



NFL Check



Postage Stamp



Stylized Text



Organic Inspired



Circle Icon

OMB No. 0910-0497  
Expires 10/31/2020



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Stylized Text

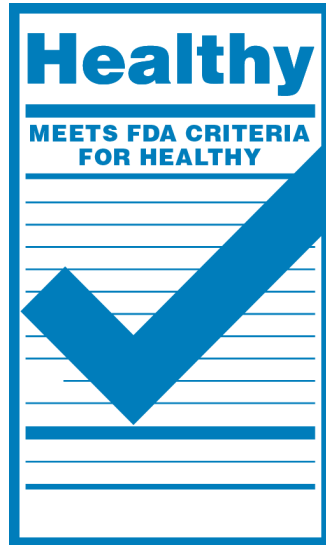


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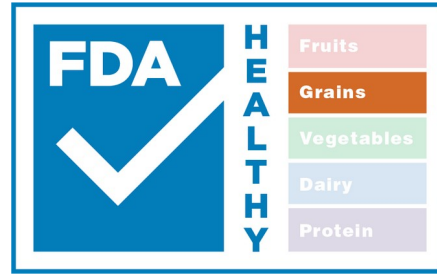


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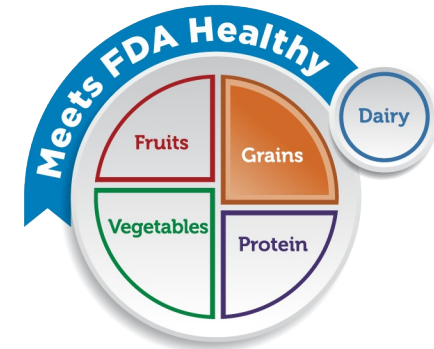
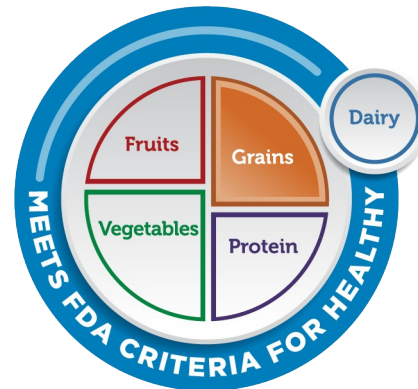
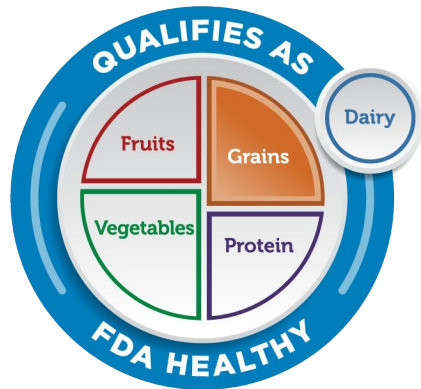
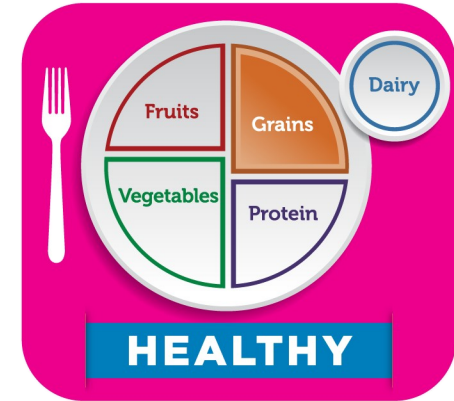
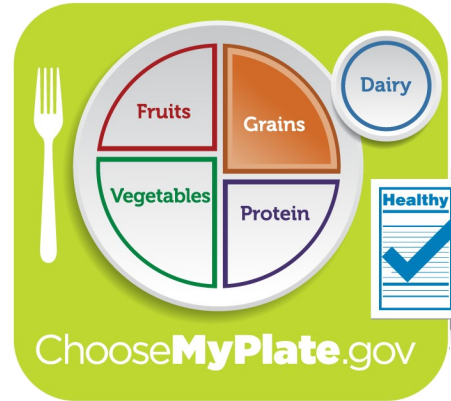
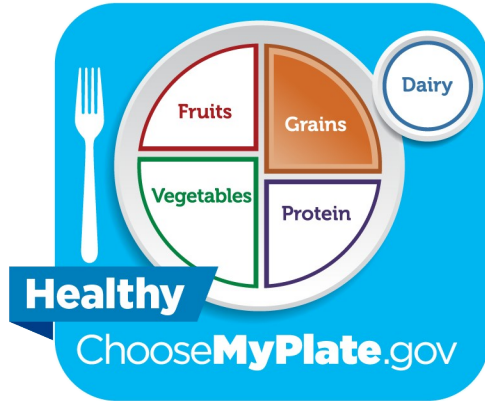


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**FAMILY SIZE** 18 OZ

# OAT FLAKES

Toasted Whole Grain Oat Cereal



Made  
with

**100% WHOLE GRAIN OATS**



Serving  
Suggestion

Enlarged  
to Show Detail

SIMPLY MADE  
—  —  
**Whole Grain**  
—  —  
GROWN. MILLED. TOASTED.

**NO ARTIFICIAL FLAVORS**  
**NO ARTIFICIAL COLORS**

\* THREE GRAMS OF SOLUBLE FIBER DAILY FROM WHOLE GRAIN OAT FOODS, LIKE OAT FLAKES CEREAL, IN A DIET LOW IN SATURATED FAT AND CHOLESTEROL, MAY REDUCE THE RISK OF HEART DISEASE. WHEAT FLAKES PROVIDES 1 GRAM PER SERVING.

**NET WT 1 LB 2 OZ (18 OZ) (510g)**

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Inspired by  
Italian Traditions

# Vegetable Grain Bowl

A whole wheat cous cous with  
tomatoes, carrots, green bean,  
bell pepper and fresh basil

SERVING SUGGESTION | MADE IN THE USA  
KEEP FROZEN & COOK THOROUGHLY | MICROWAVEABLE

NET WT 11 OZ (312g)



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