

ARTIFICIALLY FLAVORED

SEA BERRY CRUNCH

SWEETENED CORN & OAT CEREAL

Cap'n Crunch's

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 OOPS! ALL BERRIES

Follow the Cap'n

@RealCapnCrunch

Instagram

Facebook

Twitter

TikTok

Visit us on [www.capncrunch.com](http://www.capncrunch.com)

BEST BEFORE

F0000020836-L02-1

Recycling Symbols

PAPER BOX

PLASTIC BAG

LIMITED EDITION

CAP'N CRUNCH'S

SeaBerry CRUNCH

ARTIFICIALLY FLAVORED SWEETENED CORN & OAT CEREAL

Cap'n Crunch's

SEA BERRY CRUNCH

SWEETENED CORN & OAT CEREAL

150 CALORIES

1g SAT FAT

190mg SODIUM

16g ADDED SUGARS

4% DV

8% DV

32% DV

NET WT 9.5 OZ (270 g)

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

\$1 DONATED to Ocean Conservancy®

Follow the Cap'n

@RealCapnCrunch

Instagram

Facebook

Twitter

TikTok

Visit us on [www.capncrunch.com](http://www.capncrunch.com)

SEA BERRY CRUNCH

ARTIFICIALLY FLAVORED SWEETENED CORN & OAT CEREAL

Nutrition Facts

About 7 servings per container

Serving size 1 1/4 cup (38g)

		Calories	150	200
Total Fat	1.5g	2%	1.5g	2%
Saturated Fat	1g	4%	1g	5%
Trans Fat	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		24g	
Incl. Added Sugars	16g	32%	16g	32%
Protein	2g		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%	0.6mg	35%
Folate DFE	240mcg	60%	240mcg	60%
Folic Acid	(163mcg)		(163mcg)	

\*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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P.O. BOX 049003  
CHICAGO, IL 60604-9003 U.S.A.  
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smartlabel®

Scan here for more food information or call 1-800-234-6281

We're here to help.  
[capncrunch.com](http://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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