



# You can do better with Frozen.

**Frozen veggies and fruits all start fresh from the farm to ensure customer satisfaction and profits.**



## FROZEN

OPC FROZEN vegetables and fruits are **picked and packed in just hours, at their peak of ripeness**, optimal flavor and maximum nutritional value.

FROZEN and properly stored vegetables and fruits **"lock in" nutrients and important vitamins**. Quick freezing stops the nutrient loss.

**Nothing is added** to the fruits or vegetables in processing. Only specific product formulations have any added ingredients.

FROZEN veggies and fruits arrive to you **fully prepared and recipe-ready**. You profit from 100% yield.

vs.



## CANNED

The natural taste and texture of CANNED fruits and veggies can be **altered by the heat from cooking and the canning process**.

CANNED produce suffers a reduction of important **vitamins and minerals, as well as natural color** during the canning process.

CANNED veggies are often **high in sodium**, while most canned fruit has **added sugars**.

Most CANNED vegetables and fruits contain **40% or more of liquid/water that is discarded**, reducing product yields to 60% or less of the gross weight.

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# Cold Hard Facts Compare the costs.

## OPC IQF Frozen Fruits and Vegetables Cost less to serve.

Operator scenario\*

COST PER SERVING: OPC IQF Vegetables vs. Canned Vegetables		
Corn - Whole Sweet Kernel Grade A	OPC IQF FROZEN (30 lb. case)	Canned (6 - #10 cans; 39 lb. case)
Cost at \$1.20/lb. for IQF frozen; \$0.595/lb. for canned (#10 can)	\$ 36.00	\$ 23.19
Labor cost for preparation (\$15.00/hr.)	N/A	\$ 2.50 (draining off liquid)
Total cost	\$ 36.00	\$ 25.69
Percent product available for serving	30 lbs. (100% yield)	19.5 lbs. (50% yield)
FINISHED COST PER LB.	\$ 1.20/lb.	\$ 1.32/lb.
<b>FINISHED COST PER OZ.</b>	<b>\$ 0.075</b>	<b>\$ 0.082</b>

\*Cost comparison based on the average costs of Frozen Whole Kernel Corn Grade A and canned vegetables.

## Run your numbers...

COST PER SERVING: OPC IQF Product vs. Your Canned Produce Item		
Product: (___ lbs.)	OPC IQF FROZEN	Canned
Cost at \$_____/lb. for canned; \$_____/lb. for OPC IQF frozen	\$	\$
Labor cost (\$_____/hr.)	\$	\$
Total cost	\$	\$
Percent product available for serving	____ lbs. (100% yield)	____ lbs. (____% yield)
FINISHED COST PER LB.	\$ _____/lb.	\$ _____/lb.
<b>FINISHED COST PER OZ.</b>	<b>\$</b>	<b>\$</b>

Find out more about the advantages of OPC products for your operation.  
Contact your OPC Family of Companies representative today.

oregonpotato.com

