

# UMPQUA™

## OATS

Real ingredients.  
Bold flavors. No mush.  
*We never fake it.*

SHELF LIFE: 12 months  
CUP MATERIAL: Poly-coated paperboard  
CASE MATERIAL: Corrugated Cardboard



## Single Serving Oatmeal Cups

WHY YOU WILL ❤️ UMPQUA OATS!

- Thick never-mushy custom-milled oats
- Non-GMO
- 9 grams of protein
- Only 8 - 11 grams of added sugar
- High fiber
- Whole grain
- No gluten ingredients
- Ready in 3 minutes
- Microwaveable



ITEM #/SKU	ITEM DESCRIPTION (CUPS)	CASE UPC	UNIT UPC	PACK SIZE	CUBE	GROSS WT. LBS.	TI/HI	CASE DIMENSIONS (WxDxH) (IN.)	CASES PER PALLET
C0008ACC	Apple Cranberry	30813267010023	813267010022	8/2.57oz	0.23	2.05	30 x 8	8 x 8 x 7.5	240
C0008FNC	Fruit & Nut	30813267010009	813267010008	8/2.72oz	0.23	2.10	30 x 8	8 x 8 x 7.5	240
C0008MPC	Maple Pecan	20813267010392	813267010398	8/2.58oz	0.23	2.05	30 x 8	8 x 8 x 7.5	240
C0008VAC	Vanilla Almond	20813267010330	813267010336	8/2.65oz	0.23	2.15	30 x 8	8 x 8 x 7.5	240
C0008TBC	Triple Berry	30813267010177	813267010176	8/2.61oz	0.23	2.05	30 x 8	8 x 8 x 7.5	240
C0008UBC	Unsweetened Blueberry Apple	30813267010078	813267010077	8/2.19oz	0.23	1.90	30 x 8	8 x 8 x 7.5	240

## APPLE CRANBERRY

Nutrition Facts	
1 servings per container	
Serving size 2.57 Wt. Oz. (73g)	
Amount Per Serving	
<b>Calories</b>	<b>260</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.49g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 13g	
Including 10g added Sugars	<b>20%</b>
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 0mcg 0% • Iron 1.8mg 10%	
Calcium 57mg 4% • Potassium 497mg 10%	

**INGREDIENTS:** WHOLE ROLLED OAT GROATS, CANE SUGAR, DRIED SWEETENED CRANBERRIES (CRANBERRIES, CANE SUGAR, SUNFLOWER OIL), FREEZE DRIED GRANNY SMITH APPLES, CINNAMON, SEA SALT, CITRIC ACID.



## FRUIT & NUT

Nutrition Facts	
1 servings per container	
Serving size 2.72 Wt. Oz. (77g)	
Amount Per Serving	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.78g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 13g	
Including 10g added Sugars	<b>20%</b>
<b>Protein</b> 10g	<b>20%</b>
Vitamin D 0mcg 0% • Calcium 66.1mg 6%	
Iron 2mg 10% • Potassium 508mg 10%	

**INGREDIENTS:** WHOLE ROLLED OAT GROATS, CANE SUGAR, DRIED SWEETENED CRANBERRIES (CRANBERRIES, CANE SUGAR AND SUNFLOWER OIL), RAISINS, FLAX SEEDS, SUNFLOWER SEEDS, ALMONDS, FREEZE DRIED WILD BLUEBERRIES, WALNUTS, CINNAMON, SEA SALT AND CITRIC ACID.



## MAPLE PECAN

Nutrition Facts	
1 servings per container	
Serving size 2.58 Wt. Oz. (73g)	
Amount Per Serving	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0.82g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 11g	
Including 10g added Sugars	<b>20%</b>
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 0mcg 0% • Iron 1.8mg 10%	
Calcium 56mg 4% • Potassium 461mg 10%	

**INGREDIENTS:** WHOLE ROLLED OAT GROATS, BROWN CANE SUGAR, PURE MAPLE SUGAR, PECANS, ALMONDS, NATURAL MAPLE FLAVOR, SEA SALT.



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## VANILLA ALMOND

Nutrition Facts	
1 servings per container	
Serving size 2.65 Wt. Oz. (75g)	
Amount Per Serving	
<b>Calories</b>	<b>300</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 0.83g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 12g	
Including 11g added Sugars	<b>22%</b>
<b>Protein</b> 10g	<b>20%</b>
Vitamin D 0mcg 0% • Iron 1.9mg 10%	
Calcium 83.6mg 6% • Potassium 469mg 10%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** WHOLE ROLLED OAT GROATS, ALMONDS, CANE SUGAR, FLAX SEED, NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS, SEA SALT.



## TRIPLE BERRY

Nutrition Facts	
1 servings per container	
Serving size 2.61 Wt. Oz. (74g)	
Amount Per Serving	
<b>Calories</b>	<b>260</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 49g	<b>18%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 12g	
Including 11g added Sugars	<b>22%</b>
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 0mcg 0% • Iron 2mg 10%	
Calcium 61.6mg 4% • Potassium 547mg 10%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** WHOLE ROLLED OAT GROATS, CANE SUGAR, FREEZE DRIED RASPBERRIES, FREEZE DRIED STRAWBERRIES, DRIED SWEETENED CRANBERRIES (CRANBERRIES, CANE SUGAR, SUNFLOWER OIL), SEA SALT, FREEZE DRIED BLACKBERRIES, CITRIC ACID.



## UNSWEETENED BLUEBERRY APPLE

Nutrition Facts	
1 servings per container	
Serving size 2.19 Wt. Oz. (62g)	
Amount Per Serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.58g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 2g	
Including 0g added Sugars	<b>0%</b>
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 0mcg 0% • Iron 2mg 10%	
Calcium 57.3mg 4% • Potassium 465mg 10%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** WHOLE ROLLED OAT GROATS, FLAX SEED, CHIA SEED, FREEZE DRIED APPLES, FREEZE DRIED WILD BLUEBERRIES.

