



40  
SERVINGS



SHELF LIFE  
UP TO 25 YEARS

Product good for up to 25 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55°F and 70°F. Actual shelf life may vary based on individual storage conditions.

FOOD STORAGE  
EMERGENCY  
EVERYDAY FOOD



# Maple Brown Sugar Oatmeal

## Nutrition Facts

Serving Size: 1/4 Cup (30g) Dry  
Servings Per Container: 40

Amount Per Serving  
**Calories 120** **Calories from Fat 20**

% Daily Value\*

**Total Fat 2.5g** **4%**

**Saturated Fat 1g** **5%**

**Trans Fat 0g**

**Cholesterol 0mg** **0%**

**Sodium 35mg** **1%**

**Total Carbohydrate 20g** **7%**

**Dietary Fiber 3g** **12%**

**Sugars 3g**

**Protein 4g**

**Vitamin A 0%** • **Vitamin C 0%**

**Calcium 2%** • **Iron 6%**

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

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## DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Stir entire contents of pouch into 5 Cups boiling water.
3. Cook 1 minute, stirring frequently.
4. Remove from heat and let stand for 2 minutes.

**INGREDIENTS:** Gluten free quick oats, brown sugar, creamer, coconut oil, Corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin, natural and artificial maple flavor (dextrose, maltodextrin, less than 2.0% silicon dioxide added to prevent caking), non-iodized salt.

**CONTAINS ALLERGEN:** Milk and soy.

Contains oxygen absorber.  
Discard immediately upon opening.