

Gold Emblem  
**abound**<sup>®</sup>

WE'RE GOLD EMBLEM:  
OUR STANDARD IS

**DELICIOUS**<sup>™</sup>

We love our veggies, but we also love our crispy snacks. That's why we made these light and airy Ranch Veggie Sticks with tangy buttermilk to combine two loves into one satisfying munchable. Every bite of our potato-, tomato-, and spinach-flavored sticks is a delightful treat to the palate. They're a gluten free snack you can feel good about.

At Gold Emblem abound<sup>®</sup>, we believe a healthy life should be a tasty life. That's why we carefully source nutritious ingredients that satisfy your cravings, but never give up great taste.

We make choosing nourishing snacks simple. Because with us, wholesome choices abound.

Gold Emblem  
**abound**<sup>®</sup>

**Ranch** FLAVORED  
**Veggie Sticks**

Potato, Tomato & Spinach

CHOLESTEROL FREE

**GLUTEN FREE**  
**30% LESS FAT PER SERVING**

than regular potato chips;  
see back panel for sodium content

- ✓ NO ARTIFICIAL PRESERVATIVES
- ✓ NO ARTIFICIAL FLAVORS
- ✓ NO ARTIFICIAL SWEETENERS
- ✓ NO HIGH FRUCTOSE CORN SYRUP



NET WT  
7 OZ (198 g)



Certified  
**GF**  
Gluten-Free

per 1 oz  
**140** CALORIES  
**1g** SAT FAT 5% DV  
**340mg** SODIUM 15% DV  
**1g** TOTAL SUGARS

serving suggestion

**Nutrition Facts**

7 servings per container  
Serving size 1oz (28g/about 37 sticks)

Amount per serving  
**Calories 140**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>

**Protein** 1g

Vitamin D 0mcg 0%	•	Calcium 20mg 2%
Iron 0.3mg 2%	•	Potassium 130mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** POTATO STARCH, POTATO, VEGETABLE OIL (CORN, COTTONSEED AND/OR SUNFLOWER OIL), RANCH SEASONING (BUTTERMILK\*\*, SALT, ONION AND GARLIC POWDERS, DEXTROSE, AUTOLYZED YEAST EXTRACT, TOMATO POWDER, MALTODEXTRIN, WHEY, CHEDDAR CHEESE\*\* [CULTURED MILK, SALT, ENZYMES], NATURAL FLAVORS, PARSLEY, CITRUS ACID, LACTIC ACID, SPICES, DISODIUM PHOSPHATE), SALT, SPINACH POWDER, TOMATO POWDER, SUGAR, TURMERIC, RED BEET.

\*\*Adds a trivial amount of cholesterol  
**ALLERGY INFORMATION:** CONTAINS MILK.

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Product of USA V-34614  
MANUFACTURED IN A FACILITY THAT ALSO PROCESSES SOY DERIVATIVES.

PER 1 OZ SERVING	FAT
THIS PRODUCT	7g
LEADING NATIONAL BRAND POTATO CHIPS	10g

We guarantee you'll love this item or your money back.

#345889  
FPO 100%  
UPC# 050428608630  
X XXXXXX XXXXXX X



ARTIFICIALLY FLAVORED  
**FIRE ROASTED  
SWEET CORN  
BUTTER POPCORN**

The quintessential flavors of summer can be yours year round with our Artificially Flavored Fire Roasted Sweet Corn Butter Popcorn. Toss a handful in your mouth and be transported to a sunny backyard BBQ as the taste of sweet and buttery, salt and peppery grilled corn dances on your palate.

With Gold Emblem, you can turn any day into a celebration. We make sharing easy with food that's high quality and big on flavor: so bake a cake, pour a drink, or pass the snacks. Life is waiting. Dig in!

WE'RE GOLD EMBLEM: OUR STANDARD IS  
**DELICIOUS™**



ARTIFICIALLY FLAVORED  
**FIRE ROASTED  
SWEET CORN  
BUTTER POPCORN**



serving suggestion

NET WT 5 OZ (142 g) U D

per about 2.5 cups



**Nutrition Facts**

5 servings per container  
**Serving size About 2.5 Cups (28g)**

Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> <5mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0mg	0%
Potassium 60mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** POPCORN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, COTTONSEED, SUNFLOWER, SOYBEAN), SEASONING (MALTODEXTRIN, SUGAR, SALT, NONFAT DRY MILK, BUTTERMILK SOLIDS, SPICE, LACTIC ACID, NATURAL & ARTIFICIAL FLAVOR, CITRIC ACID, TURMERIC EXTRACTIVES (COLOR), TRICALCIUM PHOSPHATE, YEAST AUTOLYZATE), BUTTER POWDER (BUTTER (CREAM, SALT), NONFAT DRY MILK, BUTTERMILK, SODIUM CITRATE, CITRIC ACID, TOCOPHEROL (ANTI-OXIDANT), BETA CAROTENE (COLOR)), NONFAT DRY MILK, BUTTER (CREAM, SALT), BETA CAROTENE (COLOR), TOCOPHEROL (ANTI-OXIDANT), AND ANNATTO EXTRACT (COLOR).

**ALLERGY INFORMATION:** CONTAINS MILK.  
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V-36482

We guarantee you'll love this item or your money back.

#428777

FPO 100%  
UPC# 050428622773

X XXXXXX XXXXXX X

WE GUARANTEE YOU'LL LOVE THIS ITEM OR YOUR MONEY BACK.  
 FOR STORING, DO NOT CONSUME IF THE CUP IS LEAKING, DAMAGED OR BLOATED.  
 STORE IN A COOL, DRY AND CLEAN PLACE. DO NOT STORE PRODUCT AFTER  
 OPENING. PACKAGING ONLY FOR COOKING AND IMMEDIATE CONSUMPTION. NOT  
 FOR STORAGE. PRODUCT OF FRANCE V-36634  
 MAY CONTAIN SOY, TREE NUTS, WHEAT.



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**ALLERGY INFORMATION:** CONTAINS MILK.  
**INGREDIENTS:** COOKED QUINOA (WATER, QUINOA), BASIL, SUNFLOWER OIL, EXTRA VIRGIN OLIVE OIL, WATER, PARMESAN CHEESE (MILK, SALT, ENZYME), PARSLEY, ZUCCHINI, PUMPKIN SEED, SKIMMED MILK, POTATO STARCH, SALT, GARLIC, LEMON JUICE CONCENTRATE, CARROT FIBER.

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 36g	<b>46%</b>	<b>Total Carb.</b> 52g	<b>19%</b>
<b>Sat. Fat</b> 5g	<b>25%</b>	<b>Dietary Fiber</b> 8g	<b>29%</b>
<b>Trans Fat</b> 0g		<b>Total Sugars</b> 3g	<b>0%</b>
<b>Cholesterol</b> 10mg	<b>3%</b>	<b>Incl. 0g Added Sugars</b>	<b>0%</b>
<b>Sodium</b> 490mg	<b>21%</b>	<b>Protein</b> 14g	<b>16%</b>
<b>Vit. D</b> 0mcg	<b>0%</b>	<b>Iron</b> 3.4mg	<b>20%</b>
<b>Calcium</b> 250mg	<b>20%</b>	<b>Potas.</b> 540mg	<b>10%</b>

**Calories 590**  
 per serving

**1 package**  
 (250g)  
**Serving size**

**590**  
**Calories**  
 per serving

1 Open Slightly peel film from both cups.  
 2 Heat Microwave each cup for 1 minute\* separately.  
 3 Enjoy Mix desired amount of sauce into quinoa. Stir and enjoy!  
 \*Microwave ovens vary. Adjust heating time as needed. **CAUTION:** CUPS AND CONTENTS WILL BE HOT.



WE'RE GOLD EMBLEM.  
 OUR STANDARD IS DELICIOUS™

**READY IN TWO MINUTES**  
**FAST FAVORITES**

Heat or eat cold.  
**Directions**



**abound™**

**Pesto Genovese Quinoa**

GOOD SOURCE OF PROTEIN

SEE NUTRITION INFORMATION FOR TOTAL FAT, SATURATED FAT, AND SODIUM CONTENT. CONTAINS 36g OF TOTAL FAT PER SERVING.

**EXCELLENT SOURCE OF FIBER**

**HEAT OR EAT COLD**

serving suggestion

**READY IN TWO MINUTES**  
**FAST FAVORITES™**

- ✓ NO ARTIFICIAL PRESERVATIVES
- ✓ NO ARTIFICIAL SWEETENERS

- ✓ NO ARTIFICIAL FLAVORS
- ✓ NO ARTIFICIAL COLORS



**abound™**

**Pesto Genovese Quinoa**

GOOD SOURCE OF PROTEIN

SEE NUTRITION INFORMATION FOR TOTAL FAT, SATURATED FAT, AND SODIUM CONTENT. CONTAINS 36g OF TOTAL FAT PER SERVING.

**EXCELLENT SOURCE OF FIBER**

**HEAT OR EAT COLD**

SEE NUTRITION INFORMATION FOR TOTAL FAT, SATURATED FAT, AND SODIUM CONTENT

**READY IN TWO MINUTES**  
**FAST FAVORITES™**

- ✓ NO ARTIFICIAL PRESERVATIVES
- ✓ NO ARTIFICIAL SWEETENERS

- ✓ NO ARTIFICIAL FLAVORS
- ✓ NO ARTIFICIAL COLORS



NET WT 8.8 OZ (250 g)

per 1 package  
**590** CALORIES  
**5g** SAT FAT 25% DV  
**490mg** SODIUM 21% DV  
**3g** TOTAL SUGARS

BEST IF USED BY:



C\_ETUCVSQUIPESTO V1

#443521

To open box, push flaps in the direction of the arrows and slide out tab.

**FAST FAVORITES™**  
**Gold Emblem**

**SPICY THAI-STYLE GREEN CURRY**  
 Thai-style vermicelli noodles in a spicy green curry sauce

**NO MSG  
 VEGETARIAN**

**SPICY THAI-STYLE GREEN CURRY**

Gold Emblem Spicy Thai-Style Green Curry is your passport to craveable flavor. Ready in just 90 seconds, Thai-style vermicelli noodles combine with green curry sauce for a taste of Thailand without leaving home.

With Gold Emblem, you can turn any day into a celebration. We make sharing easy with food that's high quality and big on flavor: so bake a cake, pour a drink, or pass the snacks. Life is waiting. Dig in!

**WE'RE GOLD EMBLEM: OUR STANDARD IS DELICIOUS™**

**Nutrition Facts**  
 2 Servings per Container  
 Serving Size **1/2 box (140g)**

	Per Serving	Per Container
	<b>210</b>	<b>410</b>
	% DV*	% DV*
<b>Calories</b>		
<b>Total Fat</b>	8g <b>10%</b>	15g <b>19%</b>
Saturated Fat	4g <b>20%</b>	8g <b>40%</b>
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	460mg <b>20%</b>	930mg <b>40%</b>
<b>Total Carbohydrate</b>	29g <b>11%</b>	59g <b>21%</b>
Dietary Fiber	3g <b>11%</b>	5g <b>18%</b>
Total Sugars	3g	6g
Includes Added Sugars	2g <b>4%</b>	5g <b>10%</b>
<b>Protein</b>	5g	9g
Vitamin D	0 mcg <b>0%</b>	0 mcg <b>0%</b>
Calcium	40mg <b>4%</b>	80mg <b>6%</b>
Iron	0.5 mg <b>2%</b>	1 mg <b>6%</b>
Potassium	100mg <b>2%</b>	200mg <b>4%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS: NOODLES:** WATER, WHEAT FLOUR, CANOLA OIL, SALT, LACTIC ACID, SODIUM PHOSPHATE, DL-ALPHA-TOCOPHEROL. **GREEN CURRY SAUCE:** WATER, COCONUT MILK, GREEN CURRY PASTE (LEMONGRASS, GREEN CHILI, GARLIC, SHALLOT, GINGER, SALT, GALANGAL, CORIANDER, KAFFIR LIME LEAVES, CUMIN, KAFFIR LIME PEEL, CORIANDER SEEDS, WHITE PEPPER), RICE BRAN OIL, SUGAR, BABY CORN, FRESH RED CHILI, SALT, CORN STARCH, SWEET BASIL LEAVES, TURMERIC, SODIUM CARBONATE. **ALLERGY INFORMATION:** CONTAINS WHEAT, COCONUT. **Distributed by: CVS Pharmacy Inc.** One CVS Drive Woonsocket, RI 02895 © 2020 CVS/pharmacy, CVS.com® 1-800-SHOP CVS Product of Thailand V-36632 **STORE IN A COOL, DRY AND CLEAN PLACE. PACKAGING ONLY FOR COOKING AND IMMEDIATE CONSUMPTION, NOT FOR STORING. PRODUCED IN A FACILITY THAT USES PEANUT, SOYBEAN, SESAME AND SEAFOOD. We guarantee you'll love this item or your money back.**

**FAST FAVORITES™**

**FAST FAVORITES™**

X XXXXXX XXXXXX X  
 FPO 100%  
 UPC# 050428632468

#738900

1/2 box serving suggestion

210 CALORIES  
 4g SAT FAT 20% DV  
 460mg SODIUM 20% DV  
 3g TOTAL SUGARS



NET WT 9.88 OZ (280 g)

**SPICY THAI-STYLE GREEN CURRY**  
 Thai-style vermicelli noodles in a spicy green curry sauce

**FAST FAVORITES™**  
**Gold Emblem**



**READY IN 90 SECONDS**

INCLUDED

**NO MSG  
 VEGETARIAN**

Slide out tab, Reseal the same way.