DR094	Apricots - select SO2	250g	1.49	GV
DR095	Apricots - select SO2	500g	2.59	GV
DR093	Apricots - select SO2	125g	0.89	GV
DR096	Apricots - unsulphured	250g	1.55	GV
DR054	Banana - chips	250g	0.89	GS
DR120	Banana Chips	125g	0.69	GS
DR133	Blueberries	125g	3.49	GSV
DR099	Dates - pitted	250g	0.59	GV
DR214	Dates - pitted	750g	1.19	GV
DR101	Figs	250g	1.89	GV
DR070	Fruit salad - SO2	250g	1.75	GV
DR181	Fruit salad - SO2	500g	3.19	GV
DR121	Ginger - crystallised	125g	0.99	GVS

DR055 Goji Berries	100g	1.79	GV
DR032 Incan Berries	125g	1.79	GV
DR125 Peaches - SO2	250g	1.85	GV
DR124 Pears - SO2	250g	1.65	GSV
DR129 Pineapple - diced SO2	125g	0.58	GSV
DR104 Prunes - 20/30 large	250g	1.45	GV
DR107 Prunes - 30/40 medium	500g	2.29	GV
DR106 Prunes - 30/40 medium	250g	1.39	GV
DR108 Prunes - pitted sorbated	250g	1.26	GV
DR140 Prunes - pitted sorbated	500g	2.22	GV
DR668 Raisins - Dark flame	250g	0.85	GV
DR113 Raisins - Thompson	250g	0.95	GV
DR114 Sultanas - Australian	250g	1.11	GV
DR117 Sultanas - Turkish	500g	1.59	GV

#### ORGANIC PREPACKS

DR868 Cherries, glace	200g	3.89	OSV
DR325 Cranberries	125g	2.59	GOSV
DR020 Crystallised Ginger	250g	1.85	GOSV
DR251 Currants	500g	4.79	GOV
DR159 Dates - Medjool	250g	3.15	GOV
DR064 Figs	250g	2.99	GOV
DR040 Fruit Cake Mix	500g	3.49	GOV
DR205 Mixed Peel	200g	2.69	OSV
DR255 Raisins	500g	1.99	GOV
DR256 Sultanas	500g	1.87	GOV
DR365 Vine Fruit Mix	500g	2.49	GOV
DR250 Apricots	500g	3.15	GOV
DR244 Apricots	750g	4.65	GOV
DR063 Apricots	250g	1.75	GOV
DR655 Banana Chips	250g	1.75	GOS
DR011 Crystallised Ginger	125g	1.15	GOSV
DR073 Currants	250g	2.59	GOV
DR252 Dates - pitted	500g	2.79	GOV
DR074 Dates - pitted	250g	1.59	GOV
DR077 Pitted Prunes	250g	1.99	GOV
DR253 Pitted Prunes	500g	4.55	GOV
DR136 Raisins	750g	2.79	GOV
DR065 Raisins	250g	1.25	GOV
DR066 Sultanas	250g	1.09	GOV

#### FAIRTRADE PREPACKS

DR170 Banana Coins	125g	1.39	FGOV
DR720 Dates - pitted	250g	1.99	FGOV

#### GRAINS

##### PREPACKS

QS055 Barley Grain - pearl	500g	0.85	V
QS111 Bulgar wheat - coarse	500g	1.35	V
QS051 Couscous	500g	1.45	V
QS090 Rice - arborio (risotto)	500g	1.15	GV
QS085 Rice - basmati brown	500g	1.69	GV
QS050 Rice - basmati white	500g	1.69	GV
QS052 Rice - long grain brown	500g	1.25	GV
QS104 Rice - pudding white	500g	1.39	GV
QS222 Rice - sushi	500g	1.29	GV
QS102 Rice - wild	125g	2.05	GV
QS061 Tapioca	500g	1.28	GV

##### ORGANIC PREPACKS

QS165 Barley Grain	500g	1.05	GOV
QS068 Buckwheat - unroasted	500g	1.15	GOV
QS300 Bulgar wheat	500g	1.49	OV
QS301 Couscous - wholemeal	500g	1.63	OV
QS008 Couscous - wholemeal	750g	1.75	OV
QS322 Millet	500g	1.05	GVO
QS070 Popcorn	500g	2.09	GOV
QS677 Rice - arborio	500g	1.89	GOV
QS252 Rice - basmati, brown	1kg	3.39	GOV
QS302 Rice - basmati, brown	500g	1.85	GOV

QS303 Rice - white basmati	500g	1.85	GOV
QS213 Rice - white basmati	1kg	3.39	GOV
QS100 Rice - long grain brown	1kg	2.39	VO
QS066 Rice - long grain brown	500g	1.35	GOV
QS101 Rice - short grain brown	1kg	2.39	VO
QS067 Rice - short grain brown	500g	1.35	GOV
QS072 Wheat grain	500g	0.75	OV

#### FAIRTRADE PREPACKS

QS189 Quinoa	500g	1.89	FGOV
QS015 Quinoa	750g	2.69	FGOV
QS121 Red Quinoa	750g	2.39	FGOV
QS120 Red Quinoa	500g	1.69	FGOV
QS404 Rice - basmati, brown	500g	2.09	FGOV
QS320 Rice - basmati, white	500g	2.09	FGOV

#### MUESLIS & BREAKFAST CEREALS

##### PREPACKS

MX141 Crunchy Apricot Muesli	500g	1.95	
MX100 Crunchy Apricot Muesli	1kg	3.55	
MX142 Gluten Free Muesli	500g	2.65	VG
MX153 Luxury Tropical Muesli, SO2	500g	1.89	V
MX056 Nutty Crunch	500g	1.29	V
MX102 Roast Hazelnut Muesli	1kg	2.99	V
MX103 Super Muesli	1kg	3.29	V
MX147 Super Muesli	500g	1.79	V

##### ORGANIC PREPACKS

MX149 De Luxe Muesli	500g	2.09	VO
MX163 De Luxe Muesli	1kg	3.89	OV
MX058 Gluten Free Muesli	500g	2.99	GOV
MX139 Gluten Free Muesli	1kg	5.59	GOV
MX106 Muesli	1kg	3.33	OV
MX151 Muesli	500g	1.79	VO
MX161 Muesli Base	1kg	2.59	OV
MX266 Premium Muesli	500g	2.19	OV
MX179 Premium Muesli	1kg	4.09	OV

#### NUTS & SEEDS

##### PREPACKS

NU145 Almonds	250g	1.95	GV
NU013 Almonds - blanched	125g	1.35	GV
NU086 Almonds - flaked	125g	1.29	GV
NU144 Almonds - ground	250g	2.09	GV
NU146 Brazil - broken	250g	1.29	GV
NU147 Brazil - whole medium	250g	1.79	GV
NU149 Cashew - large pieces	250g	1.65	GV
NU150 Cashew - roasted & salted	125g	1.75	GV
NU153 Cashew - whole	250g	2.35	GV
NU029 Coconut - chips	200g	0.75	GV
NU157 Hazelnuts	250g	2.55	GV
NU162 Mixed nuts	250g	1.45	GV
NU158 Mixed nuts - chopped	250g	1.33	GV
NU168 Peanuts - redskin	250g	1.09	GV
NU170 Peanuts - salted	250g	0.89	GV
NU171 Pecan nuts	125g	2.15	GV
NU174 Pine kernels	250g	4.65	GV
NU252 Pistachio - raw shelled	125g	2.05	GV
NU175 Pistachio - roasted & salted	250g	2.59	GV
NU093 Pistachio - roasted & salted	125g	1.49	GV
NU181 Walnuts - light amber halves	250g	1.95	GV
NU085 Almonds	125g	1.15	GV
NU143 Almonds - ground	125g	1.19	GV
NU088 Brazil - broken	125g	0.79	GV
NU087 Brazil - whole medium	125g	1.05	GV
NU089 Cashew - large pieces	125g	0.99	GV
NU152 Cashew - whole	125g	1.45	GV
NU090 Hazelnuts	125g	1.45	GV
NU211 Linseed / Flax	250g	0.75	GV
NU291 Linseed / Flax	500g	1.05	GV

NU091 Mixed nuts	125g	0.89	GV
NU095 Peanuts - redskin	125g	0.49	GV
NU184 Peanuts - roasted	250g	1.15	GV
NU092 Pine kernels	125g	2.49	GV
NU176 Pumpkin seeds	250g	1.38	GV
NU094 Pumpkin seeds	125g	0.85	GV
NU177 Sesame seeds - natural	250g	1.19	GV
NU099 Sesame seeds - natural	125g	0.75	GV
NU178 Sunflower seeds	250g	0.95	GV
NU179 Sunflower seeds	500g	1.45	GV
NU100 Sunflower seeds	125g	0.75	GV
NU180 Walnuts - light amber halves	125g	1.09	GV
NU197 Walnuts - light amber pieces	250g	1.75	GV
NU196 Walnuts - light amber pieces	125g	1.05	GV

ORGANIC PREPACKS

NU159 Almonds	500g	6.99	GOV
NU102 Almonds	250g	3.65	GOV
NU387 Almonds, ground	125g	1.99	GOV
NU219 Brazils	250g	2.19	GOV
NU255 Cashews whole	250g	2.60	GOV
NU041 Coconut - desiccated	125g	0.62	GOV
NU258 Hazelnuts	250g	3.99	GOV
NU293 Omega Seed Mix	250g	1.39	GOV
NU218 Peanuts	500g	2.35	GOV
NU545 Pine Kernels	125g	2.75	GOV
NU289 Walnuts	500g	4.89	GOV
NU104 Walnuts	125g	1.39	GOV
NU234 Alfalfa seeds	125g	1.59	GVO
NU217 Almonds	125g	1.99	GOV
NU344 Brazils	125g	1.25	GOV
NU033 Cashews whole	125g	1.45	GOV
NU103 Hazelnuts	125g	2.19	GOV
NU272 Hemp Seeds	250g	2.89	GVO
NU273 Hemp Seeds	125g	1.75	GVO
NU322 Linseed, golden	250g	1.25	GOV
NU288 Omega Seed Mix	125g	1.05	GOV
NU069 Peanuts	125g	0.79	GOV
NU261 Pumpkin seeds	500g	2.19	GOV
NU212 Pumpkin seeds	125g	0.79	GOV
NU323 Pumpkin seeds	250g	1.25	OGV
NU213 Sesame seeds	125g	0.89	GOV
NU356 Sesame seeds	250g	1.79	OGV
NU106 Sunflower seeds	750g	1.65	GOV
NU105 Sunflower seeds	125g	0.65	GOV
NU254 Sunflower seeds	250g	0.99	GOV
NU457 Sunflower seeds	500g	1.69	GOV
NU012 Walnuts	250g	2.75	GOV

FAIRTRADE PREPACKS

NU298 Brazils	250g	2.55	FGOV
NU034 Cashews	250g	2.85	FGOV
NU297 Brazils	125g	1.48	FGOV
NU023 Cashews	125g	1.69	FGOV

PET FOODS & PET CARE

PREPACKS

NU668 Wild Bird Seed	500g	0.61	GV
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SUGARS & SYRUPS

PREPACKS

LJ241 Soft Light Brown Sugar	500g	1.45	S
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ORGANIC PREPACKS

LJ261 Demerara Sugar	500g	1.49	OS
LJ255 Icing Sugar	500g	1.75	VOS
LJ251 Raw Cane Sugar	500g	1.35	OS

FAIRTRADE PREPACKS

LJ090 Golden Granulated Sugar	500g	1.49	FV
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SWEET SNACKS

PREPACKS

ZX653 Banana Chips - Yoghurt coated	125g	1.31	S
ZX322 Ginger - Plain Choc Coated	125g	1.69	S
ZX517 Peanuts - Milk Choc coated	125g	1.15	S
ZX009 Peanuts - Yoghurt coated	125g	1.15	S
ZX513 Raisins - Milk Choc coated	125g	1.17	S
ZX010 Raisins - Plain Choc coated	125g	1.17	S
ZX562 Raisins - Yoghurt coated	250g	1.92	S
ZX015 Raisins - Yoghurt coated	125g	1.15	S

ORGANIC PREPACKS

ZX649 Peanuts - Yoghurt Coated	125g	1.29	OS
ZX636 Sunflowers - Milk Chocolate	125g	1.59	OS
ZX002 Sunflowers - Milk Chocolate	75g	0.85	OS
ZX652 Sunflowers - Yoghurt Coated	125g	1.39	OS
ZX623 Sunflowers - Yoghurt Coated	75g	0.89	OS
ZX640 Banana Chips, Yoghurt	125g	1.59	OS
ZX630 Brazil Nuts - Milk Chocolate	125g	2.09	OS
ZX256 Dark Chocolate Macadamias	125g	3.19	OS
ZX255 Dark Chocolate Macadamias	75g	2.09	OS
ZX626 Ginger - Dark Chocolate	125g	1.89	OS
ZX628 Jumbo Raisins - Dark Chocolate	125g	1.45	OS
ZX620 Jumbo Raisins - Milk Chocolate	75g	1.05	OS
ZX632 Jumbo Raisins - Milk Chocolate	125g	1.69	OS
ZX617 Jumbo Raisins - Yoghurt	75g	1.19	OS
ZX645 Jumbo Raisins - Yoghurt Coated	125g	1.65	OS
ZX612 Peanuts - Yoghurt Coated	75g	0.79	OS
ZX258 Santa's Snack	125g	3.09	OS
ZX257 Santa's Snack	75g	1.99	OS
ZX249 White Chocolate Cranberries	75g	1.89	OS
ZX250 White Chocolate Cranberries	125g	2.89	OS

FAIRTRADE PREPACKS

ZX165 Milk Chocolate Banana	125g	1.69	FOS
ZX151 Milk Chocolate Brazil Nuts	125g	1.69	FOS
ZX149 Milk Chocolate Cashews	125g	1.69	OFS
ZX159 Milk Chocolate Dates	125g	1.59	FOS



SUMA WHOLEFOODS, Lacy Way, Lowfields Business Park,  
Elland, West Yorkshire, HX5 9DB

Sales Office - Tel: 01422 313848 Fax: 01422 313869 www.suma.coop sales@suma.coop