

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
- 7-8 grams of protein
- Only 0-10 grams of added sugar
- High fiber
- Whole grain
- No gluten ingredients
- Ready in 3 minutes
- Microwaveable



| ITEM #/SKU | ITEM DESCRIPTION | CASE UPC | UNIT UPC | PACK SIZE | CUBE | GROSS WT. LBS. | TI/HI | CASE DIMENSIONS (WxDxH) (IN) | CASES PER PALLET |
|------------|-------------------------------|----------------|--------------|-----------|------|----------------|--------|------------------------------|------------------|
| C0008ACO | Apple Cranberry-Organic | 20813267010484 | 813267010480 | 8/2.47oz | 0.23 | 2.00 | 30 x 6 | 8 x 8 x 7.5 | 180 |
| C0008BWO | Banana Walnut-Organic | 20813267010613 | 813267010619 | 8/2.47oz | 0.23 | 2.00 | 30 x 6 | 8 x 8 x 7.5 | 180 |
| C0008HFO | Himalayan Fruit & Nut-Organic | 20813267010606 | 813267010602 | 8/2.47oz | 0.23 | 2.00 | 30 x 6 | 8 x 8 x 7.5 | 180 |
| C0008NSO | Seeds & Sprouted Flax-Organic | 10813267010135 | 813267010138 | 8/1.94oz | 0.23 | 1.74 | 30 x 6 | 8 x 8 x 7.5 | 180 |

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ORGANIC APPLE CRANBERRY

| Nutrition Facts | |
|--|------------|
| 1 serving per container | |
| Serving size 2.47 Wt. Oz. (70g) | |
| Amount Per Serving | |
| Calories | 270 |
| % Daily Value* | |
| Total Fat 4g | 5% |
| Saturated Fat 0.77g | 4% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0% |
| Sodium 200mg | 9% |
| Total Carbohydrate 51g | 19% |
| Dietary Fiber 6g | 21% |
| Total Sugars 15g | |
| Including 10g added Sugars 20% | |
| Protein 7g | 14% |
| Vitamin D 0mcg | 0% |
| Calcium 36.4mg | 2% |
| Iron 2.2mg | 10% |
| Potassium 256mg | 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 CRANBERRIES INFUSED WITH ORGANIC APPLE JUICE, ORGANIC DRIED APPLES, ORGANIC FLAX SEED, ORGANIC CINNAMON, SEA SALT AND CITRIC ACID.

CUP UPC



ORGANIC BANANA WALNUT

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

CUP UPC



ORGANIC HIMALAYAN FRUIT & NUT

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

CUP UPC



ORGANIC SEEDS & SPROUTED FLAX

| Nutrition Facts | |
|--|------------|
| 1 serving per container | |
| Serving size 1.94 Wt. Oz. (55g) | |
| Amount Per Serving | |
| Calories | 220 |
| % Daily Value* | |
| Total Fat 5g | 6% |
| Saturated Fat 1g | 5% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 35g | 13% |
| Dietary Fiber 6g | 21% |
| Total Sugars <1g | |
| Including 0g added Sugars 0% | |
| Protein 8g | 16% |
| Vitamin D 0mcg | 0% |
| Calcium 30mg | 2% |
| Iron 2.4mg | 15% |
| Potassium 220mg | 4% |

* 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 PUMPKIN SEEDS, ORGANIC SPROUTED BROWN FLAX SEEDS, ORGANIC SUNFLOWER SEEDS, ORGANIC BLACK CHIA SEEDS.

CUP UPC



CERTIFIED ORGANIC BY QUALITY ASSURANCE INTERNATIONAL