



FIRESIDE

PROVISIONS

POWER OATMEAL

ALL NATURAL

*"Between every two pines is a doorway to a new world."
- John Muir*

NET WEIGHT: 8 OUNCES (227 GRAMS)

PACKED BY FIRESIDE PROVISIONS, SOUTH SAN FRANCISCO CA 94080

Rolled oats, raisins, walnuts, oat bran, apples, cinnamon. No oil, no sweetener, no salt, no GMOs.

To prepare: Use 2 parts water to 1 part oatmeal. Boil gently for 5 mins.

NUTRITION FACTS

SERV. SIZE:

$\frac{2}{3}$ CUP (72G)

SERV. PER PACKAGE:

ABOUT 6 SERVINGS

CALORIES: 260

FAT CALORIES: 70

AMOUNT/SERVING	%DV*	AMOUNT/SERVING	%DV*
TOTAL FAT 8g	12%	TOTAL CARBS 44g	15%
Sat. Fat 1g	5%	Dietary Fiber 6g	26%
Trans Fat 0g	0%	Sugars 14g	
CHOLESTEROL 0mg	0%	SODIUM 15mg	0%
PROTEIN 9g		*Percent Daily Values (DV) based on a 2,000 calorie diet	
Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 15%

THIS BAG IS BIODEGRADABLE AND 100% RECYCLABLE
1% OF SALES GO TO PRESERVE AND RESTORE OUR NATURAL ENVIRONMENT