



Issue No:	1	Date:	25/10/2025
Document Approved by:	Dr Lisa Sossen, Accredited Practising Dietitian		

1. General Information	
Product Name	Carrot
Texture	☐ Pureed (Level 4) ☐ Minced & Moist (Level 5)
	☒ Soft & Bite Sized (Level 6)
Fluid Consistency	☐ Moderately Thick (Level 3)
Supplier Information	Textured Concept Foods Pty Ltd 91 Mason Street, Campbellfield, VIC 3061 Enquires made in writing to: info@texturedconceptfoods.com.au Website: www.texturedconceptfoods.com.au Contact: Dr Lisa Sossen Tel: +61 (03) 9357 6007
Country of Origin	Textured Concept Foods is manufactured in Melbourne, Australia. Products are made from local and imported ingredients. This is a proudly Australian Owned and Operated Company.
ID & Traceability	Use by Date (DD/MM/YY) located on the plastic bag. Product Code.
Barcode Outer	9348501003528
Barcode Inner	9348501003474
2. Product Characteristics	
	Fresh ingredients are cooked and processed to the correct consistency. The product is blast frozen to maintain a high quality. The product is packaged in a freezer safe container and vacuum sealed in a resealable bag. The product is handmade, and weights may vary with each item. There are no nuts used in the processing of the product; however, there may be cross contamination from other sources (may contain traces of nuts and other allergens). Random allergen risk testing is undertaken. The production kitchen is HACCP Certified.
IDDSI / Appearance/Smell/ Taste/Characteristics 	IDDSI audit testing of each batch to Soft & Bite Sized Level 6 criteria. Product is 10mm x 10mm (<1.5cmx1.5cm), has no separate liquid, passes fork pressure test, and fork can separate into smaller pieces from pressure from fork held on its side.



		Product is characteristic in taste and smell of freshly cooked carrot.			
Barcode / Order code / Product Information					
Barcode	IDDSI Level	Product	Order Code	Serves per pack	Serves per Carton
9348501003474	6	Carrots SB	89006	13	
9348501003528	6	Carrots SB	89006C	13	6
Net Weight		1000g			
Product Shelf Life		12 months of DOM			
Method of Storage		Keep product frozen below -18°C at all times. Ensure Packaging is sealed well to prevent freezer burn. Once thawed, use within 24 to 48 hours. Do not re-freeze once thawed.			
3. Nutritional Information (Calculated with FOODWORKSonline)					

Carrots SB		
Soft And Bite Sized Level 6		
NUTRITION INFORMATION		
Servings per package: 13		
Serving size: 75g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	110 kJ (26 Cal)	147 kJ (35 Cal)
Protein	LESS THAN 1 g	LESS THAN 1 g
Fat, total	LESS THAN 1 g	LESS THAN 1 g
- saturated	LESS THAN 1 g	LESS THAN 1 g
Carbohydrate	4.5 g	6.1 g
- sugars	4.4 g	5.8 g
Dietary Fibre	2.5 g	3.3 g
Sodium	38 mg	50 mg
Potassium	178 mg	237 mg
Calcium	25.5 mg	34.0 mg
Phosphorus	23.3 mg	31.0 mg
Iron	0.3 mg	0.4 mg

Ingredients: Carrot (100%)

Allergen /May Contain Statement	None
Country of Origin	Made in Australia from 100% Australian Ingredients 



Additional Nutritional Recommendations	Consider using a fortified sauce, additional fats and dairy products to enhance the nutritional density of the meal or dessert. Garnish appropriately.
Cultural, Religious & Nutrition Claims	N/a

4. Instructions for Consumption and Serving Suggestions

Storage and Defrosting

All TCF products must be stored frozen at or below -18°C until use.

Defrost using one of the following safe methods:

- Overnight in the refrigerator (preferred) – covered, for a minimum of 6 hours.
- Bench thawing (short-term) – covered, for a maximum of 2 hours at room temperature.

Do not refreeze products once thawed.

Heating will vary with plating, equipment and heating process. In general, our products are best heated with a moist environment with a gentle heat. Products are designed to be served with a sauce/gravy for additional moistness and flavour. The following are suggested heating instructions. Textured Concept Foods team will be happy to assist with your heating product in your specific kitchen environment.

☒ Meat / Vegetable	Banquet Plating (Combi Oven / Rational) Refer to attached visual banquet instructions for plating method. • Use a 50/50 steam bake setting at 110°C for 12–15 minutes. • Ensure meals are covered to retain moisture and even heating.
☒	Combi Oven (Defrosted Product) • Heat at 110°C on a 50/50 steam bake setting for 12–15 minutes. • Cover meals during heating to prevent drying. • Verify internal temperature reaches $\geq 75^{\circ}\text{C}$ before service.
☒	Frozen Method – Combi Oven • Plate meals while frozen and cover. • Heat using 100% steam at 100°C for 10 minutes. • Transfer to a hotbox maintained at 75°C for 30-40 minutes before service. • Verify internal temperature remains $\geq 75^{\circ}\text{C}$.
☒	Frozen Method – Microwave / Steam Combination • Plate meals while frozen and cover. • Microwave on defrost setting for 2-3 minutes (depending on meal size). • Follow with 100% steam at 100°C for approximately 15 minutes, ensuring the core temperature exceeds 75°C.
☒	For Home Microwave: • Keep items frozen at or below -18°C until ready to use.



	• Plate meal items on a plate when frozen. Cover with microwave safe cover. • Do not refreeze once thawed. • Defrost food in the refrigerator 4 hours prior to service or overnight. If you need to defrost food in the microwave, use DEFROST SETTING (approx. 30% or for the weight of food plated). • For best results, create a steam setting by spraying your meal with a little water. Use Microwave setting at 50% power for 4 min 30 sec. Check if core temperature is 75°C. Heating may take up to 6 min depending on the microwave. Allow the meal to stand for 1-2 min. Add appropriate sauce or gravy to meal for additional flavour and moisture.		
Serving Suggestion	Textured Concept Foods range is versatile. Soft and bite sized meat and vegetables can be used in other dishes (e.g. casseroles, add meat to soups) for Easy to chew (Level 7) for softer product outcomes. Textured Concept Foods products are intended to have a sauce/gravy added to the meals for variety of flavours and enable menu matching. Specific flavours are not infused into Textured Concept Foods products which is intended to provide the versatility of product.		
5. Microbiological Criteria Random Monthly Testing includes:			
Std Plate Count <1,000,000cfu/g	Coagulase Positive Staphylococci <100cfu/g	Coliforms <100cfu/g	Escherichia Coli <3MPN/g
Clostridium Perfringens (wet) <100cfu/g (Poultry Products Only)	Bacillus cereus <100cfu/g (Starch Products Only)	Listeria Not detected per 25/g	Salmonella Not detected per 25/g
Allergen Risk Testing (random): Gluten, Wheat, Egg, Fish, Mollusc, Milk, Peanut, Soy, Tree Nuts, Almond, Brazil Nut, Cashew, Hazelnut, Sesame, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Lupin			