

MILLED FROM SELECT 100% AMERICAN WHEAT



STONE GROUND WHITE WHOLE WHEAT FLOUR

MILDER FLAVOR | CERTIFIED SEED

© NET WT 5 LBS (2.27kg)



WE BELIEVE

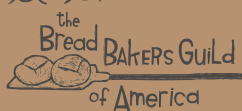
baked goods and doing good go hand in hand.



100%
EMPLOYEE
OWNED

We are bakers, so we take extra care to make our flour the best it can be. And as a 100-percent employee-owned company and a founding B Corporation, we care even more about our people, our community, and our planet.

To support our environmental goals, we donate one percent of sales to select environmental nonprofits through 1% for the Planet (onepercentfortheplanet.org).



Nutrition Facts

Serving Size 1/4 cup (30g)
Servings Per Container about 76

Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 4g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 8%
Thiamin 8%	•	Riboflavin 2%
Niacin 6%	•	Folate 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: 100% HARD WHITE WHOLE WHEAT FLOUR.

DISTRIBUTED BY
THE KING ARTHUR FLOUR COMPANY, INC.
NORWICH, VERMONT 05055
KingArthurFlour.com | 800.827.6836



Never bleached, never bromated.[®]
No preservatives.

[®]"King Arthur Flour," the King Arthur logo, and "Never bleached, never bromated" are registered trademarks of The King Arthur Flour Company, Inc.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.
AFTER OPENING, KEEP COOL AND DRY IN A SEALED CONTAINER.
FREEZE FOR PROLONGED STORAGE.



Learn more at:
KingArthurFlour.com/signature_flours

Better flour, right from the start.

BAKERS KNOW THAT INGREDIENTS MATTER. So we're proud that our stone ground, white whole wheat flour is made from **identity-preserved wheat**: grown from certified seeds, using sustainable farming practices, and traceable from **field to flour**. It's wheat you can feel good about.

MAKING A DIFFERENCE

- Better Baking.** Whole-grain nutrition from a lighter-colored, milder-tasting flour milled to our industry-leading standards.
- Connecting Bakers and Farmers.** By choosing this flour, you're supporting farmers who employ sustainable farming practices.

TRANSPARENCY

- Traceability.** Know where and how the wheat was grown to make your flour.
- Certified Seed.** Pure wheat varieties selected through field and baking tests.
- Monitored Farming Practices.** Comprehensive field-data documentation.

SUSTAINABLE FARMING

- No-Till Practices.** Boost soil's water retention and beneficial organisms.
- Crop Rotation/Cover Crops.** Replenish nutrients in soil.
- Less Water.** Better water retention reduces need for irrigation.

Learn more about our farmers and the high standards we share at KingArthurFlour.com/knowyourwheat.

Find a tempting array of kitchen-tested recipes at KingArthurFlour.com/recipes.



We're here to help.

BAKER'S HOTLINE
Call or chat online with our friendly, expert bakers. 855.371.BAKE (2253)
KingArthurFlour.com/contact



FLOURISH

Follow our blog, full of recipes, tips, stories—and the joy of baking. KingArthurFlour.com/blog

A BAKER'S DREAM

Shop online—hundreds of baker-approved ingredients, mixes, tools, and more.
KingArthurFlour.com



KINGARTHURFLOUR.COM
100% SATISFACTION GUARANTEED
100% COMMITTED TO QUALITY



100% Employee Owned



**IDENTITY-PRESERVED WHEAT
STONE GROUND
WHITE WHOLE WHEAT
FLOUR**

