

| Product  |           | Pack/Size            | Case UPC | GTIN              |              |
|--|-----------|----------------------|----------|-------------------|--------------|
| Hearty Traditions Instant Oatmeal – Variety Pack |           | 12/10 ct             | 11887    | 100-42400-11887-6 |              |
| Case Weight                                      | Case Cube | Case Dimensions      |          | Ti/Hi             | Cases/Pallet |
| 9.75 LB  | 0.98      | 19.56 X 10.19 X 8.62 |          | 5 / 10            | 50           |

**Post Consumer Brands**  
**Instant Oatmeal Variety Pack**  
**Apples & Cinnamon, Maple Brown Sugar, Regular**  
**Kosher (Circle U)**

**Apples & Cinnamon  
OAC-100**

| <b>Nutrition Facts</b>               |            |
|--------------------------------------|------------|
| X servings per container             |            |
| Serving size 1 packet (35g)          |            |
| Amount per serving                   | <b>120</b> |
| <b>Calories</b>                      |            |
| % 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%        |
| <b>Protein 2g</b>                    |            |
| 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%         |

\* 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, Sugar, Dried Apples, Salt, Cinnamon, Calcium Carbonate, Guar Gum, Citric Acid, Natural Flavor, Sodium Sulfite (to maintain apple color).

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

**Maple Brown Sugar  
OMB-100**

| <b>Nutrition Facts</b>               |            |
|--------------------------------------|------------|
| About X servings per container       |            |
| Serving size 1 packet (43g)          |            |
| Amount per serving                   | <b>160</b> |
| <b>Calories</b>                      |            |
| % Daily Value*                       |            |
| Total Fat 2g                         | 2%         |
| Saturated Fat 0g                     | 0%         |
| Trans Fat 0g                         |            |
| Polyunsaturated Fat 0.5g             |            |
| Monounsaturated Fat 0.5g             |            |
| Cholesterol 0mg                      | 0%         |
| Sodium 240mg                         | 10%        |
| Total Carbohydrate 33g               | 12%        |
| Dietary Fiber 3g                     | 11%        |
| Soluble Fiber 1g                     |            |
| Insoluble Fiber 2g                   |            |
| Total Sugars 14g                     |            |
| Includes 13g Added Sugars            | 27%        |
| <b>Protein 4g</b>                    |            |
| Vitamin D 0mcg                       | 0%         |
| Calcium 100mg                        | 8%         |
| Iron 3.6mg                           | 20%        |
| Potassium 110mg                      | 2%         |
| Vitamin A                            | 25%        |
| Thiamin                              | 25%        |
| Riboflavin                           | 25%        |
| Niacin                               | 20%        |
| Vitamin B6                           | 20%        |
| Folate 120mcg DFE (70mcg folic acid) | 30%        |
| Phosphorus                           | 8%         |

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**Ingredients:** Whole Grain Rolled Oats, Sugar, Salt, Calcium Carbonate, Guar Gum, Molasses, Natural Flavor, Caramel Color, Maple Syrup.

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

**Regular  
ORA-101**

| <b>Nutrition Facts</b>              |            |
|-------------------------------------|------------|
| About X servings per Container      |            |
| Serving size 1 1/2 CUP (39g)        |            |
| Amount per serving                  | <b>150</b> |
| <b>Calories</b>                     |            |
| % Daily Value*                      |            |
| Total Fat 1g                        | 1%         |
| Saturated Fat 0g                    | 0%         |
| Trans Fat 0g                        |            |
| Cholesterol 0mg                     | 0%         |
| Sodium 200mg                        | 9%         |
| Total Carbohydrate 34g              | 12%        |
| Dietary Fiber less than 1g          | 3%         |
| Total Sugars 17g                    |            |
| Incl. 17g Added Sugars              | 34%        |
| <b>Protein 2g</b>                   |            |
| Vitamin D 0mcg                      | 0%         |
| Calcium 230mg                       | 15%        |
| Iron 5.4mg                          | 30%        |
| Potassium 30mg                      | 0%         |
| Thiamin                             | 60%        |
| Niacin                              | 15%        |
| Vitamin B6                          | 15%        |
| Folate 30mcg DFE (20mcg folic acid) | 8%         |
| Pantothenic Acid                    | 10%        |
| Phosphorus                          | 2%         |
| Zinc                                | 20%        |

\* 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:** Sugar, Yellow Corn Flour, Whole Grain Oat Flour, Modified Cornstarch, Corn Syrup, Calcium Carbonate, Salt, Canola and/or Soybean Oil, Natural Flavor, Yellow 6, Wheat Starch.

**Vitamins and Minerals:** Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Zinc Oxide, Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid.

**CONTAINS WHEAT.**

