

**USDA COMMODITY REQUIREMENTS**

**PC7  
PROCESSED CEREALS  
FOR USE IN DOMESTIC PROGRAMS**

Effective Date: 09/01/05

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## Part 1 COMMODITY SPECIFICATIONS

### Section 1.1 COMMODITIES

#### A. Quality of the Commodity

The commodity delivered shall meet the requirements as specified in the Commercial Item Descriptions (CID) available from the websites provided:

- (1) Cereals, Rolled Oats, Type I – CID A-A-20090C (February 9, 2004) at <http://www.ams.usda.gov/fqa/aa20090c.htm>
- (2) Cereals, Wheat, Quick-Cooking and Instant, Type I (enriched farina) and Type III (rolled wheat) – CID A-A-20108A (September 25, 1997) at <http://www.ams.usda.gov/fqa/aa20108a.htm>, except as may be augmented as indicated below:

#### Farina – Iron Enrichment Standards

Item	Minimum Per Pound	Maximum Per Pound
Iron, in form of Ferric Phosphate <u>1/</u> , <u>2/</u> , mg	90	140
<u>1/</u> Must conform to the requirements outlined in the Food Chemicals Codex. <u>2/</u> As an alternate, reduced iron in the form of electrolytic of hydrogen reduced iron may be used.		

- (3) Bulgur may be of any of the classes of wheat as defined in the “Official United States Standards for Grain,” except mixtures of wheat of contrasting classes. The standard is available at: <http://151.121.3.117/reference-library/standards/standards.htm>. The wheat shall not contain more than 4.0 percent damaged kernels and shall meet the requirements as set forth below:

#### Chemical and Physical Requirements

Item	Requirements <sup>1</sup>	
	Minimum	Maximum
Moisture	--	11.5%
Protein (N x 5.7) <sup>2</sup>	9.3%	--
Crude Fiber <sup>2</sup>	--	2.3%
Ash <sup>2</sup>	--	1.8%
Foreign Material: Total <sup>3</sup>	--	0.2%
Material Except Other Grains <sup>4</sup>	--	0.05%

<sup>1</sup> All percentages are on the basis of weight.

<sup>2</sup> These limiting values are on a moisture-free basis.

<sup>3</sup> All material other than wheat.

<sup>4</sup> Including grain hulls either attached or detached. Any hulls attached to product should be detached before inclusion in the hull fraction.

Scorched particles (whole or pieces of kernels)	--	0.2%
Ungelatinized particles (whole or pieces of kernels)	--	1.0%
Whole processed kernels remaining on U.S. Standard No. 8 Woven-Wire-Cloth Sieve	--	4.0
Material that will pass through U.S. Standard No. 8 Woven-Wire-Cloth Sieve	80.0	--
Material that will pas through U.S. Standard No. 14 Woven-Wire-Cloth Sieve	--	18.0
Material that will pass through U.S. Standard No. 30 Woven-Wire-Cloth Sieve	--	0.9

- B. All wheat shall be tested for vomitoxin in accordance with procedures approved by Federal Grain Inspection Service (FGIS). Any wheat testing higher than 2 parts per million (p.p.m.) shall not be used in production of the commodity. The final product shall not contain more than 1 p.p.m. of vomitoxin.

**Section 1.2 WARRANTY**

The product shall have a shelf life of at least one year from date of manufacturer. Product shall not be manufactured more than 30 days prior to shipping.

**Section 1.3 KOSHER ONLY PRODUCTS**

“Kosher Only” products will be identified in the solicitation. Offerors shall not bid on these products unless they are properly certified to produce Kosher products. If awarded a contract, contractors shall:

- (1) Comply with applicable dietary (Kosher) laws as established by the “613 Council of Kashruth,” and
- (2) Contact the Board of Jewish Education of Greater New York at 646-472-5365. A rabbinic supervisor will be sent to visit the plant to certify compliance with the applicable dietary (Kosher) laws.

**Section 1.4 QUALITY ASSURANCE**

- A. The contractor shall perform the product testing and quality analysis to ensure that the product meets the commodity specifications. The results shall be evidenced by a Certificate of Analysis (COA). If quality discounts are provided in the contract, and the product to be delivered by the contractor falls within the quality discount table, those factors shall be identified by an asterisk on the copies of the COA.
- B. Contractors shall notify the Government immediately of lots that fail to meet contract requirements.

**Section 1.5 QUALITY DISCOUNTS**

If the product does not meet the quality specifications as specified but falls within the discount table, the product may be delivered to the Government but the purchase price will be reduced in accordance with the following schedule of discounts for each 100

pounds (net weight) of commodity delivered:

<b>Product</b>	<b>Quality Deficiency</b>	<b>Discount</b>
<b>Enriched Farina</b>	Deficient Iron 89 through 80 mg./lb.	\$0.10
	Deficient Iron 79 through 70 mg./lb.	\$0.25
<b>Rolled Oats</b>	Excess Crude Fiber 1.9 or 2.0	\$0.10
	Excess Crude Fiber 2.1	\$0.25
	Excess Crude Fiber 2.2 or 2.3	\$0.35
<b>Rolled Wheat</b>	None Allowed	
<b>Bulgur</b>	None Allowed	

## **Part 2 CONTAINER AND PACKAGING REQUIREMENTS**

### **Section 2.1 GENERAL**

This part provides the container specifications and packaging materials requirements used under this contract.

### **Section 2.2 CONTAINERS AND MATERIALS**

- A. All containers and packaging materials shall be manufactured and assembled in the United States. The components that make up the fabricating materials of the containers and packaging materials shall be of U.S. origin to the extent that they are commercially available. Questions concerning the availability of a material should be directed to:

USDA/FSA/DACO  
 Room 5755 – South Bldg, STOP 0551  
 1400 Independence Avenue SW  
 Washington, DC 20250-0551  
 ATTN: Packaging

- B. Constructed to meet the requirements of the Food and Drug Administration (FDA) for safe contact with the packaged product.
- C. The contractor shall obtain and maintain documentation from the container or packaging material manufacturer to verify that the containers and packaging materials used in this contract were in compliance with the Government's requirements.

### **Section 2.3 CARTONS**

- A. 14-ounce Cartons  
 14 ounces of product shall be packed in paperboard cartons with sealed ends. The carton shall conform to Federal Specification PPP-B-566, as amended, Variety 1, Style I, Type A, Class a or b. The carton shall be sized to minimize headspace. The carton shall be constructed of either:
- (1) a minimum .022 inch, 85-pound basis weight solid food grade paperboard,
- or

(2) a minimum .020 inch, 80-pound basis weight solid food grade paperboard overwrapped and sealed with a .45-pound white finish paper stock label.

- B. Two-Pound or Three-Pound Cartons  
Two or Three pounds of product, as applicable, shall be packed in paperboard cartons with sealed ends. The carton shall conform to Federal Specification PPP-B-566, as amended, Variety 1, Style I, Type A, Class a or b. The carton shall be constructed of a minimum .028 inch solid food grade paperboard with a bursting strength of 105 p.s.i. The carton shall be sized to minimize headspace.

#### **Section 2.4 FIBERBOARD TUBES**

All fiberboard tubes shall be packed in corrugated fiberboard shipping containers as specified in Section 2.8.

- A. 18-Ounce Fiberboard Tubes  
18 ounces of product shall be packed in fiberboard tubes of a type normally used in commercial channels.
- B. 2-Pound 10-Ounce Fiberboard Tubes  
2-pound 10-ounce products shall be packed in a spiral wound fiberboard tube constructed of either:
- (1) 2-ply, .024 inch double kraft-lined tube stock laminated with vegetable base dextrine. The ends shall be constructed of .026 inch double manila line cap stock.
  - (2) 2-ply, .027 inch, straw chipboard with the ends constructed of .028 inch manila outside cap stock.

#### **Section 2.5 SMALL PAPER BAGS**

- A. 2, 3, or 5 pounds of product shall be packed in bags constructed of 60-pound basis weight natural kraft or extensible paper.
- B. 10 pounds of product shall be packed in bags constructed of 70-pound basis weight natural kraft or extensible paper.
- C. The side seam of each bag shall be adhered with a moisture-resistant adhesive. The finished seam shall be capable of withstanding immersion in water at 73.5 degrees Fahrenheit, plus or minus 5 degrees Fahrenheit, for a period of not less than six (6) hours without the glued seam separating voluntarily. If the seam is separated manually after the immersion period, the paper at the seam shall show evidence of fiber tear.
- D. The bag closures shall be secured to prevent the product from leaking out of the bags during distribution. Closure by means of gummed tape is not acceptable.

**Section 2.6 BALERS**

- A. Paper or plastic balers shall be used for 24/2-pound, 12/3-pound, 8/5-pound, and 4/10-pound bags. Balers shall provide a compact, solid, and securely-held unit to prevent shifting of the bags within the baler during handling, stacking, and shipment.
- B. Plastic balers may have holes in the seal area only. These holes are not acceptable if they allow the bags to become loose or fall from the baler.
- C. Markings are not required on the plastic balers.

**Section 2.7 CORRUGATED FIBERBOARD SHIPPING CONTAINERS**

- A. Shipping containers shall be packed with 12/14-ounce cartons, 24/14-ounce cartons, 24/2-pound cartons, 12/3-pound cartons, 12/18-ounce fiberboard tubes, 24/18-ounce fiberboard tubes, or 12/42-ounce fiberboard tubes.
- B. Shipping containers shall conform to Rule 41, as amended, of the Uniform Freight Classification (UFC) Rules and Regulations and shall be constructed of a minimum 32-pound Edge Crush Test (ECT) corrugated fiberboard. Fourteen (14)-ounce cartons may be packed in shipping containers constructed of a minimum 29-pound ECT corrugated fiberboard. The shipping containers shall be regular slotted containers.
- C. The closure and sealing of outer flaps shall be in accordance with UFC Rule 41, Section 9, as amended. The inner and outer flaps shall be drawn together as closely as possible to ensure a compact and tight pack.

**Section 2.8 25-POUND BAGS**

- A. 25 pounds of product shall be packed in multi-wall paper bags constructed in accordance with Federal Specification UU-S-48, Type II or VI, Style A or B, as amended. The use of recycled materials is not required if performance or food safety is jeopardized.
- B. The bag shall have 3 walls having a minimum total basis weight of 150 pounds.

**Section 2.9 50-POUND BAGS**

- A. 50 pounds of product shall be packed in multi-wall paper bags constructed in accordance with Federal Specification UU-S-48, Level C packing, as amended. The use of recycled materials is not required if performance or food safety is jeopardized.
- B. The bags shall be of a type normally used in commercial channels, constructed and closed in compliance with the applicable carrier rules and regulations.

**Section 2.10 UNITIZATION REQUIREMENTS**

Shipments shall comply with the following unitization requirements:



- A. Unless otherwise specified by the Government, all shipments of packaged products shall be unitized (palletized and stretch wrapped).
- B. Pallets shall be:
  - (1) Constructed to facilitate the safe handling and transportation of the packaged product, as a unit, without loss or damage.
  - (2) A Number 2, four-way, reversible flush stringer with no broken runners or slats.
  - (3) Suitable for use in the shipment of food products.
- C. Plastic stretch wrap shall be:
  - (1) Constructed of a plastic film which is to be stretched a minimum of 50 percent beyond its original length when stretched around the pallet load.
  - (2) Applied as tightly as possible around all tiers of the palletized shipping containers. The shipping containers shall be held firmly in place by the stretch wrap.
- D. Pallet loads shall be:
  - (1) Stacked in such a way as to minimize the amount that shipping containers overhang the edges of pallets.
  - (2) Blocked and braced or otherwise loaded into the conveyance in a manner that prevents shifting during transit.

**Section 2.11 COMMERCIAL PACKAGING REQUIREMENTS**

- A. Contractors supplying commercial brand products shall certify at the time of submission of an offer that the commercial product being delivered has a history of successful distribution and use in domestic commercial channels and is sold on the commercial market with an established level of consumer acceptance.
- B. Container and packaging requirements are those used in the current commercial shipping practices and shall comply with:
  - (1) U.S. domestic origin of containers and packaging materials in Section 2.2.
  - (2) Unitization requirement in Section 2.10.
  - (3) At contractor's option, a statement such as "Not for Retail Sale" may be printed on the principal display panel of the food label.
  - (4) The manufacturer's lot code/lot identification number shall be shown on the commercial bill of lading.
  - (5) Shipping containers shall be marked to show the maximum safe stacking height. It is the responsibility of the contractor in cooperation with the shipping container manufacturers to determine the safe stacking height.
  - (6) For identification upon receipt at delivery warehouses, all commercial-labeled product shipping documents shall specify "FOR USDA FOOD DISTRIBUTION PROGRAMS"

## **Part 3      MARKING REQUIREMENTS**

### **Section 3.1    GENERAL REQUIREMENTS**

Bags, fiberboard tubes, and paper balers shall be plainly marked in accordance with Exhibits A through H. All markings shall be of sufficient size to stand out prominently. The markings shall be arranged substantially as shown in the exhibits and shall be in direct proportion to the available printing surface. No markings are required on plastic balers.

### **Section 3.2    FARINA, ROLLED OATS, ROLLED WHEAT, AND BULGUR**

- A. For packages ten (10) pounds or less, the base art shall be in black ink.
  
- B. The overlays shall be printed as follows:
  - (1) Farina: green ink similar to Pantone 361 C.
  - (2) Rolled oats: white ink.
  - (3) Rolled wheat: white ink.
  - (4) Bulgur: white ink.
  
- C. The markings as shown in Exhibits A through H illustrate base art only. In addition, the applicable nutritional information shall be printed in the space provided.

### **Section 3.3    VENDOR CODE**

A vendor code, furnished by the Government, shall appear on all primary containers, corrugated fiberboard shipping containers, and paper balers. The vendor code identifies the contractor but does not always identify the plant of origin. In addition to the vendor code, contractors have the option of printing the plant code on all containers.

### **Section 3.4    MONTH/YEAR OF PACK**

- A. The month/year of pack shall appear on all primary containers having a net weight greater than ten (10) pounds and shall appear on all primary containers, regardless of net weight, when transparent plastic balers are utilized.
  
- B. The month/year of pack shall appear on all corrugated fiberboard shipping containers and paper balers.
  
- C. The month/year of pack shall be the month/year of shipment as required under the contract.
  
- D. A date fill code may be applied in addition to, but not in lieu of, the month/year of pack.

### **Section 3.5    LOT CODE**

A lot code unique to each lot shall be legibly marked on all primary containers, corrugated fiberboard shipping containers, and paper balers. Contractors may use any type of lot coding system provided a unique code is used to identify each lot under a

contract. Contractors shall provide the Government's audit personnel or the contracting officer with an explanation of the lot coding system utilized.

**Section 3.6 NUTRITIONAL INFORMATION**

Nutritional information shall be applied to all primary containers in accordance with the nutrition labeling regulations of the Food and Drug Administration (FDA) as specified in 21 CFR Part 101, as well as 50-pound bags.

**Section 3.7 SAFE STACKING INSTRUCTIONS**

Corrugated fiberboard shipping containers shall be marked to show the maximum safe stacking height. This should be expressed as follows: "Do not stack above \_\_\_ tiers per pallet, \_\_\_pallets high." It is the responsibility of the contractor in cooperation with the shipping container manufacturers to determine the safe stacking height.

**Section 3.8 CARRIER REGULATIONS**

Containers may be marked with a certification or stamp to indicate compliance with the applicable freight classification or other carrier shipping requirements.

**Section 3.9 UNIVERSAL PRODUCT CODE**

A. A Universal Product Code (UPC) and symbol shall appear on each primary package, and a UPC shipping container code called Interleaved 2 of 5 (I 2/5) shall appear on each shipping container as specified below. In accordance with the UPC guidelines published by the Uniform Code Council, Incorporated, a 12-digit UPC (code and symbol) shall appear on each primary package and a 14-digit I 2/5 bar code shall appear on each shipping container. For contrast in scanning, a white patch or block shall be used as background for bar codes applied directly to metal containers. A high degree of contrast is required for bar codes applied directly to plastic containers. The UPC guidelines describe the requirements for the proper placement, printing, readability, and scanability for bar coding.

B. The format and code to be used is as follows:

Commodity	Pack Size	Primary Container Code	Shipping Container Code
Farina	14 oz.	7 15001 02160 0	1 07 15001 02160 8
Rolled Oats	42 oz.	7 15001 02437 4	1 07 15001 02437 1
Rolled Oats	3 lbs.	7 15001 02440 4	1 07 15001 02440 1
Rolled Wheat	3 lbs.	7 15001 02171 7	1 07 15001 02171 4
Rolled Wheat	10 lbs.	7 15001 02172 4	1 07 15001 02172 1

C. The complete code including the check digit (the last digit of the applicable UPC code) shall be printed in machine-readable and human-readable form. The start and stop indicators shall be included in the bar code symbols. The UPC system is a commonly used method of bar coding merchandise in commercial channels. Package manufacturers, printers, and film master suppliers are familiar with this

symbology. The Government has acquired a unique manufacturer's identification number for this application.

- D. Contractors need not join the UCC. Further information concerning UPC codes and symbols may be obtained by contacting the:

GS1 US  
7887 Washington Village Drive, Suite 300  
Dayton, OH 45459-8605

Phone: (937) 435-3870  
Fax: (937) 435-7317  
Website: <http://www.gs1us.org/>

### **Section 3.10 RECYCLE SYMBOLS**

- A. The contractor shall place the recycle symbol and the words "PLEASE RECYCLE" somewhere on the surface of each primary and shipping container which is widely recycled. By "widely recycled," it is meant recycled in most communities. The words "PLEASE RECYCLE" are to be placed under the recycle symbol. The following packaging materials are widely recycled and should be marked with the symbol and statement in accordance with Exhibit H.
- (1) Corrugated fiberboard (cardboard) boxes.
  - (2) Steel (tin) cans.
  - (3) High density polyethylene (e.g., vegetable oil and liquid shortening bottles)
- B. Packaging materials which are not required under the contract to be printed (e.g., certain plastic pouches, bags, and stretch films) need not be marked even though they can be recycled in many communities.

### **Section 3.11 OTHER MARKINGS**

- A. The contractor's company name and/or the container manufacturer's name may be printed on each container as small as possible, yet legibly.
- B. On exhibits where U.S. RDA Percentages are required, it is acceptable for the contractor to place an asterisk beside the nutrient(s) and to footnote on the panel "\* content less than 2% U.S. RDA of these nutrients."
- C. No markings other than those permitted under this contract shall appear on containers unless required or approved by the Government.

### **Section 3.12 CONTAINERS WITH INCORRECT MARKINGS**

- A. Any labels, bags, cans, can lids, cases, or any other type of packaging (hereinafter referred to as "containers") displaying incorrect markings may be used under a Government contract provided that the incorrect markings are obliterated and correct markings are applied in a permanent manner with approval of the

contracting officer.

- B. The appearance of containers in commercial or other channels either filled or unfilled bearing markings identifying the containers as part of a Government contract may cause the Government expense in determining whether commodities have been diverted from authorized use and in answering inquiries. The contractor shall take all necessary action to prevent the appearance in commercial or other channels of containers and container materials bearing any markings required under a Government contract, including those held by the contractor or others; e.g., overruns, misprints, etc. The contractor shall ensure that any container from a Government contract that appears in commercial or other channels shall have all markings required under this contract permanently obliterated.

# FARINA EXHIBIT A

## MARKINGS REQUIRED ON 14 OUNCE CHIPBOARD CARTON

### BACK PANEL

#### FARINA

Quick and Easy to Cook

- Heat 1 cup of water to boiling. Add a pinch of salt (except for babies).



- Sprinkle in 3 tablespoons Farina.



- Lower to medium heat. Cook 3 minutes, stirring as needed to keep Farina from sticking. Makes about 1 cup.



### SIDE PANEL



**FOR BABIES:** Mix cooked Farina with milk or formula. Follow your doctor's advice on infant feeding.

**FOR CHILDREN AND ADULTS:** Serve cooked Farina with milk and sugar.

Store in a cool dry place.

### FRONT PANEL

ENRICHED  
**FARINA**  
A Quick Cooking Wheat Cereal

**GOOD FOR BABIES  
CHILDREN  
AND ADULTS**



Distributed by USDA in cooperation with State and local or tribal governments for domestic food assistance programs

**NOT TO BE SOLD OR EXCHANGED**

**Net Weight – 14 oz.**

### SIDE PANEL



Insert nutritional information in accordance with the nutrition labeling regulations of the Food and Drug Administration (FDA) as specified in 21 CFR Part 101.

**FARINA  
EXHIBIT B**

**MARKINGS REQUIRED ON SHIPPING CONTAINERS**

**BOTH SIDE PANELS**

**BOTH END PANELS**

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DISTRIBUTED BY USDA IN COOPERATION  
WITH STATE AND LOCAL OR TRIBAL  
GOVERNMENTS FOR DOMESTIC FOOD  
ASSISTANCE PROGRAMS  
**NOT TO BE SOLD OR EXCHANGED**

FARINA, ENRICHED  
QUICK COOKING  
MONTH/YEAR \_\_\_\_\_ 1/  
2/ \_\_\_\_\_ OZ. CARTONS  
NET WEIGHT \_\_\_\_\_ LBS. 3/  
**STORE IN A COOL, DRY PLACE**  
USE NO HOOKS

---

The words "Farina, Enriched" shall be in letters at least 3/4 inch high. The USDA symbol, Exhibit Q, shall be shown underneath the markings on the side panels. The symbol, in addition to all other printing or stenciling, shall be centered and of sufficient size to stand out prominently. For identification, insert in a conspicuous place the company code number which will be furnished by the Kansas City Commodity Office.

**NOTE: ALL LETTERING SHALL BE IN BLUE INK ONLY.**

1/ The month and year of pack shall be the contract shipment month.

2/ Insert 12/14 or 24/14, as applicable.

3/ Insert 10.5 or 21, as applicable.

**ROLLED OATS  
EXHIBIT C**

**MARKINGS REQUIRED ON 3-LB. PACKAGES**

**SIDE PANEL**



Serve hot Oatmeal for breakfast with milk and sugar. Rolled Oats may also be used in breads, muffins, pancakes, cakes, cookies, fruit desserts, meat loaves and patties.

Store in a cool, dry place. After opening keep unused Rolled Oats in a tightly covered container.

Insert nutritional information in accordance with the nutrition labeling regulations of the Food and Drug Administration (FDA) as specified in 21 CFR Part 101.

**FRONT PANEL**

**QUICK COOKING  
ROLLED OATS  
(OATMEAL)**



Distributed by USDA in cooperation with State and local or tribal governments for domestic food assistance programs

**NOT TO BE SOLD OR EXCHANGED**

**Net Weight – 3 POUNDS**



**CONTINUATION OF MARKING REQUIREMENTS FOR 3-LB. PACKAGES**

**BACK PANEL**

**COOKED ROLLED OATS (OATMEAL)**

1 teaspoon salt  
4 cups water  
2 cups uncooked quick rolled oats

Add salt to water and heat to boiling.  
Slowly pour and stir in rolled oats. Cook slowly for one minute,  
Stirring to keep from sticking.  
Remove from heat. Cover and let stand a few minutes before serving.  
*Makes 6 servings, 2/3 cup each.*

**OATMEAL-RAISIN MUFFINS**

1-1/4 cups flour	1/2 cup raisins
1 tablespoon baking powder	1 egg
1 teaspoon salt	1 cup fluid milk
1/3 cup sugar	1/3 cup melted fat or oil
1 cup uncooked quick rolled oats	

Mix flour, baking powder, salt, and sugar in a large bowl. Stir in rolled oats and raisins.  
Beat egg and add milk. Add fat or oil. Set aside.  
Add milk mixture to flour mixture. Stir just until dry ingredients are wet, leaving batter lumpy.  
Fill greased muffin pans half full.  
Bake at 400°F (hot oven) 20 to 25 minutes until muffins are browned.  
*Makes 12 muffins.*

**CHEESE-MEAT LOAF**

1 small onion	1 teaspoon salt
1 pound ground beef	3/4 cup uncooked quick rolled oats
1/2 cup fluid milk	1/2 cup cut-up cheese
1 egg	

Chop onion.  
Mix all ingredients well. Shape in a loaf in a baking pan.  
Bake at 350°F (moderate oven) about 1 hour until browned.  
*Makes 6 servings.*

# ROLLED OATS EXHIBIT E

## MARKINGS REQUIRED ON 18 AND 42-OZ. FIBERBOARD TUBES

### COOKED ROLLED OATS (OATMEAL)

- 1 teaspoon salt
- 4 cups water
- 2 cups uncooked quick rolled oats

Add salt to water and heat to boiling. Slowly pour and stir in rolled oats. Cook slowly for one minute, stirring to keep from sticking. Remove from heat. Cover and let stand a few minutes before serving.  
*Makes 6 servings, 2/3 cup each.*

### OATMEAL-RAISIN MUFFINS

- |                                     |                              |
|-------------------------------------|------------------------------|
| 1 ¼ cups flour                      | ½ cup raisins                |
| 1 tablespoon baking powder          | 1 egg                        |
| 1 teaspoon salt                     | 1 cup fluid milk             |
| 1/3 cup sugar                       | 1/3 cup melted fat<br>or oil |
| 1 cup uncooked quick<br>rolled oats |                              |

Mix flour, baking powder, salt, and sugar in a large bowl. Stir in rolled oats and raisins. Beat egg and add milk. Add fat or oil. Set aside. Add milk mixture to flour mixture. Stir just until dry ingredients are wet, leaving batter lumpy. Fill greased muffin pans half full. Bake at 400°F (hot oven) 20 to 25 minutes until muffins are browned.  
*Makes 12 muffins.*

### CHEESE MEAT LOAF

- |                     |                                     |
|---------------------|-------------------------------------|
| 1 small onion       | 1 teaspoon salt                     |
| 1 pound ground beef | ¾ cup uncooked<br>quick rolled oats |
| ½ cup fluid milk    | ½ cup cut-up<br>cheese              |
| 1 egg               |                                     |

Chop onion. Mix all ingredients well. Shape in a loaf in a baking pan. Bake at 350°F (moderate oven) about 1 hour until browned.  
*Makes 6 servings.*



Serve hot Oatmeal for breakfast with milk and sugar. Rolled oats may also be used in breads, muffins, pancakes, cakes, cookies, fruit desserts, meat loaves and patties.

Store in a cool, dry place. After opening, keep unused Rolled Oats in a tightly covered container.

Insert nutritional information in accordance with the nutrition labeling regulations of the Food and Drug Administration (FDA) as specified in 21 CFR Part 101.

### QUICK COOKING

## ROLLED OATS (OATMEAL)



Distributed by USDA in cooperation with State and local or tribal governments for domestic food assistance programs

**NOT TO BE SOLD OR EXCHANGED**

**Net Weight – 1/**

1/ Insert 18-oz. (1-lb. 2-oz.) or 42 oz. (2-lbs. 10-oz), as applicable.

MARKINGS REQUIRED ON 36-LB. DOMESTIC SHIPPING CONTAINERS

FRONT PANEL

SIDE PANELS

ROLLED OATS (QUICK COOKING)

(OATMEAL)

DISTRIBUTED BY USDA IN COOPERATION

WITH STATE AND LOCAL OR TRIBAL GOVERNMENTS

FOR DOMESTIC FOOD ASSISTANCE PROGRAMS

NOT TO BE SOLD OR EXCHANGED

STORE IN A COOL, DRY PLACE

(12/3-LB. PACKAGES) NET WEIGHT – 36 LBS.

(MONTH/YEAR) \_\_\_\_\_ 1/

USE NO HOOKS

(TO BE PRINTED ALONG THE  
LENGTH OF THE CONTAINER)

ROLLED OATS (OATMEAL)

Markings are to be arranged substantially as shown in this exhibit and shall be in direct proportion to the available printing surface. Spacing shall be such that each element stands out prominently. The USDA symbol, Exhibit Q, is to be placed on the reverse side of the container. The symbol shall be of sufficient size to stand out prominently.

**NOTE: ALL LETTERING SHALL BE IN RED OR BLACK INK ONLY.**

For identification, insert in a conspicuous place a company code number which will be furnished by the Kansas City Commodity Office.

1/ The month and year of pack shall be the contract shipment month.

**MARKINGS REQUIRED ON 27 AND 31.5-LB. (FIBERBOARD TUBES)  
SHIPPING CONTAINERS**

**BOTH SIDE PANELS**

**BOTH END PANELS**

---

DISTRIBUTED BY USDA IN COOPERATION  
WITH STATE AND LOCAL OR TRIBAL  
GOVERNMENTS FOR DOMESTIC FOOD  
ASSISTANCE PROGRAMS  
**NOT TO BE SOLD OR EXCHANGED**

ROLLED OATS (QUICK COOKING)  
(OATMEAL)  
MONTH/YEAR \_\_\_\_\_ 1/  
2/ \_\_\_\_\_ OZ. PACKAGES  
NET WEIGHT \_\_\_\_\_ LBS. 3/  
STORE IN A COOL, DRY PLACE  
USE NO HOOKS

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The USDA symbol, Exhibit Q, shall be shown underneath the markings on the side panels. The symbol, in addition to all other printing or stenciling, shall be centered and of sufficient size to stand out prominently. Markings shall be arranged substantially as shown.

For identification, insert in a conspicuous place a company code number which will be furnished by the Kansas City Commodity Office.

**NOTE: ALL LETTERING SHALL BE IN RED OR BLACK INK ONLY.**

1/ The month and year of pack shall be the contract shipment month.

2/ Insert 24/18-oz. or 12/42-oz., as applicable.

3/ Insert 27 or 31.5, as applicable.

**ROLLED OATS  
EXHIBIT H**

**MARKINGS REQUIRED ON 25- OR 50-LB. DOMESTIC PAPER BAGS**  
FRONT PANEL SIDE PANELS

ROLLED OATS (QUICK COOKING)

(OATMEAL)

DISTRIBUTED BY USDA IN COOPERATION

WITH STATE AND LOCAL OR TRIBAL GOVERNMENTS

FOR DOMESTIC FOOD ASSISTANCE PROGRAMS

NOT TO BE SOLD OR EXCHANGED

STORE IN A COOL, DRY PLACE

NET WEIGHT \_\_\_\_\_ 1/

(MONTH/YEAR) \_\_\_\_\_ 2/

USE NO HOOKS

(TO BE PRINTED ALONG THE  
LENGTH OF THE BAG)

ROLLED OATS (OATMEAL)

Insert nutritional information in accordance with the nutrition labeling regulations of the Food and Drug Administration (FDA) as specified in 21 CFR Part 101.

**BACK PANEL**

Prepare rolled oats as specified below and serve as a breakfast cereal with milk and sugar. Rolled oats may also be used in breads, muffins, pancakes, cakes, cookies, as a topping for crisps and cakes, as an extender in meat loaves, meat patties, and casseroles.

TO COOK ROLLED OATS (Quick Cooking)

INGREDIENTS	WEIGHTS	<u>FOR 50 PORTIONS MEASURES</u>
Rolled Oats	2-1/4 pounds	3 quarts 2-1/2 cups
Salt	3/4 ounce	1-1/2 tablespoons
Boiling Water		2 gallons
Yield:	13-3/4 pounds (about 1-1/2 gallons)	
Portion:	1/2 cup cooked oatmeal	
Directions:	Slowly stir rolled oats into boiling, salted water in a heavy stockpot or steam-jacketed kettle. Boil 1 minute stirring occasionally. Cover. Let stand a few minutes.	

The USDA symbol, Exhibit Q, is to be placed underneath the markings on the front panel and shall be as large as possible. The markings shall be arranged substantially as shown in this exhibit. The markings shall be centered, and the spacing and size of the printing shall be such that each element stands out prominently.

**NOTE: ALL LETTERING SHALL BE IN RED INK, EXCEPT BLACK INK IS PERMITTED ON 50-LB BAGS.**

For identification, insert in a conspicuous place, a company code number which will be furnished by the Kansas City Commodity Office. Nutritional information must also appear on 50-pound bags.

1/ Insert 25-POUNDS or 50-POUNDS, as applicable.

2/ The month and year of pack shall be the contract shipment month.

**ROLLED WHEAT  
EXHIBIT I**

**MARKINGS REQUIRED ON 3- AND 10-LB. PACKAGES**

**FRONT PANEL**

**QUICK COOKING  
ROLLED  
WHEAT**



Serving Suggestion

Distributed by USDA in cooperation  
with State and local or tribal governments  
for domestic food assistance programs

**NOT TO BE SOLD OR EXCHANGED**

**Net Weight – 1/ POUNDS**

1/ Insert 3 or 10, as applicable.

**SIDE PANEL**



Cook Rolled Wheat cereal for breakfast and serve with milk and sugar. Rolled Wheat can also be used in bread, muffins, pancakes, cakes and cookies, fruit desserts, meat loaves, and patties.

Store in a cool, dry place. After opening, keep unused Rolled Wheat in a tightly covered container.

Insert nutritional information in accordance with the nutrition labeling regulations of the Food and Drug Administration (FDA) as specified in 21 CFR Part 101.

**ROLLED WHEAT  
EXHIBIT J**

**CONTINUATION OF MARKING REQUIREMENTS FOR 3- AND 10-LB. PACKAGES**

**COOKED ROLLED WHEAT**

1 teaspoon salt  
1 quart (4 cups) water

2 cups uncooked quick rolled wheat

Add salt to water and heat to boiling.  
Slowly pour and stir in rolled wheat. Lower heat, cover and cook about 3 minutes until thickened.  
Remove from heat. Cover pan and let stand a few minutes before serving.  
*Makes 4 cups cooked rolled wheat.*

**MEAT PATTIES IN GRAVY**

1 small onion  
½ green pepper  
1 pound ground beef  
¾ cup uncooked quick rolled wheat

1 teaspoon salt  
1/3 cup fluid milk  
2 tablespoons flour  
1 cup water

Chop onion and green pepper.  
Mix ground beef, rolled wheat, salt, and milk. Shape into 12 thin patties.  
Cook patties on a heated greased fry pan until browned on both sides. Remove from pan.  
Drain most of fat from pan. Stir in flour, onion, and green pepper.  
Slowly stir in water. Cook and stir about 3 minutes until thickened.  
Put patties into gravy and heat.  
*Makes 6 servings, 2 patties each.*

**ROLLED WHEAT COOKIES**

½ cup fat (margarine or butter)  
½ cup white sugar  
½ cup brown sugar, packed  
2 eggs  
1-1/2 cups flour

1 teaspoon baking soda  
½ teaspoon salt  
1 or 2 teaspoons cinnamon  
1-1/2 cups uncooked quick rolled wheat

Mix fat and both kinds of sugar.  
Add eggs and beat well.  
Mix in flour, baking soda, salt, and cinnamon.  
Stir in rolled wheat.  
Let dough stand 20 minutes or chill several hours in refrigerator.  
Drop dough from a teaspoon on a greased baking pan.  
Bake at 375°F (moderate oven) about 10 minutes until lightly browned.  
*Makes about 4 dozen cookies.*

MARKINGS REQUIRED ON 36-LB. AND 40-LB. DOMESTIC SHIPPING CONTAINERS

FRONT PANEL

SIDE PANELS

---

ROLLED WHEAT (QUICK COOKING)  
DISTRIBUTED BY USDA IN COOPERATION  
WITH STATE AND LOCAL OR TRIBAL GOVERNMENTS  
FOR DOMESTIC FOOD ASSISTANCE PROGRAMS  
NOT TO BE SOLD OR EXCHANGED  
STORE IN A COOL, DRY PLACE  
NET WEIGHT \_\_\_\_\_ 1/  
(MONTH/YEAR) \_\_\_\_\_ 2/  
USE NO HOOKS

---

(TO BE PRINTED ALONG THE  
LENGTH OF THE CONTAINER)  
ROLLED WHEAT

Markings are to be arranged substantially as shown in this exhibit. Spacing shall be such that each element stands out prominently. The USDA symbol, Exhibit Q, is to be placed on the reverse side of the container. The symbol shall be of sufficient size to stand out prominently.

**NOTE: ALL LETTERING SHALL BE IN RED INK ONLY.**

For identification, insert in a conspicuous place a company code number which will be furnished by the Kansas City Commodity Office.

1/ Insert 36- or 40-lbs., as applicable.

2/ The month and year of pack shall be the contract shipment month.



**ROLLED WHEAT  
EXHIBIT L**

**MARKINGS REQUIRED ON 25- AND 50-LB. DOMESTIC PAPER BAGS**

**FRONT PANEL**

**SIDE PANELS**

ROLLED WHEAT (QUICK COOKING)  
 DISTRIBUTED BY USDA IN COOPERATION  
 WITH STATE AND LOCAL OR TRIBAL GOVERNMENTS  
 FOR DOMESTIC FOOD ASSISTANCE PROGRAMS  
 NOT TO BE SOLD OR EXCHANGED  
 STORE IN A COOL, DRY PLACE  
 NET WEIGHT \_\_\_\_\_ 1/  
 (MONTH/YEAR) \_\_\_\_\_ 2/  
 USE NO HOOKS

(TO BE PRINTED ALONG THE LENGTH OF THE BAG)

ROLLED WHEAT

Insert nutritional information in accordance with the nutrition labeling regulations of the Food and Drug Administration (FDA) as specified in 21 CFR Part 101.

**BACK PANEL**

Prepare rolled wheat as specified below and serve as a breakfast cereal with milk and sugar. Rolled wheat may also be used in breads, muffins, pancakes, cakes, cookies, rolls, as a topping for crisps and cakes, as an extender in meat loaves, meat patties, and casseroles.

TO COOK ROLLED WHEAT (Quick Cooking)

INGREDIENTS	WEIGHTS	<u>FOR 50 PORTIONS MEASURES</u>
Rolled Wheat	3-3/4 pounds	1-1/4 gallons
Salt	1 ounce	2 tablespoons
Boiling Water		1 gallon – 3-1/2 quarts
Yield:	14 pounds (about 1-1/2 gallons)	
Portion:	1/2 cup cooked rolled wheat	
Directions:	<u>TOP OF RANGE METHOD:</u> Stir rolled wheat into boiling, salted water in a saucepan or stockpot. Boil, stirring occasionally, for 20 minutes.  <u>STEAM-JACKETED KETTLE METHOD:</u> Stir rolled wheat into boiling, salted water in steam-jacketed kettle. Boil, stirring occasionally, for 20 minutes.	

Markings are to be arranged substantially as shown in this exhibit and shall be in direct proportion to the available printing surface. Spacing shall be such that each element stands out prominently. The USDA symbol, Exhibit Q, is to be placed on the reverse side of the bag. The symbol shall be of sufficient size to stand out prominently.

**NOTE: ALL LETTERING SHALL BE IN BLACK INK ONLY..**

For identification, insert in a conspicuous place, a company code number which will be furnished by the Kansas City Commodity Office. Nutritional information must also appear on 50-pound bags.

1/ Insert 25-POUNDS or 50-POUNDS, as applicable.

2/ The month and year of pack shall be the contract shipment month.

**BULGUR  
EXHIBIT M**

**MARKINGS REQUIRED ON 25- AND 50-LB. DOMESTIC PAPER BAGS**

**FRONT PANEL**

**SIDE PANELS**

BULGUR

(TO BE PRINTED ALONG THE LENGTH OF THE BAG)

DISTRIBUTED BY USDA IN COOPERATION

BULGUR

WITH STATE AND LOCAL OR TRIBAL GOVERNMENTS

FOR DOMESTIC FOOD ASSISTANCE PROGRAMS

NOT TO BE SOLD OR EXCHANGED

STORE IN A COOL, DRY PLACE

NET WEIGHT \_\_\_\_\_ 1/

(MONTH/YEAR) \_\_\_\_\_ 2/

USE NO HOOKS

Insert nutritional information in accordance with the nutrition labeling regulations of the Food and Drug Administration (FDA) as specified in 21 CFR Part 101.

**BACK PANEL**

Bulgur must be cooked before use in most recipes. Prepare bulgur as specified and serve as a side dish with meat, poultry, or fish. Cooked bulgur is also good to use in casserole dishes, breads, and desserts. Add bulgur to soups and stews for extra nourishment and a “new” taste.

**TO COOK BULGUR:**

<b>Bread Alternate</b>	<b>100 Servings</b>		<b>Cereal Products</b>
Bulgur	5 lb 8-oz.	1 gal, 2 cups	1. Place 2 lb 12-oz (about 1-1/4 qt) bulgur in each of 2 baking pans (about 12 by 20 by 2 inches). 2. Add salt to boiling water. Pour 3-3/4 qt over bulgur in each pan. 3. Cover pan tightly. 4. Bake at 350°F (moderate oven) or steam at 5-lb pressure for 25 minutes. 5. Remove from oven or steamer and let stand covered 5 minutes.
Salt	1-1/2 oz.	2-1/2 teaspoons	
Boiling Water		1 gal, 3-1/2 qt	

**SERVING:** ½ cup – provides a serving of bread.

Markings are to be arranged substantially as shown in this exhibit and shall be in direct proportion to the available printing surface. Spacing shall be such that each element stands out prominently. The USDA symbol, Exhibit Q, is to be placed on the reverse side of the bag. The symbol shall be of sufficient size to stand out prominently.

1/ Insert 25-POUNDS or 50-POUNDS, as applicable.

2/ The month and year of pack shall be the contract shipment month.

Woven polypropylene bags are not required to have “Bulgur” printed on the side panels of the bag.

**NOTE:** Nutritional information must also appear on 50-pound bags.

**BULGUR  
EXHIBIT N**

**MARKINGS REQUIRED ON 2- AND 10-POUND PAPER BAGS**

**SIDE PANEL**



**MEAT AND BULGUR BAKE**

- 1/2 small onion
- 1/2 green pepper
- 1-1/2 cups cooked bulgur
- 3/4 cup cut-up cheese
- 2-1/2 cups cut-up luncheon meat
- 2 eggs
- 1-1/2 cups fluid milk

Chop onion and green pepper.  
Mix onion, green pepper, bulgur,  
cheese, and meat in a baking pan.  
Set aside.  
Beat eggs and add milk. Pour over  
bulgur mixture. Bake at 350°F  
(moderate oven) about 40 minutes  
until a knife stuck in the center comes  
out clean.  
*Makes 6 servings, 1 cup each.*

**FRONT PANEL**

**CRACKED WHEAT**

**BULGUR**



Distributed by USDA in cooperation  
with State and local or tribal governments  
for domestic food assistance programs

**NOT TO BE SOLD OR EXCHANGED**

**Net Weight – 1/**

**SIDE PANEL**

Cracked Wheat Bulgur cooks quickly.  
It has a nut-like flavor. Use Bulgur -  
As a hot cereal. As a side dish with  
meat and fish. In a casserole with  
hamburger and tomatoes. In a meat  
loaf.

**Other Ways to Serve Bulgur**

Serve cooked hot Bulgur with  
spaghetti sauce, meat sauce,  
hamburger in gravy, etc.  
Add cooked Bulgur to soups, stews,  
and vegetables.  
Serve fresh or canned fruit on hot or  
cold cooked Bulgur.  
Add cut-up cheese to hot cooked  
Bulgur.  
Cook dried fruit, such as raisins, and  
Bulgur together.

After opening, keep unused Bulgur in  
a tightly covered container.  
Store in a cool, dry place.

Insert nutritional  
information in  
accordance with the  
nutrition labeling  
regulations of the Food  
and Drug  
Administration (FDA)  
as specified in 21 CFR  
Part 101.

1/ Insert 2- or 10 lbs., as applicable.

**CONTINUATION OF MARKING REQUIREMENTS FOR 2- AND 10-LB. PAPER BAGS**

**BACK PANEL**

**COOKED BULGUR**

2 cups water  
½ teaspoon salt  
1 cup uncooked bulgur

Heat water to boiling. Add salt. Stir in bulgur.  
Lower heat. Cover and cook about 20 minutes  
until bulgur is tender.

*Makes about 3 cups cooked bulgur.*

**BULGUR PILAF**

1 small onion  
2 tablespoons fat  
2-1/4 cups beef or chicken broth or water (see Note)  
½ teaspoon salt  
1 cup uncooked bulgur

Chop onion.  
Melt fat in pan. Add onion. Cook and stir until onion is tender.  
Add broth or water and salt. Heat to boiling.  
Stir in bulgur. Lower heat. Cover and cook about 20 minutes  
until bulgur is tender.

*Makes 6 servings, ½ cup each.*

**NOTE:** 2 beef or chicken bouillon cubes in 2-1/4 cups water may  
be used in place of beef or chicken broth.

**MARKINGS FOR SHIPPING CONTAINERS FOR 2- AND 10-LB. PACKAGES**

**FRONT PANEL**

**SIDE PANELS**

BULGUR

(TO BE PRINTED ALONG THE  
LENGTH OF THE CONTAINER)

DISTRIBUTED BY USDA IN COOPERATION

**BULGUR**

WITH STATE AND LOCAL OR TRIBAL GOVERNMENTS

FOR DOMESTIC FOOD ASSISTANCE PROGRAMS

**NOT TO BE SOLD OR EXCHANGED**

STORE IN A COOL, DRY PLACE

NET WEIGHT \_\_\_\_\_ 1/

(MONTH/YEAR) \_\_\_\_\_ 2/

\_\_\_\_\_ LB. BAGS 3/

USE NO HOOKS

The USDA symbol, Exhibit Q, is to be placed on at least one side of the baler or corrugated fiberboard shipping container.

**NOTE: ALL LETTERING SHALL BE IN RED OR BLACK INK ONLY.**

1/ Insert 40- or 48 lb., as applicable

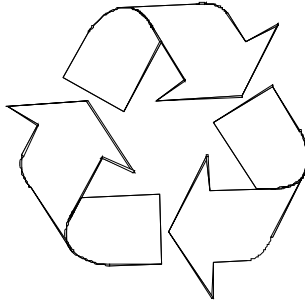
2/ The month and year of pack shall be the contract shipment month.

3/ Insert 24/2 or 4/10, as applicable.

USDA SYMBOL










# RECYCLABLE SYMBOL



## PLEASE RECYCLE

### PLASTIC MATERIALS CODE SYSTEM

<u>CODE</u>	<u>MATERIAL</u>
 PETE	----- Poly-Ethylene Terephthalate (PET)
 HDPE	----- High Density Polyethylene
 V	----- Vinyl/Polyvinyl Chloride (PVC)
 LDPE	----- Low Density Polyethylene
 PP	----- Polypropylene
 PS	----- Polystyrene
 OTHER	----- All Other Resins