

New!



# essentials<sup>®</sup>



**TWO  
7 OZ. CUPS  
PER PACKAGE**

A single-serve fruit solution  
with an added boost of beneficial ingredients.

**55%** of consumers  
look for fruits and  
vegetables as a snack.<sup>(1)</sup>

Source: 1) Food Business News, 2019.

## SIMPLY SMARTER SNACKING

- Individually-Sealed for Safety & Convenience
- Shelf-Stable, No Refrigeration Required Before Opening
- No Added Sugar\*
- Excellent Source of Vitamin C
- No Artificial Flavors or Preservatives



**PACKED TO ALLOW MERCHANDISING  
VERSATILITY IN MULTIPLE LOCATIONS**



**BPA-FREE  
PACKAGING**

\*Not a low or reduced calorie food. See Nutrition Facts for information on sugar and calorie content.

# Flavors Customers Crave



**PINEAPPLE WITH CUCUMBER AND MINT**



**MINT +16.6% GROWTH\***



**MANDARIN ORANGES WITH TURMERIC**



**TURMERIC +190.9% GROWTH\***



**MIXED FRUIT WITH GREEN TEA EXTRACT**



**GREEN TEA +18.9% GROWTH\***

\*Datassential 4-Year Menu Growth, 2021.

## NUTRITION FACTS

### DOLE ESSENTIALS® - 7 OZ.

#### Pineapple in a blend of 100% Fruit Juices with Cucumber & Mint Natural Flavors

Pineapple, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Acerola Juice from Concentrate (Water, Acerola Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), and Natural Flavors.

Case Code	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Calcium % DV*	Iron % DV*	Potassium % DV*	Vitamin C % DV*
100-38900-02051-1	1 cup (198g)	120	0	0	0	5	29	2	27	0	<1	0	2	2	50
100-38900-02053-5	1 cup (198g)	110	0	0	0	5	25	2	22	0	1	4	0	4	50
100-38900-02052-8	1 cup (198g)	110	0	0	0	5	26	2	23	0	1	0	2	4	50

#### Mandarin Oranges in a blend of 100% Fruit Juices with Turmeric

Mandarin Oranges, Pineapple Juice from Concentrate (Water, Pineapple Juice Concentrate), Acerola Juice from Concentrate (Water, Acerola Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, and Turmeric Powder.

#### Mixed Fruit in a blend of 100% Fruit Juices with Green Tea Extract

White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple, Peaches, Asian Pears, Acerola Juice from Concentrate (Water, Acerola Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, and Green Tea Extract (Green Tea, Caffeine).

\* Percentages based on the daily value of a 2,000 calorie diet.

## CASE SPECIFICATIONS

### DOLE ESSENTIALS®

#### DOLE Essentials® - ALL 7. OZ. VARIETIES

Pack/Size	Case Dimensions	Case Weight		Case Cube	Per Case Pallet
		Net	Gross		
6/2/7 oz.	13.819" x 9.764" x 3.701"	5.31 lb.	6.13 lb.	0.289	156