



Inspired by
Italian Traditions

Vegetable Grain Bowl

A whole wheat couscous 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)



FAMILY SIZE

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. OAT FLAKES PROVIDES ONE GRAM PER SERVING.

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