

# SPARE STARTER™

## VERSATILE VEGGIE BLEND

Unit Size  
2 gal pail

Unit count  
80 units per palette

Palette weight  
approx. 1600 lbs

Palette dimensions  
L48" x W40" x H54"

Made using just **6** surplus vegetable ingredients!

Spare Starter is a multi-purpose blend of 6 real vegetable ingredients, made from surplus produce that would otherwise go to waste.

Save food and time with this shelf-stable shortcut to endless delicious, nutritious meals.

- VEGAN
- FAT FREE
- ALLERGEN FREE
- NO ADDED SUGAR
- GLUTEN FREE



### SHELF STABLE

**INGREDIENTS:** EGGPLANT, CAULIFLOWER, TOMATOES, ZUCCHINI, PEPPERS, ONIONS, RED WINE, VINEGAR, SALT, PAPRIKA, GARLIC POWDER, L-MALIC ACID.

Nutrition Facts		Nutrition Facts	
Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0g	0%	Total Carbohydrate 7g	3%
Saturated Fat 0g	0%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 170mg	7%	Protein 2g	
Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.8mg 4%		Potassium 340mg 8%	
<b>Calories per serving 35</b>			



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# SPARE STARTER™

**SAVE** TIME  
MONEY  
LABOR

**BE MORE**

EFFICIENT  
CREATIVE  
SUSTAINABLE



2 GALLONS  
**SPARE  
STARTER™**

UP TO  
**8 HRS**  
OF LABOR  
SAVED

UP TO  
**28 LBS**  
OF FOOD  
RESCUED

UP TO  
**750 GALLONS**  
OF WATER  
SAVED

UP TO  
**15 kg**  
CO2e NOT  
EMITTED

UP TO  
**13 lb**  
TRIM  
AVOIDED



BLEND WITH BLACK BEANS  
AND HARISSA FOR A SPICY  
VEGETABLE BURGER

ADD TO GROUND CHICKPEAS  
WITH CUMIN, CILANTRO AND PARSLEY  
FOR VEGETABLE FALAFEL

USE AS A BASE FOR VEGETARIAN  
CHILLI OR SUBSTITUTE FOR  
GROUND MEAT IN CHILLI

COMBINE WITH BEANS,  
JALAPEÑOS AND CILANTRO  
FOR A VEGAN BURRITO



Start cooking with Spare Starter Recipes



@sparefoodco / sparefood.com

Friends don't let friends waste good food. We find more ways to use more of what the world already grows and produces in our creations, crafted from unused ingredients. We're building a movement to make our food system less wasteful, more equitable and more resilient.

THE  
**SPARE**  
FOOD CO.

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