

X servings per container	
Serving size	1 packet (35g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	10%
Soluble Fiber 1g	
Insoluble Fiber 1g	
Total Sugars 15g	
Includes 11g Added Sugars	22%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 3.6mg	20%
Potassium 110mg	2%
Vitamin A	25%
Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B6	20%
Folate 100mcg DFE (60mcg folic acid)	25%
Phosphorus	6%

Vitamins and Minerals: Niacinamide (Vitamin B3), Vitamin A Palmitate, Reduced Iron, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid.

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Vitamin B6 20% • Phosphorus 6%	
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* 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.	

HEARTY
TRADITIONS[®]
Instant oatmeal
NATURALLY FLAVORED
apples & cinnamon
NET WEIGHT 1.23 OZ (35g) ®

Case Weight	Case Cube	Case Dimensions	Ti / Hi	Cases/ Pallet
17.13	1.06	19.5 X 9.81 X 9.56	10 / 4	40

Formulation Statement for Documenting Grains in School Meals **Required Beginning SY 2013-2014** *(Crediting Standards Based on Grams of Creditable Grains)*

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

11887 12/10 ct Variety Pack

Product Name: Hearty Traditions Apples & Cinnamon Instant Oatmeal

Code No.: 11851 200/1.23 oz Apples & Cinnamon

Manufacturer: Post Consumer Brands

Serving Size 1.23 oz

(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes X No

(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non- creditable grains: Yes No X **How many grams:**

(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). *(Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16grams creditable grain per oz eq; Group H uses the standard of 28grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

Indicate to which Exhibit A Group (A-I) the Product Belongs: H

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹ A	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ² B	Creditable Amount A ÷ B
Breakfast Cereals Cooked	35g	28g	1.25
Total Creditable Amount³			1.25

*Creditable grains are whole-grain meal/flour and enriched meal/flour.

¹(Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

²Standard grams of creditable grains from the corresponding Group in Exhibit A.

³Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 1.23 oz

Total contribution of product (per portion) 1.25 oz equivalent

I certify that the above information is true and correct and that a 1.23ounce portion of this product (ready for serving) provides 1.25oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Merrilee Olson
Signature

National Sales Manager - K12
Title

Merrilee Olson
Printed Name

5/1/23
Date

763-245-0853
Phone Number