

Mapleton's Organic™ MC

ELEGANT LOOK



EXCITING FLAVOURS

SUPER PREMIUM

PROBIOTIC ORGANIC YOGURTS

WITH 5 ACTIVE CULTURES

from our family farm

We craft our whole milk and fat-free yogurts in a dairy right on our family farm. Our cows are raised with care to provide the fresh organic cream and milk that makes our yogurts and ice creams taste so smooth, so refreshing and so special.

SINGLE SOURCE ORGANIC DAIRY





We craft Mapleton's Organic Yogurt in a facility right on our family farm. We use fresh organic whole milk, add 5 live cultures and blend in the finest of organic ingredients to bring you this healthy delight— **farm fresh, every time!**

Nutrition Facts Valeur nutritive	
Per (175g) / par (175 g) Serving per container 4,28 portions par contenant 4,28	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0 g	0 %
Saturated / saturés 0.3 g	1 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 125 mg	5 %
Carbohydrate / Glucides 11 g	4 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 12 g	
Protein / Protéines 8 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	25 %
Iron / Fer	0 %



INGREDIENTS: Organic skim milk, bacterial cultures.
5 Active Cultures including L.acidophilus and Bifidus.
UPC- 6 84923 20000 8 • 6/750 g

Nutrition Facts Valeur nutritive	
Per (175g) / par (175 g) Serving per container 4,28 portions par contenant 4,28	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 6 g	10 %
Saturated / saturés 4 g	20 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 25 mg	
Sodium / Sodium 85 mg	4 %
Carbohydrate / Glucides 8 g	3 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 9 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	0 %



INGREDIENTS: Organic whole milk, bacterial cultures.
5 Active Cultures including L.acidophilus and Bifidus.
UPC- 6 84923 20004 6 • 6/750 g

Nutrition Facts Valeur nutritive	
Per (175g) / par (175 g) Serving per container 4,28 portions par contenant 4,28	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 0 g	0 %
Saturated / saturés 0.3 g	1 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 120 mg	5 %
Carbohydrate / Glucides 24 g	8 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 25 g	
Protein / Protéines 8 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	25 %
Iron / Fer	2 %



INGREDIENTS: Organic skim milk, organic fair trade dehydrated cane juice, organic vanilla extract, bacterial cultures.
5 Active Cultures including L.acidophilus and Bifidus.
UPC- 6 84923 20000 7 • 6/750 g

Nutrition Facts Valeur nutritive	
Per (175g) / par (175 g) Serving per container 4,28 portions par contenant 4,28	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 6 g	9 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 85 mg	4 %
Carbohydrate / Glucides 21 g	7 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 23 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	2 %



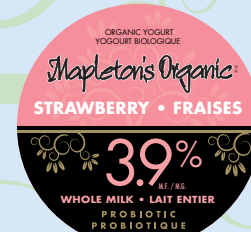
INGREDIENTS: Organic whole milk, organic fair trade dehydrated cane juice, organic vanilla extract, bacterial cultures.
5 Active Cultures including L.acidophilus and Bifidus.
UPC- 6 84923 20004 5 • 6/750 g

Nutrition Facts Valeur nutritive	
Per (175g) / par (175 g) Serving per container 4,28 portions par contenant 4,28	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 140	
Fat / Lipides 0 g	0 %
Saturated / saturés 0.3 g	1 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 120 mg	5 %
Carbohydrate / Glucides 25 g	8 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 25 g	
Protein / Protéines 8 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	25 %
Iron / Fer	2 %



INGREDIENTS: Organic skim milk, organic fair trade dehydrated cane juice, organic blueberry purée, organic vanilla extract, bacterial cultures.
5 Active Cultures including L.acidophilus and Bifidus.
UPC- 6 84923 20000 1 • 6/750 g

Nutrition Facts Valeur nutritive	
Per (175g) / par (175 g) Serving per container 4,28 portions par contenant 4,28	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 6 g	9 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 80 mg	3 %
Carbohydrate / Glucides 21 g	7 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 23 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	20 %
Iron / Fer	2 %



INGREDIENTS: Organic whole milk, organic fair trade dehydrated cane juice, organic strawberry purée, organic vanilla extract, beet juice, bacterial cultures.
5 Active Cultures including L.acidophilus and Bifidus.
UPC- 6 84923 20000 6 • 6/750 g



We invite you to visit our farm for family fun!

Our farm provides you with delicious, healthy, organic products.

We also offer the opportunity for you to come out and see the farm animals and crops up close. It's a great environment for kids of all ages to experience our demo barn, tours, playground, farm store and café.

8548 Wellington Rd. #7, Moorefield, ON. NOG 2K0

Store Hours: 7 Days a week 11 a.m. to 6 p.m.

For details visit www.mapletonsorganic.ca

Call 1-877-799-9795

Mapleton's Organic™ MC

GLUTEN-FREE



FRESH CREAM

SUPER PREMIUM

ORGANIC ICE CREAMS & FROZEN YOGURTS



from our family farm

We craft our ice creams and frozen yogurts in a dairy right on our family farm. Our cows are raised with care to provide the fresh organic cream and milk that makes our ice creams and yogurts taste so smooth, so refreshing and so special.

SINGLE SOURCE ORGANIC DAIRY



SUPER PREMIUM • ORGANIC ICE CREAMS

MADE WITH FRESH CREAM

CAPPUCCINO

Ingredients: Organic cream, organic raw cane sugar*, organic eggs, coffee*, organic vanilla, organic guar gum, organic locust bean gum.

*Certified Fair Trade

UPC # 6-84923-03000-1
8 X 473 mL per case

Nutrition Facts Valeur nutritive

Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 180	
Fat / Lipides 11 g	17 %
Saturated / saturés 6 g + Trans / trans 0 g	30 %
Cholesterol / Cholestérol 105 mg	
Sodium / Sodium 60 mg	3 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 15 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	10 %
Iron / Fer	4 %

GINGER

Ingredients: Organic cream, organic raw cane sugar*, organic eggs, organic ginger, organic vanilla, organic guar gum, organic locust bean gum.

*Certified Fair Trade

UPC # 6-84923-07000-7
8 X 473 mL per case

Nutrition Facts Valeur nutritive

Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 180	
Fat / Lipides 11 g	17 %
Saturated / saturés 6 g + Trans / trans 0 g	30 %
Cholesterol / Cholestérol 110 mg	
Sodium / Sodium 65 mg	3 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 15 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	10 %
Iron / Fer	4 %

CHAI

Ingredients: Organic cream, organic raw cane sugar*, organic eggs, organic spices*, organic vanilla, organic guar gum, organic locust bean gum.

*Certified Fair Trade

UPC # 6-84923-08500-1
8 X 473 mL per case

Nutrition Facts Valeur nutritive

Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 180	
Fat / Lipides 11 g	17 %
Saturated / saturés 6 g + Trans / trans 0 g	30 %
Cholesterol / Cholestérol 110 mg	
Sodium / Sodium 65 mg	3 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 15 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	10 %
Iron / Fer	4 %

VANILLA & CHOCOLATE CHIPS

Ingredients: Organic cream, organic raw cane sugar*, organic chocolate chips*, organic eggs, organic vanilla, organic guar gum, organic locust bean gum.

*Certified Fair Trade

UPC # 6-84923-01200-7
8 X 473 mL per case

Nutrition Facts Valeur nutritive

Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 190	
Fat / Lipides 11 g	17 %
Saturated / saturés 6 g + Trans / trans 0 g	30 %
Cholesterol / Cholestérol 105 mg	
Sodium / Sodium 60 mg	3 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 16 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	10 %
Iron / Fer	4 %

RASPBERRY

Ingredients: Organic cream, organic raw cane sugar*, organic eggs, organic raspberry purée, organic vanilla, organic guar gum, organic locust bean gum.

*Certified Fair Trade

UPC # 6-84923-04000-0
8 X 473 mL per case

Nutrition Facts Valeur nutritive

Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 10 g	15 %
Saturated / saturés 6 g + Trans / trans 0 g	30 %
Cholesterol / Cholestérol 55 mg	
Sodium / Sodium 55 mg	2 %
Carbohydrate / Glucides 15 g	5 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 12 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	10 %
Iron / Fer	2 %

SEASONAL SPECIALS

- CANDY CANE
- DANDELION
- LAVENDER
- PUMPKIN



UPC # 6-84923-00900-7
8 X 473 mL per case

CHOCOLATE

Ingredients: Organic cream, organic raw cane sugar*, organic eggs, organic cocoa blend*, organic vanilla, organic guar gum, organic locust bean gum.

*Certified Fair Trade

UPC # 6-84923-01200-7
8 X 473 mL per case

Nutrition Facts Valeur nutritive

Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 11 g	17 %
Saturated / saturés 6 g + Trans / trans 0 g	30 %
Cholesterol / Cholestérol 100 mg	
Sodium / Sodium 45 mg	2 %
Carbohydrate / Glucides 17 g	6 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 13 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	8 %
Iron / Fer	8 %

VANILLA

Ingredients: Organic cream, organic raw cane sugar*, organic eggs, organic vanilla, organic guar gum, organic locust bean gum.

*Certified Fair Trade

UPC # 6-84923-01000-3
8 X 473 mL per case

Nutrition Facts Valeur nutritive

Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 180	
Fat / Lipides 11 g	17 %
Saturated / saturés 6 g + Trans / trans 0 g	30 %
Cholesterol / Cholestérol 110 mg	
Sodium / Sodium 65 mg	3 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 15 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	10 %
Iron / Fer	4 %

VANILLA CHOCOLATE CHIP COOKIE

Ingredients: Cookies: *Brown rice flour, *raw cane sugar, *chocolate chips, *palm fruit shortening, *filtered water, *tapioca starch, *cocoa powder, *molasses, gluten free baking powder, sunflower oil, xanthan gum, chocolate flavour, salt; Vanilla Ice Cream: *Cream, *raw cane sugar, *eggs, *vanilla, *guar gum, *locust bean gum.

*Organic Ingredients

UPC # 6-84923-35001-7

Nutrition Facts Valeur nutritive

Per 200 mL (125 g) / par 200 mL (125 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 270	
Fat / Lipides 15 g	24 %
Saturated / saturés 8 g + Trans / trans 0 g	41 %
Cholesterol / Cholestérol 110 mg	
Sodium / Sodium 115 g	5 %
Carbohydrate / Glucides 30 g	10 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 22 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	12 %
Iron / Fer	8 %

24 X 200 mL per case

SUPER PREMIUM • ORGANIC FROZEN YOGURTS

LOW FAT • LIVE BACTERIAL CULTURES

STRAWBERRY

Ingredients: Organic skim milk yogurt (organic milk, 5 live cultures), organic milk, organic raw cane sugar*, organic eggs, organic strawberries, organic guar gum, organic locust bean gum.

*Certified Fair Trade

UPC # 6-84923-15000-6
8 X 473 mL per case

Nutrition Facts Valeur nutritive

Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 2,5 g	4 %
Saturated / saturés 1,5 g + Trans / trans 0 g	8 %
Cholesterol / Cholestérol 55 mg	
Sodium / Sodium 85 mg	4 %
Carbohydrate / Glucides 28 g	9 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 25 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	15 %
Iron / Fer	4 %

VANILLA

Ingredients: Organic skim milk yogurt (organic milk, 5 live cultures), organic milk, organic raw cane sugar*, organic eggs, organic vanilla, organic guar gum, organic locust bean gum.

*Certified Fair Trade

UPC # 6-84923-11000-0
8 X 473 mL per case

Nutrition Facts Valeur nutritive

Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 3 g	5 %
Saturated / saturés 1,5 g + Trans / trans 0 g	8 %
Cholesterol / Cholestérol 65 mg	
Sodium / Sodium 75 mg	3 %
Carbohydrate / Glucides 28 g	9 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 25 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	15 %
Iron / Fer	4 %

LEMON

Ingredients: Organic skim milk yogurt (organic milk, 5 live cultures), organic milk, organic raw cane sugar*, organic eggs, lemon extract, organic guar gum, organic locust bean gum.

*Certified Fair Trade

UPC # 6-84923-16000-5
8 X 473 mL per case

Nutrition Facts Valeur nutritive

Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 3 g	5 %
Saturated / saturés 1,5 g + Trans / trans 0 g	8 %
Cholesterol / Cholestérol 65 mg	
Sodium / Sodium 75 mg	3 %
Carbohydrate / Glucides 28 g	9 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 25 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	15 %
Iron / Fer	4 %

Mapleton's Organic

Mapleton Organic Dairy Inc., RR 1, Moorefield, Ontario NOG 2K0
1-877-779-9795 | www.mapletonsorganic.ca