



COOL BARS

THE ANYTIME BAR

2023

HEALTHY

All-day energy from only 10 ingredients.



HANDMADE

By our family and team with special needs.

WOMEN-LED

We are proudly woman-owned and operated.



2023



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Since launching Goodie Bars from our garage in 2021, our market has been focused on Millennial and Gen Z women with dietary restrictions and/or on a health journey. Our products are naturally free from refined sugar, dairy, gluten, soy and eggs. We use 10 raw ingredients that regulate appetite, give instant energy (without spiking blood sugar), and promote a healthy gut.

”

2023

CREAMY ALMOND

Valeur nutritive	% VQ* / % DV*	% VQ* / % DV*
Nutrition Facts		
Lipides / Fat 9 g	12 %	Protéines / Protein 6 g
saturés / Saturated 2.5 g	11 %	Cholestérol / Cholesterol 0 mg
+ trans / Trans 0 g		Sodium 75 mg
Calories 150		Potassium 125 mg
Glucides / Carbohydrate 14 g		Calcium 10 mg
Fibres / Fibre 3 g	10 %	Fer / Iron 0.75 mg
Sucres / Sugars 5 g	5 %	

* VQ = valeur quotidienne
* DV = Daily Value
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup** / *5% or less is a **little**, 15% or more is a **lot**

INGREDIENTS: ALMOND BUTTER*, SPROUTED GLUTEN FREE OATS*, DATES*, FILTERED WATER, HEMP PROTEIN*, HEMP SEEDS*, MAPLE SYRUP, CACAO BUTTER*, CACAO POWDER*, PINK SALT*.

*ORGANIC



CREAMY PEANUT

Valeur nutritive	% VQ* / % DV*	% VQ* / % DV*
Nutrition Facts		
Lipides / Fat 11 g	14 %	Protéines / Protein 6 g
saturés / Saturated 3.5 g	17 %	Cholestérol / Cholesterol 0 mg
+ trans / Trans 0 g		Sodium 95 mg
Calories 160		Potassium 200 mg
Glucides / Carbohydrate 14 g		Calcium 20 mg
Fibres / Fibre 3 g	10 %	Fer / Iron 1 mg
Sucres / Sugars 5 g	5 %	

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INGREDIENTS: PEANUT BUTTER*, SPROUTED GLUTEN FREE OATS*, DATES*, FILTERED WATER, HEMP PROTEIN*, PEANUTS*, MAPLE SYRUP*, CACAO BUTTER*, CACAO POWDER*, PINK SALT*.

*ORGANIC



VEGAN



GLUTEN-FREE



DAIRY-FREE



SOY-FREE

Millennials and Gen Z report making 17 changes to their diet per year, with the top changes found to be eating healthier foods (46%) and focusing on plant-based options (36%).

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ORDER INFORMATION



MINIMUM ORDER:

- 6 cases/36 bars
- 1 bar has 2 portions X 35 grams = 70 grams
- We suggest starting with both flavours

SHELF LIFE:

- Since we do not use preservatives, our products must be kept refrigerated or frozen for 2 months (view stamped expiry dates)
- All our bars contain or have been in contact with nuts

HOW-TO ORDER:

- Email your order to sales@goodiebars.com
- Delivery turnaround: 2-4 business days
- Orders are delivered (directly) on Tuesdays and Fridays

INVOICING:

- Invoices are sent after delivery to the email you provide and can be paid via credit card, e-transfer (sales@goodiebars.com) or direct deposit.

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