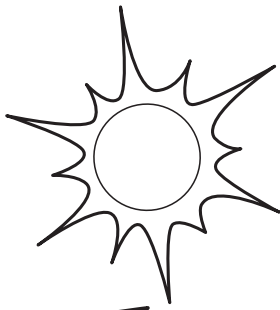
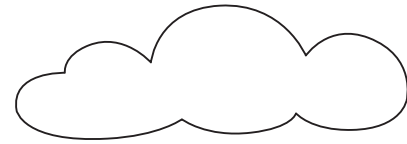


SUPER OATS



SINCE   1785

FLAHAVAN'S®

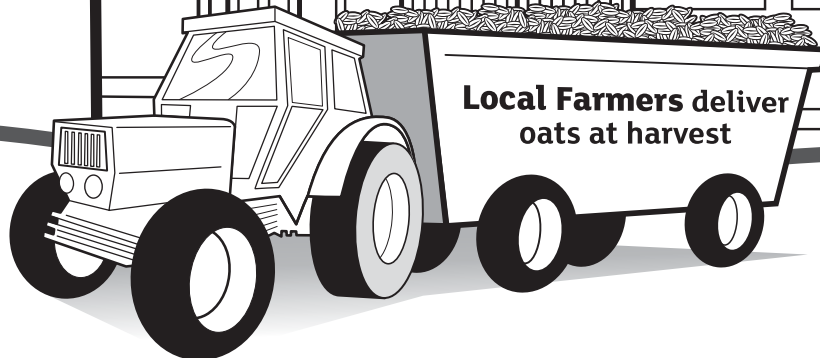


Our
Family
Mill
Co. Waterford

We get our
Energy from the
**Wind,
Water
and Sun**



Ireland's weather
helps grow the
**World's
Best Oats!**



Local Farmers deliver
oats at harvest



Porridge gives you
lots of Energy
to stay active
**and have
Fun!**