

# 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 Organic Oatmeal Cups

WHY YOU WILL ❤️ UMPQUA OATS!

- USDA Organic Certified
- 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



Nutrition Facts	
1 servings per container	
Serving size 2.47 Wt. Oz. (70g)	
Amount Per Serving	
<b>Calories</b>	<b>270</b>
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.77g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 51g	19%
Dietary Fiber 6g	21%
Total Sugars 15g	
Including 10g added Sugars	20%
<b>Protein 7g</b>	<b>14%</b>
Vitamin D 0mcg 0%	Iron 2.2mg 10%
Calcium 36.4mg 2%	Potassium 256mg 8%

\* 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: ORGANIC WHOLE ROLLED OAT GROATS, ORGANIC CANE SUGAR, ORGANIC CRANBERRIES INFUSED WITH ORGANIC APPLE JUICE, ORGANIC DRIED APPLES, ORGANIC FLAX SEED, ORGANIC CINNAMON, SEA SALT AND CITRIC ACID.



Nutrition Facts	
1 servings per container	
Serving size 2.47 Wt. Oz. (70g)	
Amount Per Serving	
<b>Calories</b>	<b>280</b>
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 49g	18%
Dietary Fiber 6g	21%
Total Sugars 11g	
Including 8g added Sugars	16%
<b>Protein 8g</b>	<b>16%</b>
Vitamin D 0mcg 0%	Iron 2.3mg 15%
Calcium 31mg 2%	Potassium 261mg 6%

\* 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: ORGANIC WHOLE ROLLED OAT GROATS, ORGANIC CANE SUGAR, ORGANIC WALNUTS, ORGANIC FREEZE DRIED BANANAS, SEA SALT, ORGANIC CINNAMON.



Nutrition Facts	
1 servings per container	
Serving size 2.47 Wt. Oz. (70g)	
Amount Per Serving	
<b>Calories</b>	<b>280</b>
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.93g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 48g	17%
Dietary Fiber 6g	21%
Total Sugars 14g	
Including 9g added Sugars	18%
<b>Protein 7g</b>	<b>14%</b>
Vitamin D 0mcg 0%	Iron 2.36mg 15%
Calcium 40mg 4%	Potassium 271mg 6%

\* 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: ORGANIC WHOLE ROLLED OAT GROATS, ORGANIC CANE SUGAR, ORGANIC GOLDEN RAISINS, ORGANIC WALNUTS, ORGANIC ZANTE CURRANTS, ORGANIC SUNFLOWER SEEDS, ORGANIC CINNAMON, HIMALAYAN PINK SALT, ORGANIC FLAX SEED, CITRIC ACID.



ITEM #/SKU	ITEM DESCRIPTION (CUPS)	CASE UPC	UNIT UPC	PACK SIZE	CUBE	GROSS WT. LBS.	TI/HI	CASE DIMENSIONS (IN.)	CASES PER PALLET
C0008ACO	Apple Cranberry-Organic	20813267010484	813267010480	8/2.47oz	0.23	1.64	30 x 8	7.5 x 7.5 x 6.8	240
C0008BWO	Banana Walnut-Organic	20813267010613	813267010619	8/2.47oz	0.23	1.64	30 x 8	7.5 x 7.5 x 6.8	240
C0008HFO	Himalayan Fruit & Nut-Organic	20813267010606	813267010602	8/2.47oz	0.23	1.64	30 x 8	7.5 x 7.5 x 6.8	240

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