

Nutrition Facts

About X servings per container
Serving size 1/2 Cup Dry (40g)

Amount per serving
Calories 150

% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Soluble Fiber 2g	
Insoluble Fiber 2g	
Total Sugars 0g	
Incl. 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.5mg	8%
Potassium 140mg	2%
Thiamin	15%
Phosphorus	10%
Magnesium	10%
Zinc	10%

* 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: Whole Grain Rolled Oats.

Post Consumer Brands

OOF-101 OAT
(Circle U)

Regulatory NFP Released: 05/27/20

Graphics NFP Released: 05/27/20



Product	Pack/Size	Case UPC	GTIN
Hearty Traditions Old Fashioned Rolled Oats	12/42 oz	04651	100-42400-04651-3

Case Weight	Case Cube	Case Dimensions	Ti / Hi	Cases/ Pallet
34.99	2.03	21.62 X 16.25 X 10	5 / 4	20

COOKING DIRECTIONS

Servings	1	2	3
Water	1 cup	1-3/4 cups	2-1/2 cups
Oats	1/2 cup	1 cup	1-1/2 cups
Salt (optional)	dash	1/8 tsp	1/8 tsp

STOVE TOP

1. Boil water and salt.
2. Stir in oats.
3. Cook about 5 minutes over medium heat; stir occasionally.

MICROWAVE (one serving)

1. Combine water, salt and oats in a medium microwave-safe bowl.
2. Microwave 2-1/2 to 3 minutes; stir before serving.

CAUTION, BOWL MAY BE HOT.

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.

Product Name: Hearty Traditions Old Fashioned Oatmeal Tube Code No.: 04651 (12/42 oz)

Manufacturer: Post Consumer Brands Serving Size 1 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-creditible 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	28g	28g	1
Total Creditable Amount³			1

*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 oz

Total contribution of product (per portion) 1 oz equivalent

I certify that the above information is true and correct and that a 1 ounce portion of this product (ready for serving) provides 1 oz equivalent Grains. I further certify that non-creditible 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-creditible grains may not credit towards the grain requirements for school meals.

Merrilee Olson
Signature

Merrilee Olson
Printed Name

National Sales Manager - K12
Title

5/1/23 763-245-0853
Date Phone Number