

ARTIFICIALLY FLAVORED

CAP'N CRUNCH'S

SEA BERRY CRUNCH

SWEETENED CORN & OAT CEREAL

TO OPEN • LEFT TAB CAREFULLY

LET'S HELP SUPPORT OCEAN CONSERVANCY!

For over 60 years, Cap'n has sailed the high seas in his beloved S.S. Guppy. Next to his breakfast table, there's no other place on the planet he loves more. That's why we're partnering with Ocean Conservancy, a nonprofit organization working to protect the ocean from today's greatest global challenges.

For every box of Cap'n Crunch's Sea Berry Crunch purchased before 5/31/24, The Quaker Oats Company will

DONATE \$1*

to Ocean Conservancy®

(up to \$500,000)

and the organization's efforts to solve some of the threats facing our ocean today, including supporting the development of healthy ocean ecosystems, managing U.S. ocean resources and more.

*From December 18, 2023, to May 31, 2024, \$1 of every Cap'n Crunch's Sea Berry Crunch box will be donated by The Quaker Oats Company to Ocean Conservancy, up to a maximum donation of \$500,000. Minimum contribution: \$250,000.

Visit CapnCrunchSeaBerry.com to learn more!

FIND KEY WORDS BELOW THAT HELP KEEP OUR OCEAN CLEAN

REDUCE EDUCATE INFORM RECYCLE
REUSE CONSERVE RESPECT
REDUCE CLEANUP VOLUNTEER

TRY OUR OTHER FLAVORS!

CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

CAP'N CRUNCH'S COOK'ALL BERRIES

Follow the Cap'n

@RealCapnCrunch

Visit us on

www.capncrunch.com

TO CLOSE • INSERT TAB

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BEST BEFORE

8 7 0 1 8

RECYCLED PAPER BOX

PLASTIC BAG

FAMILY SIZE

15.5 OZ

LIMITED EDITION

CAP'N CRUNCH'S

Sea Berry CRUNCH

ARTIFICIALLY FLAVORED SWEETENED CORN & OAT CEREAL

SERVING SUGGESTION

ENLARGED TO SHOW TEXTURE

\$1 DONATED

to Ocean Conservancy®

FOR EVERY BOX SOLD BEFORE 5/31/24, \$1.00 WILL BE DONATED TO OCEAN CONSERVANCY. (up to \$500,000)

SEE BACK FOR DETAILS.

NET WT 15.5 OZ (442 g)

150 CALORIES

1g SAT FAT 4% DV

190mg SODIUM 8% DV

16g ADDED SUGARS 32% DV

CAP'N CRUNCH'S

SEA BERRY CRUNCH

ARTIFICIALLY FLAVORED SWEETENED CORN & OAT CEREAL

Nutrition Facts

About 12 servings per container

Serving size 1 1/4 cup (38g)

	Cereal	with 2% cup of milk	with 1% cup of milk
Calories	150	200	200
Total Fat	1.5g	2%	1.5g 2%
Saturated Fat	1g	4%	1g 5%
Trans Fat	0g	0g	0g
Cholesterol	0mg	0%	5mg 1%
Sodium	190mg	8%	200mg 11%
Total Carb.	33g	12%	41g 15%
Dietary Fiber	1g	4%	1g 4%
Total Sugars	16g	32%	24g 32%
Incl. Added Sugars	16g	32%	16g 32%
Protein	2g	7g	7g
Vitamin D	0mcg	0%	2mcg 8%
Calcium	0mg	0%	200mg 15%
Iron	8.7mg	45%	8.7mg 45%
Potassium	150mg	2%	410mg 8%
Thiamin	0.48mg	40%	0.54mg 45%
Riboflavin	0.38mg	30%	0.65mg 50%
Niacin	4.8mg	30%	5.6mg 35%
Vitamin B6	0.51mg	30%	0.8mg 35%
Folate DFE	240mcg	60%	240mcg 60%
Folic Acid	(153mcg)	(153mcg)	(153mcg)

*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: Corn flour, sugar, oat flour, vegetable oil (coconut oil and/or palm oil), salt, potassium citrate, molasses, sodium citrate, malic acid, natural and artificial flavor, blue 1, reduced iron, niacinamide*, thiamine mononitrate*, BHT (to preserve freshness), pyridoxine hydrochloride*, riboflavin*, folic acid*, citric acid. *One of the B vitamins

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smartlabel®

Scan here for more food information or all

1-800-234-6281

We're here to help.
capncrunch.com or 800.234.6281
Please have package available when calling.
This package is sold by weight, not volume.
Some settling may have occurred during shipping and handling.

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ARTIFICIALLY FLAVORED SWEETENED CORN & OAT CEREAL

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