TO CLOSE - INSERT TAB

LIFT TAB TO OPEN

OR

Remove flap along perforation on the back of box for a convenient pantry pack

BEST IF USED BEFORE

We're here to help Quakeroats.com or 800.555.6287 Please have package available when calling

QUAKER®
-ESTᴰ 1877-

GOODNESS YOU CAN TASTE.

At Quaker®, we believe that nothing should stand between you and a great breakfast. That's why we strive to keep it simple, with delicious ingredients in every bowl.

FLAVORED WITH OTHER NATURAL FLAVORS

100% WHOLE GRAIN OATS

HEART HEALTHY
Diets rich in whole grain foods and other plant foods and low in saturated fat and cholesterol may help reduce the risk of heart disease.

GOOD SOURCE OF FIBER

NO ARTIFICIAL PRESERVATIVES, FLAVORS OR ADDED COLORS

QUAKER SUSTAINABILITY PLEDGE

We value our communities and are continually on the lookout for ways to reduce our environmental impact – especially in areas of oat farming, packaging, and shipping. We've made progress, but there's more work to be done. Join us in our journey to take better care of the Earth. After all, that's where oats come from. To learn more, visit www.pepsico.com/sustainability

how2recycle.info
PAPER BOX
MULTI-LAYER POUCH

For special offers, information & to join the conversation, visit: QuakerOats.com, Facebook.com/Quaker or @Quaker

Eat at least three one ounce equivalent (3 servings) of WHOLE GRAINS per day for fiber and overall health. Each oatmeal packet contains a one ounce equivalent (1 serving) of whole grains.

100% OF THE GRAIN IS WHOLE GRAIN

100% WHOLE GRAIN 30g or more per serving WholeGrainsCouncil.org

SEE OTHER SIDE FOR OPENING INSTRUCTIONS

32632694808

QUAKER®
-ESTᴰ 1877-

INSTANT OATMEAL
PUMPKIN SPICE
FLAVOR WITH OTHER NATURAL FLAVORS

LIMITED EDITION

100% WHOLE GRAIN OATS

NO ARTIFICIAL PRESERVATIVES OR FLAVORS

QUAKER®
-ESTᴰ 1877-

INSTANT OATMEAL
PUMPKIN SPICE
FLAVOR WITH OTHER NATURAL FLAVORS

TOPPINGS ADDED TO REPRESENT PRODUCT FLAVOR
ENLARGED IMAGE

HEART HEALTHY
Diets rich in whole grain foods and other plant foods and low in saturated fat and cholesterol may help reduce the risk of heart disease.

Ⓤ D

8
1.5 OZ (43 g)
PACKETS

per packet

160	0g	190mg	10g
CALORIES	SAT FAT	SODIUM	ADDED SUGARS
	3% DV	8% DV	20% DV

NET WT 12.1 OZ (344 g)

QUAKER®
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HOT WATER OR MILK DIRECTIONS

1. Empty packet into bowl.
2. Add up to 1/2 cup hot milk or boiling water, stir.
3. Let stand for 60 seconds.

MICROWAVE DIRECTIONS

1. Empty packet into microwave-safe bowl.
2. Add up to 2/3 cup unheated milk or water, stir. For your convenience, you can use the packet as a measuring cup.
3. Microwave on HIGH 1 to 2 minutes; stir again.

Please adjust water or milk for desired consistency.

Caution: Bowl and contents may be hot. Microwave ovens vary in power. Cooking time may need to be adjusted.

Nutrition Facts

About 8 servings per container
Serving size 1 packet (43g)

Amount per serving	
Calories	**160**
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 190mg	**8%**
Total Carbohydrate 32g	**12%**
Dietary Fiber 3g	**11%**
Soluble Fiber 1g	
Total Sugars 11g	
Includes 10g Added Sugars	**20%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.2mg	6%
Potassium 140mg	2%

* 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 oats, sugar, nonfat dry milk, salt, spices, natural flavor.
CONTAINS MILK INGREDIENTS.

QUAKER®
DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.

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1-800-555-6287

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INSTANT OATMEAL
PUMPKIN SPICE
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QUAKER INSTANT OATMEAL