



**Product Name:** Quaker® Instant Oatmeal Cup - Maple & Brown Sugar **Product Code:** 31971/56204  
**Serving Size:** 1 cup (48 g; 1.69 oz) **Date:** 01/01/2024

**Grains Based on Grams of Creditable Grains**

Does this product meet the Whole Grain-Rich Criteria:   
 Does this product contain non-creditable grains:

Description of Creditable Grain Ingredient	Exhibit A Group (A - I) the Product Belongs To	Grams of Creditable Grain Ingredient per Portion (A)	Gram Standard of Creditable Grain per oz Equivalent (B)	Creditable Amount (A / B)
Whole Grain Oats	Group H	33.00 g	28.00 g	1.1785 oz eq.
<b>Total Grains Based on Grams of Creditable Grains Creditable Amount:</b>				<b>1.00 oz eq.</b>

**Meal Pattern Contribution Statement**

I certify that the above information is true and correct and that a **1 cup (48 g; 1.69 oz)** ounce serving of the above product (ready for serving) provides **1.00** oz equivalent Grains when prepared according to directions.

I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

*Rachel Huber*

Signature

Rachel Huber, MPH, RDN

Printed Name

PepsiCo Foodservice Dietitian

Title

972-334-4789

Phone Number

# Quaker Instant Oatmeal Maple & Brown Sugar 1.69 Oz

GTIN: 00030000319581 | UPC: 030000319581

NET CONTENT: 1.69 Ounce | PRODUCT ID:



We think it's important to celebrate the classics: that's why we've taken Instant Quaker Oatmeal Maple & Brown Sugar and made it even more convenient. Get the warm and familiar flavor you love in a convenient on-the-go cup.

## FEATURES & BENEFITS

- Your favorite oatmeal now in a convenient on-the-go-cup
- Available in 2 flavors ' Apples & Cinnamon and Maple Brown Sugar
- The great taste and fuel you want to start your day
- 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.
- 100% Whole Grain Oats
- Good Source Of Fiber
- No Artificial Preservatives Or Flavors

## INSTRUCTIONS

- 1.) Remove lid completely 2.) Add boiling water to slightly below line on inside of cup 3.) Stir well and let stand for 2 minutes
- REMOVE LID COMPLETELY, ADD WATER TO THE LINE ON THE INSIDE OF THE CUP, STIR WELL, MICROWAVE ON HIGH FOR 45 TO 50 SECONDS., STIR AND LET STAND FOR 2 MINUTES

## NUTRITIONAL CLAIMS

- 100% Whole Grains Oats
- Good Source Of Fiber
- 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.
- No Artificial Flavors
- No Artificial Preservatives

<b>Brand Owner</b>	PepsiCo Inc. Brand Owner
<b>Brand Name</b>	Quaker
<b>Manufacturer</b>	Quaker Food and Beverage
<b>Volume</b>	.022 Cubic foot
<b>Minimum Life Span (days) From Arrival:</b>	<b>From Production:</b> 360
<b>Storage &amp; Handling Temperature</b>	
<b>Minimum:</b>	<b>Maximum:</b>
<b>Origin Region:</b>	<b>Country:</b> US

**INGREDIENTS:** WHOLE GRAIN OATS, SUGAR, SALT, NATURAL FLAVOR.

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 Packet (48g)</b>
Amount Per Serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	13%
<b>Total Carbohydrates</b> 37g	13%
Dietary Fiber 3g	11%
Total Sugars 14g	
Includes 14g Added Sugars	27%
<b>Protein</b> 4g	
Vitamin D 0mcg 0%	Calcium 20mg 0%
Iron 1.3mg 6%	Potassium 130mg 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.	



Product formulation, packaging and promotions may change. For current information, refer to packaging. Information may also differ from package labels because of the limited space on some packages.

**Quaker Instant Oatmeal Cups, Maple Brown Sugar, 1.69 Oz, 24 Count**

GTIN: 00030000319710 | UPC:

NET CONTENT: 24 Count | PRODUCT ID: 31971



Your favorite QUAKER Oatmeal now in a convenient on-the-go-cup . The great taste and fuel your customers want to start their day QUAKER thinks it's important to celebrate the classics: that's why we've taken Instant QUAKER Oatmeal Maple & Brown Sugar and made it even more convenient. Get the warm and familiar flavor you love in a convenient on-the-go cup. In a convenient Bulk 24ct case. Great for lodging, C&U, healthcare, cafeterias, airports and anywhere your customers need oatmeal on the go.

**FEATURES & BENEFITS**

- Your favorite QUAKER Oatmeal now in a convenient on-the-go-cup .
- The great taste and fuel your customers want to start their day QUAKER thinks it's important to celebrate the classics: that's why we've taken Instant QUAKER Oatmeal Maple & Brown Sugar and made it even more convenient.
- Get the warm and familiar flavor you love in a convenient on-the-go cup.
- In a convenient Bulk 24ct case.
- Great for lodging, C&U, healthcare, cafeterias, airports and anywhere your customers need oatmeal on the go.

**INSTRUCTIONS**

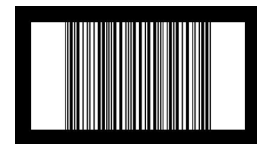
- All products are code dated with expiration date. Rotate product to insure fresh products. Destroy out of code products. Store out of direct sunlight at room temperature.
- Microwave

<b>Brand Owner</b>	PepsiCo Inc. Brand Owner
<b>Brand Name</b>	Quaker
<b>Manufacturer</b>	Quaker Food and Beverage
<b>Volume</b>	.652 Cubic foot
<b>Minimum Life Span (days)</b>	
<b>From Arrival: 240</b>	<b>From Production: 360</b>
<b>Storage &amp; Handling Temperature</b>	
<b>Minimum: 35 °F</b>	<b>Maximum: 85 °F</b>
<b>Origin Region:</b>	<b>Country: US</b>

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
50030000319715	Pallet	77	54.875 x 40 x 48 Inches	195.58 Pound	315.7 Pound	11 x 7
00030000319710	Case	24	7.125 x 11 x 14.375 Inches	2.54 Pound	4.1 Pound	9 x 7
00030000319581	Each	1	3 x 3.56 x 3.56 Inches	1.69 Ounce	1.69 Ounce	
GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
20030000319714	Pallet	63	49.66 x 41 x 48 Inches	159.705 Pound	245.7 Pound	9 x 7
00030000319710	Case	24	7.125 x 11 x 14.375 Inches	2.54 Pound	4.1 Pound	9 x 7
Additional information not displayed						



00030000319710



50030000319715

Product formulation, packaging and promotions may change. For current information, refer to packaging. Information may also differ from package labels because of the limited space on some packages.

**Quaker Instant Quaker Oatmeal Express Cup Maple Brown Sugar 1.69 Oz 12 Ct**

GTIN: 00030000562048 | UPC:  
 NET CONTENT: 12 Count | PRODUCT ID: 56204



Your customer's favorite oatmeal now in a convenient on-the-go-cup . The great taste and fuel your customers want to start their day. QUAKER thinks it's important to celebrate the classics: that's why we've taken Instant QUAKER Oatmeal Maple & Brown Sugar and made it even more convenient. Get the warm and familiar flavor your customers love in a convenient on-the-go cup . Bulk 12ct case. Great for limited serve, cafeterias, healthcare, workplace, vending and on the go locations.

<b>Brand Owner</b>	PepsiCo Inc. Brand Owner
<b>Brand Name</b>	Quaker
<b>Manufacturer</b>	Quaker Food and Beverage
<b>Volume</b>	.33 Cubic foot
<b>Minimum Life Span (days)</b>	
<b>From Arrival: 240</b>	<b>From Production: 360</b>
<b>Storage &amp; Handling Temperature</b>	
<b>Minimum: 35 °F</b>	<b>Maximum: 85 °F</b>
<b>Origin</b>	
<b>Region:</b>	<b>Country: US</b>

**FEATURES & BENEFITS**

- Your customer's favorite oatmeal now in a convenient on-the-go-cup .
- The great taste and fuel your customers want to start their day.
- QUAKER thinks it's important to celebrate the classics: that's why we've taken Instant QUAKER Oatmeal Maple & Brown Sugar and made it even more convenient.
- Get the warm and familiar flavor your customers love in a convenient on-the-go cup .
- Bulk 12ct case.
- Great for limited serve, cafeterias, healthcare, workplace, vending and on the go locations.

**INSTRUCTIONS**

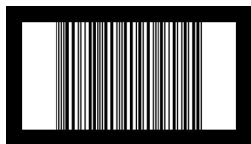
- All products are code dated with expiration date. Rotate product to insure fresh products. Destroy out of code products. Store out of direct sunlight at room temperature.
- Microwave

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
30030000562049	Pallet	126	50.5 x 41.75 x 48 Inches	159.768 Pound	264.6 Pound	18 x 7
00030000562048	Case	12	7.11 x 7.42 x 10.81 Inches	1.268 Pound	2.1 Pound	18 x 7
00030000319581	Each	1	3 x 3.56 x 3.56 Inches	1.69 Ounce	1.69 Ounce	

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
40030000562046	Pallet	161	54.875 x 40.75 x 48 Inches	204.148 Pound	341.32 Pound	23 x 7
00030000562048	Case	12	7.11 x 7.42 x 10.81 Inches	1.268 Pound	2.1 Pound	18 x 7

Additional information not displayed



00030000562048



30030000562049

Product formulation, packaging and promotions may change. For current information, refer to packaging. Information may also differ from package labels because of the limited space on some packages.