BREAKFAST EMERGENCY FOOD SUPPLY

Serving suggestions shown below.

20230-122115

162 SERVINGS

20

SHELF LIFE UP TO 20 YEARS

Shelf Life: Product good for up to 20 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55° F and 70° F. Actual shelf life may vary based on individual storage conditions.

FOOD STORAGE

EMERGENCIES

EVERYDAY MEALS

1-800-878-0099

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BUTTERMILK PANCAKES

(4 pouches)

Nutrition Facts

Serving Size: 1/3 Cup (46g dry)
Servings Per Pouch: 6

Amount Per Serving	
Calories 160	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	26%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 4g	

Vitamin A	0%	• Vitamin C	0%
Calcium	10%	• Iron	15%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Cake flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acidpyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), egg substitute (potato starch, tapioca starch, calcium lactate, calcium carbonate, citric acid, cellulose gum, xanthan gum).

Contains allergens: Milk, soy and wheat.

SIX GRAIN BANANA CEREAL

(2 pouches)

Nutrition Facts

Serving Size: 1/2 Cup (48g dry)
Servings Per Pouch: 4

Amount Per Serving	
Calories 180	Calories from Fat 15
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 33g	11%
Dietary Fiber 5g	20%
Sugars 11g	
Protein 5g	

Vitamin A	0%	• Vitamin C	2%
Calcium	2%	• Iron	8%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Six grain mix (hard red wheat, soft white wheat, barley, oats, rye, triticale), sugar, diced bananas, coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivate], dipotassium phosphate, mono-and diglycerides, silicon dioxide and soy lecithin), natural and artificial maple flavor, brown sugar, non-iodized salt.

Contains allergens: Milk, soy, tree nuts (coconut) and wheat.

BANANA CHIPS

(2 pouches)

Nutrition Facts

Serving Size: 1/2 Cup (33g dry)
Servings Per Pouch: 8

Amount Per Serving	
Calories 170	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 1g	

Vitamin A	0%	• Vitamin C	4%
Calcium	0%	• Iron	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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Dehydrated banana slices (bananas, refined coconut oil, sugar, banana flavoring).

Contains allergen: Tree nuts (coconut).

MORNING MOO'S® LOW FAT MILK ALTERNATIVE

(3 pouches)

Nutrition Facts

Serving Size: 2 Tbsp (17g dry)
Servings Per Pouch: 20

Amount Per Serving	
Calories 70	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 3g	

Vitamin A	8%	• Vitamin C	0%
Calcium	10%	• Iron	0%
Vitamin D	25%	• Riboflavin	4%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, sodium silicoaluminate, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, sugar, guar gum, vitamin A, vitamin D.

Contains allergens: Milk, soy and tree nuts (coconut).

MAPLE BROWN SUGAR OATMEAL

(3 pouches)

Nutrition Facts

Serving Size: 1/4 Cup (30g dry)
Servings Per Pouch: 10

Amount Per Serving	
Calories 120	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	

Vitamin A	0%	• Vitamin C	0%
Calcium	2%	• Iron	6%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Quick rolled oats, brown sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono-and diglycerides, sodium silicoaluminate, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), natural and artificial maple flavor, non-iodized salt.

Contains allergens: Milk, soy and tree nuts (coconut).

STRAWBERRY CREAM OF WHEAT

(3 pouches)

Nutrition Facts

Serving Size: 1/4 Cup (46g dry)
Servings Per Pouch: 8

Amount Per Serving	
Calories 180	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 35g	12%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 4g	

Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Farina (wheat), sugar, coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivate], dipotassium phosphate, mono-and diglycerides, silicon dioxide and soy lecithin), natural and artificial strawberry flavor (dextrose, corn starch, water, alcohol), non-iodized salt, natural red coloring (carmine, caramel color, and maltodextrin).

Contains allergens: Milk, soy, tree nuts (coconut) and wheat.

Each pouch contains an oxygen absorber.
Discard immediately upon opening.

LUNCH & DINNER EMERGENCY FOOD SUPPLY

Serving suggestions shown below.

20235-122115

AUGASON FARMS SINCE 1972

92 SERVINGS

SHELF LIFE UP TO 20 YEARS

Shelf Life: Product good for up to 20 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55° F and 70° F. Actual shelf life may vary based on individual storage conditions.

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EVERYDAY MEALS

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HEARTY VEGETABLE CHICKEN SOUP

(1 pouch)

Nutrition Facts

Serving Size: 1/3 Cup (57g dry)
Servings Per Pouch: 8

Amount Per Serving	
Calories 180	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	25%
Total Carbohydrate 40g	13%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 7g	

Vitamin A	70%	• Vitamin C	6%
Calcium	4%	• Iron	15%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

White rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), lentils, elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), carrot dices, celery slices, chicken stock (corn syrup solids, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.

CREAMY CHICKEN RICE

(2 pouches)

Nutrition Facts

Serving Size: 1/3 Cup (52g dry)
Servings Per Pouch: 8

Amount Per Serving	
Calories 240	Calories from Fat 100
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 4g	

Vitamin A	0%	• Vitamin C	2%
Calcium	0%	• Iron	6%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), creamer (palm oil, maltodextrin, sodium caseinate (a milk derivative), dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), corn starch, natural chicken flavor, onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), onion powder, natural flavoring, parsley flakes, turmeric.

Contains allergens: Milk and soy.

CREAMY STROGANOFF

(1 pouch)

Nutrition Facts

Serving Size: 1/2 Cup (76g dry)
Servings Per Pouch: 4

Amount Per Serving	
Calories 320	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 840mg	35%
Total Carbohydrate 49g	16%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 8g	

Vitamin A	0%	• Vitamin C	4%
Calcium	4%	• Iron	10%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono-and diglycerides, silicon dioxide and soy lecithin), modified food starch, low sodium vegetarian beef base (salt, hydrolyzed soy protein, maltodextrin, sugar, corn starch, carmel color, onion powder, natural flavors, citric acid, less than 2% silicon dioxide added to prevent caking), garlic powder, sliced mushrooms, dehydrated onion, sea salt, tomato powder, sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes] salt, lactic acid, tocopherols, vitamin E, ascorbyl palmitate [a form of vitamin C]), natural flavoring, sauteed mushroom stock (shitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion and modified corn starch),sauteed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor [contains milk], sunflower oil, salt, chili pepper, less than 2% silicon dioxide for anti-caking), roast meat flavor (yeast extract, salt), black pepper.

Contains allergens: Egg, milk, soy and wheat.

FETTUCCINE ALFREDO

(1 pouch)

Nutrition Facts

Serving Size: 1/2 Cup (69g dry)
Servings Per Pouch: 4

Amount Per Serving	
Calories 300	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 890mg	37%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 10g	

Vitamin A	0%	• Vitamin C	2%
Calcium	10%	• Iron	8%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono-and diglycerides, silicon dioxide and soy lecithin), white cheese (cheddar cheese, [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt and natrual flavors), modified food starch, non-iodized salt, whey, sauteed mushroom stock (shitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion and modified corn starch), sauteed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor [contains milk], sunflower oil, salt, chili pepper, less than 2% silicon dioxide for anti-caking), lactic acid, garlic powder, natural flavoring, parsley flakes, xanthan gum, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking).

Contains allergens: Egg, milk, soy and wheat.

ITALIANO MARINARA

(2 pouches)

Nutrition Facts

Serving Size: 1/2 Cup (70g dry)
Servings Per Pouch: 4

Amount Per Serving	
Calories 240	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1120mg	47%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 9g	

Vitamin A	6%	• Vitamin C	60%
Calcium	6%	• Iron	10%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Lasagna bits (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), tomato powder, sea salt, onions, modified food starch, white cheddar cheese (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], salt, lactic acid, natural flavors), sugar, garlic powder, tomato flakes, burgundy wine flavor (red wine concentrate, salt, flavors), cheddar cheese powder (dextrose, maltodextrin, whey solids, natural and artificial flavor, corn starch, salt, silicon dioxide, guar gum, annatto, turmeric), olive oil powder, parsley flakes, Italian spice (garlic, onion, spices), basil, citric acid, natural flavoring, natural orange color (annatto, beet juice), caramel color, ground fennel.

Contains allergens: Milk and wheat.

CHOCOLATE PUDDING

(1 pouch)

Nutrition Facts

Serving Size: 1/3 Cup (58g dry)
Servings Per Pouch: 5

Amount Per Serving	
Calories 230	Calories from Fat 25
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 49g	16%
Dietary Fiber 1g	4%
Sugars 27g	
Protein 4g	

Vitamin A	0%	• Vitamin C	0%
Calcium	10%	• Iron	6%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Sugar, modified food starch, non fat dry milk, creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono-and diglycerides, sodium aluminosilicate, natural flavor, annatto extract [for color], sodium hexmetaphosphate), dutched cocoa (cocoa [processed with alkali]), cream flavor (maltodextrin [non-IP], natural cream flavor), xanthan gum, corn syrup solids, lecithin, non-iodized salt, vanilla flavor (dextrose, corn starch, less than 0.1% Tumeric, less than 0.1 % Apo carotenal, alcohol, natural mixed tocopherols).

Contains allergens: Milk and soy.

ELBOW MACARONI

(2 pouches)

Nutrition Facts

Serving Size: 1/3 Cup (44g dry)
Servings Per Pouch: 7.5

Amount Per Serving	
Calories 160	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 6g	

Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	10%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid).

Contains allergen: Wheat.

CHEESE POWDER

(1 pouch)

Nutrition Facts

Serving Size: 2 Tbsp (14g dry)
Servings Per Pouch: 15

Amount Per Serving	
Calories 50	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 470mg	20%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 3g	

Vitamin A	2%	• Vitamin C	0%
Calcium	10%	• Iron	0%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Cheese powder (whey, buttermilk solids, granular and cheddar cheeses [pasteurized milk, cheese culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme).

Contains allergen: Milk.

CREAMY POTATO SOUP

(2 pouches)

Nutrition Facts

Serving Size: 1/3 Cup (50g dry)
Servings Per Pouch: 8

Amount Per Serving	
Calories 220	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	

Vitamin A	0%	• Vitamin C	15%
Calcium	2%	• Iron	10%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Diced dehydrated potatoes, creamer (palm oil, maltodextrin, sodium caseinate (a milk derivative), dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (Potato, monoglycerides, sodium acid pyrophosphate, citric acid. Freshness preserved with sodium bisulfite and BHA), corn starch, onions, chicken stock (corn syrup, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.

CHEESY BROCCOLI RICE

(1 pouch)

Nutrition Facts

Serving Size: 1/2 Cup (65g dry)
Servings Per Pouch: 8

Amount Per Serving	
Calories 250	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 690mg	29%
Total Carbohydrate 46g	15%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 6g	

Vitamin A	4%	• Vitamin C	10%
Calcium	10%	• Iron	6%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), cheese powder (whey, buttermilk solids, granular and cheddar cheeses [pasteurized milk,cheese culture,salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme), creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor, annatto extract, sodium hexmetaphosphate), corn starch, chicken stock (corn syrup, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), dehydrated broccoli (broccoli, sucrose), onions, onion powder, parsley flakes.

Contains allergens: Milk and soy.

CHICKEN NOODLE SOUP

(1 pouch)

Nutrition Facts

Serving Size: 1/2 Cup (54g dry)
Servings Per Pouch: 4

Amount Per Serving	
Calories 190	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1190mg	50%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 5g	

Vitamin A	30%	• Vitamin C	4%
Calcium	4%	• Iron	8%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking), maltodextrin, carrot dices, modified food starch, dehydrated chopped onions, celery slices, dehydrated peas, garlic powder, celery seed, white pepper, xanthan gum, parsley flakes.

Contains allergens: Egg, soy and wheat.

CORN CHOWDER

(1 pouch)

Nutrition Facts

Serving Size: 1/3 Cup (45g dry)
Servings Per Pouch: 4

Amount Per Serving	
Calories 190	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 970mg	40%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	

Vitamin A	0%	• Vitamin C	2%
Calcium	2%	• Iron	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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono-and diglycerides, sodium aluminosilicate, natural flavor, annatto extract, sodium hexmetaphosphate), modified food starch, dehydrated potato flakes (potato, monoglycerdrides, sodium acid pyrophosphate, citric acid. freshness preserved with sodium bisulfite and BHA), chicken stock (corn syrup, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), freeze dried corn, sea salt, sugar, corn flakes, worcestershire flavor (worcestershire sauce [vinegar, molasses, corn syup, salt, caramel color, garlic, sucrose, spices, tamarind, and natural flavors], maltodextrin), natural butter flavor (whey solids, enzyme modified butter, maltodextrin, salt, butter, guar gum, annatto and turmeric), onions, textured vegetable protein (soy flour, caramel color, red 3], soybean oil, salt, natural flavoring), celery slices, sweet corn flavor (maltodextrin, modified food starch, sugar, natural and artificial flavor. contains 2% or less of each of the following: silicon dioxide, sorbitol, frutose), vegetable broth (natural flavoring, salt, carrot powder, tomato powder, onion powder, leek powder, garlic powder, herbs and spices [bayleaf, celery, thyme]), garlic granules, natural flavoring, corn flour (corn masa flour, trace of lime), roasted green bell pepper (modified potato starch, natural flavor, green bell pepper powder, salt), bacon flavor (natural flavor, salt, smoke flavoring).

Contains allergens: Milk and soy.

Each pouch contains an oxygen absorber.
Discard immediately upon opening.

SHELF LIFE UP TO 20 YEARS

106 SERVINGS

Shelf Life: Product good for up to 20 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55° F and 70° F. Actual shelf life may vary based on individual storage conditions.

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BREAKFAST & DINNER VARIETY EMERGENCY FOOD SUPPLY

20240-122815

Serving suggestions shown below.

MAPLE BROWN SUGAR OATMEAL

(1 pouch)

Nutrition Facts	
Serving Size: 1/3 Cup (30g dry)	
Servings Per Pouch: 10	
Amount Per Serving	
Calories 120	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
Quick rolled oats, brown sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono-and diglycerides, sodium silicoaluminate, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), natural and artificial maple flavor, non-iodized salt.

Contains allergens: Milk, soy and tree nuts (coconut).

STRAWBERRY CREAM OF WHEAT

(1 pouch)

Nutrition Facts	
Serving Size: 1/4 Cup (46g dry)	
Servings Per Pouch: 8	
Amount Per Serving	
Calories 180	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 35g	12%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
Farina (wheat), sugar, coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivate], dipotassium phosphate, mono-and diglycerides, silicon dioxide and soy lecithin), natural and artificial strawberry flavor (dextrose, corn starch, water, alcohol), non-iodized salt, natural red coloring (carmine, caramel color, and maltodextrin).

Contains allergen: Milk, soy, tree nuts (coconut) and wheat.

MORNING MOO'S® LOW FAT MILK ALTERNATIVE

(1 pouch)

Nutrition Facts	
Serving Size: 2 Tbsp (17g dry)	
Servings Per Pouch: 20	
Amount Per Serving	
Calories 70	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 3g	
Vitamin A 8%	Vitamin C 0%
Calcium 10%	Iron 0%
Vitamin D 25%	Riboflavin 4%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
Whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, sodium silicoaluminate, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, sugar, guar gum, vitamin A, vitamin D.

Contains allergens: Milk, soy and tree nuts (coconut).

ITALIANO MARINARA

(1 pouch)

Nutrition Facts	
Serving Size: 2/3 Cup (70g dry)	
Servings Per Pouch: 4	
Amount Per Serving	
Calories 240	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1120mg	47%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 9g	
Vitamin A 6%	Vitamin C 60%
Calcium 6%	Iron 70%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
Lasagna bits (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), tomato powder, sea salt, onions, modified food starch, white cheddar cheese (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], salt, lactic acid, natural flavors), sugar, garlic powder, tomato flakes, burgundy wine flavor (red wine concentrate, salt, flavors), cheddar cheese powder (dextrose, maltodextrin, whey solids, natural and artificial flavor, corn starch, salt, silicon dioxide, guar gum, annatto, turmeric), olive oil powder, parsley flakes, Italian spice (garlic, onion, spices), basil, citric acid, natural flavoring, natural orange color (annatto, beet juice), caramel color, ground fennel.

Contains allergens: Milk and wheat.

FETTUCCINE ALFREDO

(1 pouch)

Nutrition Facts	
Serving Size: 1/2 Cup (69g dry)	
Servings Per Pouch: 4	
Amount Per Serving	
Calories 300	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 890mg	37%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 10g	
Vitamin A 0%	Vitamin C 2%
Calcium 10%	Iron 8%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono-and diglycerides, silicon dioxide and soy lecithin), white cheese (chedder cheese, [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt and natrual flavors), modified food starch, non-iodized salt, whey, sauteed mushroom stock (shitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion and modified corn starch), sauteed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor [contains milk], sunflower oil, salt, chili pepper, less than 2% silicon dioxide for anti-caking), lactic acid, garlic powder, natural flavoring, parsley flakes, xanthan gum, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking).

Contains allergens: Egg, milk, soy, tree nuts (coconuts) and wheat.

CREAMY STROGANOFF

(1 pouch)

Nutrition Facts	
Serving Size: 1/2 Cup (76g dry)	
Servings Per Pouch: 4	
Amount Per Serving	
Calories 320	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 840mg	35%
Total Carbohydrate 49g	16%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 8g	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	Iron 10%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono-and diglycerides, silicon dioxide and soy lecithin), modified food starch, low sodium vegetarian beef base (salt, hydrolyzed soy protein, maltodextrin, sugar, corn starch, carmel color, onion powder, natural flavors, citric acid, less than 2% silicon dioxide added to prevent caking), garlic powder, sliced mushrooms, dehydrated onion, sea salt, tomato powder, sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes] salt, lactic acid, tocopherols, vitamin E, ascorbyl palmitate [a form of vitamin C]), natural flavoring, sauteed mushroom stock (shitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion and modified corn starch),sauteed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor [contains milk], sunflower oil, salt, chili pepper, less than 2% silicon dioxide for anti-caking), roast meat flavor (yeast extract, salt), black pepper.

Contains allergens: Egg, milk, soy and wheat.

CHOCOLATE PUDDING

(1 pouch)

Nutrition Facts	
Serving Size: 1/3 Cup (58g dry)	
Servings Per Pouch: 5	
Amount Per Serving	
Calories 230	Calories from Fat 25
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 49g	16%
Dietary Fiber 1g	4%
Sugars 27g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 6%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
Sugar, modified food starch, non fat dry milk, creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono-and diglycerides, sodium aluminosilicate, natural flavor, annatto extract [for color], sodium hexmetaphosphate), dutched cocoa (cocoa [processed with alkali]), cream flavor (maltodextrin [non-IP], natural cream flavor), xanthan gum, corn syrup solids, lecithin, non-iodized salt, vanilla flavor (dextrose, corn starch, less than 0.1% Tumeric, less than 0.1 % Apo carotenal, alcohol, natural mixed tocopherols).

Contains allergens: Milk and soy.

CHICKEN NOODLE SOUP

(1 pouch)

Nutrition Facts	
Serving Size: 1/2 Cup (54g dry)	
Servings Per Pouch: 4	
Amount Per Serving	
Calories 190	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1190mg	50%
Total Carbohydrate 39g	13%
Dietary Fiber 1g	6%
Sugars 5g	
Protein 5g	
Vitamin A 30%	Vitamin C 4%
Calcium 4%	Iron 8%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking), maltodextrin, carrot dices, modified food starch, dehydrated chopped onions, celery slices, dehydrated peas, garlic powder, celery seed, white pepper, xanthan gum, parsley flakes.

Contains allergens: Egg, soy and wheat.

ELBOW MACARONI

(2 pouches)

Nutrition Facts	
Serving Size: 1/3 Cup (44g dry)	
Servings Per Pouch: 7.5	
Amount Per Serving	
Calories 160	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
Elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid).

Contains allergen: Wheat.

CHEESE POWDER

(1 pouch)

Nutrition Facts	
Serving Size: 2 Tbsp (14g dry)	
Servings Per Pouch: 15	
Amount Per Serving	
Calories 50	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 470mg	20%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 0%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
Cheese powder (whey, buttermilk solids, granular and cheddar cheeses [pasteurized milk, cheese culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme).

Contains allergen: Milk.

CHEESY BROCCOLI RICE

(1 pouch)

Nutrition Facts	
Serving Size: 1/2 Cup (65g dry)	
Servings Per Pouch: 8	
Amount Per Serving	
Calories 250	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 690mg	29%
Total Carbohydrate 46g	15%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 6g	
Vitamin A 4%	Vitamin C 10%
Calcium 10%	Iron 6%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), cheese powder (whey, buttermilk solids, granular and cheddar cheeses [pasteurized milk,cheese culture,salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme), creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor, annatto extract, sodium hexmetaphosphate), corn starch, chicken stock (corn syrup, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), dehydrated broccoli (broccoli, sucrose), onions, onion powder, parsley flakes.

Contains allergens: Milk and soy.

CREAMY POTATO SOUP

(1 pouch)

Nutrition Facts	
Serving Size: 1/3 Cup (50g dry)	
Servings Per Pouch: 8	
Amount Per Serving	
Calories 220	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 0%	Vitamin C 15%
Calcium 2%	Iron 10%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
Diced dehydrated potatoes, creamer (palm oil, maltodextrin, sodium caseinate (a milk derivative), dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (Potato, monoglycerides, sodium acid pyrophosphate, citric acid. Freshness preserved with sodium bisulfite and BHA), corn starch, onions, chicken stock (corn syrup, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.

CREAMY CHICKEN RICE

(1 pouch)

Nutrition Facts	
Serving Size: 1/3 Cup (52g dry)	
Servings Per Pouch: 8	
Amount Per Serving	
Calories 240	Calories from Fat 100
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 4g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 6%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

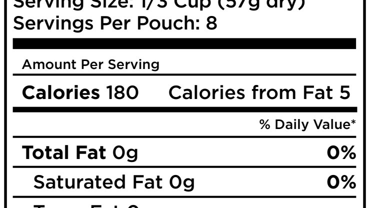
Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), creamer (palm oil, maltodextrin, sodium caseinate (a milk derivative), dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), corn starch, natural chicken flavor, onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), onion powder, natural flavoring, parsley flakes, turmeric.

Contains allergens: Milk and soy.

HEARTY VEGETABLE CHICKEN SOUP

(1 pouch)



Nutrition Facts	
Serving Size: 1/3 Cup (57g dry)	
Servings Per Pouch: 8	
Amount Per Serving	
Calories 180	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	25%
Total Carbohydrate 40g	13%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 7g	
Vitamin A 70%	Vitamin C 6%
Calcium 4%	Iron 15%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:
White rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), lentils, elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), carrot dices, celery slices, chicken stock (corn syrup solids, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.

Each pouch contains an oxygen absorber. Discard immediately upon opening.