

TO OPEN • LIFT TAB CAREFULLY



GIANT SIZE

The Epic Adventures of  
**CAP'N CRUNCH**  
vs  
**JEAN LAFOOTE!**

Jean Lafoote is stealing the crunch!  
Work your way through the waves to  
capture his key before he escapes!

START

Can you find two fish that are the same?

Unscramble the letters above  
to discover what makes  
the Cap'n's cereal so crunchy!

FINISH

How many  
**STARFISH**  
can you find?



ANSWERS: Unscramble Game Answer: TTS-A SECRET

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OTHER  
PRODUCTS!



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the Cap'n  
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647-L02-53  
BEST BEFORE

TO CLOSE • INSERT TAB



GIANT SIZE  
25.7 OZ

**CAP'N CRUNCH**  
SWEETENED CORN & OAT CEREAL



CRUNCH-A-TIZE ME CAP'N!



ENLARGED TO SHOW TEXTURE

Serving Suggestion

NET WT 25.7 OZ (1 LB 9 OZ) 730 g

**CAP'N CRUNCH**  
SWEETENED CORN & OAT CEREAL



150 CALORIES

1g SAT FAT 6% DV

290mg SODIUM 12% DV

16g ADDED SUGARS 31% DV

Per 1 cup

**Nutrition Facts**  
About 19 servings per container  
Serving size 1 cup (38g)

	Cereal alone	with 3/4 cup of 1% fat milk
<b>Calories</b>	<b>150</b>	<b>210</b>
<b>Total Fat</b>	2g 4%	2g 4%
<b>Saturated Fat</b>	1g 2%	1.5g 3%
<b>Trans Fat</b>	0g	0g
<b>Cholesterol</b>	0mg 0%	<5mg 1%
<b>Sodium</b>	280mg 12%	360mg 15%
<b>Total Carb.</b>	33g 12%	41g 15%
<b>Dietary Fiber</b>	<1g 3%	<1g 3%
<b>Total Sugars</b>	16g	24g
<b>Incl. Added Sugars</b>	16g 31%	16g 31%
<b>Protein</b>	2g	7g
<b>Vitamin D</b>	0mcg 0%	2mcg 8%
<b>Calcium</b>	0mg 0%	200mg 15%
<b>Iron</b>	8mg 40%	8mg 40%
<b>Potassium</b>	50mg 0%	310mg 6%
<b>Thiamin</b>	0.42mg 35%	0.48mg 40%
<b>Riboflavin</b>	0.33mg 25%	0.68mg 50%
<b>Niacin</b>	4.8mg 30%	4.8mg 30%
<b>Vitamin B6</b>	0.51mg 30%	0.51mg 30%
<b>Folate DFE</b>	240mcg 60%	240mcg 60%
<b>Folic Acid</b>	(141mcg)	(141mcg)

\* 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 and/or palm oil), salt, molasses, reduced iron, yellow 5, niacinamide, yellow 6, BHT (to preserve freshness), thiamine mononitrate, pyridoxine hydrochloride, riboflavin, folic acid.  
\*One of the B vitamins

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Please have package available when calling.

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Some settling may have occurred during shipping and handling.