



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)**