Emergency Food Supply - 35 pouches

MORNING MOO'S® LOW FAT MILK ALTERNATIVE (2 pouches)

Nutrition Facts

Serving Size: 2 Tbsp (17g) Dry Servings Per Container: 20

Amount Per S	Serving				
Calories 7	70	Calc	ories from	Fat	0
			% Dai	ly Valı	ue*
Total Fat	0g			C	%
Saturate	d Fat	2g		10	%
Trans Fa	t Og				
Cholester	ol On	ng		0	%
Sodium 11	5mg			5	%
Total Cark	oohyd	Irate	10g	3	3%
Dietary	Fiber	0g		0	%
Sugars 8	 8g				
Protein 3	g				
Vitamin A	10%	•	Vitamin C	(0%
Vitamin D	25%	•	Riboflavin	:	2%
Calcium	10%	•	Iron	()%
	Your da	ily va	e based on lues may be l calorie need	higher	
	Ca	lories	2,000	2,5	00
Total Fat	Les	s than	65a	8	೧೧

INGREDIENTS:

Saturated Fat Less than

Less than

Cholesterol

Total Carbohydrate

Dietary Fiber

Whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, sugar, vitamin mix (nonfat dry milk, vitamin A palmitate, silicon dioxide, cholecalciferol), guar

Calories per gram: Fat 9 • Carbs 4 • Protein 4

Contains allergens: Milk and sov.

BANANA CHIPS

Nutrition Facts

Serving Size: 1/2 Cup (33g) Dry Servings Per Container: 8

Amount Per Ser	ving				
Calories 170) Cal	orie	es from l	Fat 100	
			% D	aily Value*	
Total Fat 11	g			17%	
Saturated	50%				
Trans Fat Og					
Cholesterol	Omg	3		0%	
Sodium Om	g			0%	
Potassium 1	80m	g		5%	
Total Carbo	hydr	ate	19g	6%	
Dietary Fil	ber 3	Sg .		12%	
Sugars 12	g				
Protein 1g					
Vitamin A	0%	•	Vitamin (2 4%	
Calcium	0%	•	Iron	2%	
*Percent Daily calorie diet. Yo lower dependir	ur dail ng on y	y val	ues may be	higher or	
Total Fat	Less	than	65g		
Saturated Fat	Less	than	20g	25g	
Cholesterol	Less	than	300mg	300mg	
Sodium	Less	than	2,400mg	2,400mg	
Total Carbohyd	rate		300g	375g	
Dietary Fiber			25g	30g	

INGREDIENTS:

25g

300mg

375g

30g

20g 300mg

300g

25g

Less than 2,400mg 2,400mg

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

Calories per gram: Fat 9 • Carbs 4 • Protein 4

CREAMY POTATO SOUP MIX

(6 pouches)

Nutrition Facts Serving Size: 1/3 Cup (50g) Dry

Servings Per Container: 8

Amount Per Serving	
Calories 220 Calories fr	om Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 350mg	15%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 0% • Vitam	nin C 15%

Vitamin A	0%	•	Vitamin C	15%
Calcium	2%	•	Iron	4%
*Percent Daily calorie diet. Yo lower dependir	ur dail	y val	ues may be h	igher or
	Calc	ries	2,000	2,500
Total Fat Saturated Fat	Less t		65g 20g	80g 25g

	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		
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, thiamin mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate. citric acid, sodium bisulfite and BHA to preserve freshness), corn starch, onions, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium quanylate, 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.

HEARTY VEGETABLE CHICKEN FLAVORED **SOUP MIX** (4 pouches)

Nutrition Facts

Serving Size: 1/3 Cup (57g) Dry Servings Per Container: 8

Amount Per Serving	9	
Calories 180	Calories fr	om Fat 5
	%	Daily Value*
Total Fat Og		0%
Saturated Fa	t 0g	0%
Trans Fat Og	ı	
Cholesterol 0	mg	0%
Sodium 590m	g	25%
Total Carbohy	drate 40g	13%
Dietary Fibe	r 6g	24%
Sugars 3g		

Protein 7g	l			
Vitamin A	70%	•	Vitamin C	6%
Calcium	4%	•	Iron	15%
*Percent Daily calorie diet. Y				

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 Carbohyd	rate	300g	375g			
Dietary Fiber		25g	30g			

Calories per gram: Fat 9 · Carbs 4 · Protein 4

INGREDIENTS: White rice (long grain rice, ferric orthophophate [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 starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion

Contains allergens: Milk, soy and wheat.

CHEESY BROCCOLI RICE

(5 pouches)

Nutrition Facts

Serving Size				Dry
Amount Per S		-		
Calories 2		alor	ies from	Fat 40
			% D	aily Value
Total Fat	4.5g			7%
Saturate	d Fat	2.5	3	13%
Trans Fa	t Oa			
Cholester		na		3%
Sodium 69		. 5		29%
			45	
Total Carb			45g	15%
Dietary F	iber (Ͻg		0%
Sugars 9	g			
Protein 6g	J			
Vitamin A	4%	٠	Vitamin (C 15%
Calcium	10%	•	Iron	6%
Percent Dail calorie diet. Y lower depend	our dail	ly val	ues may be	higher o
	Cald	ories	2,000	2,500
Total Fat	Less		65g	809
Saturated Fa			-	259
			300mg	
Sodium		than	2,400mg	
Total Carbohy Dietary Fibe			300g 25g	375g 30g
Calories per g		t 9 •		

INGREDIENTS:

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), cheese powder (whey, buttermilk solids, cheeses [pasteurized milk, cheese culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, vellow 5, vellow 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 soup base (corn syrup solids, salt, corn starch, 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 Contains allergens: Milk and soy.

INSTANT POTATOES

Nutrition Facts

Serving Size: 1/3 Cup (34g) Dry Servings Per Container: 8

Calories 120)	Calc	ries fror	n Fat 5		
			% Da	aily Value*		
Total Fat 0.	5g			1%		
Saturated	Saturated Fat Og					
Trans Fat	0g					
Cholesterol	0m	g		0%		
Sodium 340	mg			14%		
Total Carbo	hydi	rate	27g	9%		
Dietary Fil	oer :	2g		8%		
Sugars 1g						
Protein 2g						
Vitamin A	0%	•	Vitamin (15%		
Calcium	2%					
	2/0	•	Iron	2%		
*Percent Daily calorie diet. Yo lower dependir	value ur dai	s are	based or ues may be	a 2,000 higher or		
calorie diet. Yo	value ur dai ng on	s are	based or ues may be	a 2,000 higher or		
calorie diet. Yo	value ur dai ng on Cal	s are ly val your	based or ues may be calorie nee 2,000	a 2,000 higher or		
calorie diet. You lower dependin Total Fat Saturated Fat	value ur dai ng on Cal Less Less	s are ly val your ories than than	based or ues may be calorie nee 2,000 65g 20g	2,500 e higher or eds. 2,500 80g 25g		
calorie diet. You lower dependir Total Fat Saturated Fat Cholesterol	value ur dai ng on Cal Less Less	s are ly val your ories than than than	e based or ues may be calorie nee 2,000 65g 20g 300mg	2,500 80g 25g 300mg		
calorie diet. You lower dependir Total Fat Saturated Fat Cholesterol Sodium	value ur dai ng on Cal Less Less Less	s are ly val your ories than than than	e based or ues may be calorie nee 2,000 65g 20g 300mg 2,400mg	2,500 80g 25g 300mg 2,400mg		
calorie diet. You lower dependir Total Fat Saturated Fat Cholesterol	value ur dai ng on Cal Less Less Less	s are ly val your ories than than than	e based or ues may be calorie nee 2,000 65g 20g 300mg	2,500 8 higher or eds. 2,500 80g 25g 300mg 2,400mg		
calorie diet. You lower dependir Total Fat Saturated Fat Cholesterol Sodium	value ur dai ng on Cal Less Less Less	s are ly val your ories than than than	e based or ues may be calorie nee 2,000 65g 20g 300mg 2,400mg	2,500 80g 25g 300mg 2,400mg 375g		

INGREDIENTS:

Dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite and BHA to preserve freshness), corn starch, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), onions, natural chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide), parsley flakes.

Contains allergens: Soy.

MAPLE BROWN SUGAR OATMEAL (6 pouches)

Nutrition Facts Serving Size: 1/4 Cup (30g) Dry

Servings Per Container: 10

Amount Per S	erving			
Calories 12	20 C	aloı	ries from F	at 20
			% Daily	Value
Total Fat	2.5g			4%
Saturate	d Fat	1g		5%
Trans Fa	t 0g			
Cholestero	ol Om	g		0%
Sodium 35	īmg			1%
Total Carb	ohydi	ate	20g	7%
Dietary F	iber :	3g		12%
Sugars 3	g			
Protein 4g	9			
Vitamin A	0%	•	Vitamin C	0%
Calcium	2%	•	Iron	6%

	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 Carbohydi	rate	300g	375g		
Dietary Fiber		25g	30g		
Calories per gram: Fat 9 • Carbs 4 • Protein 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

INGREDIENTS:

Gluten free quick oats, brown sugar, creamer coconut oil, corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin, natural and artificial maple flavor (dextrose, maltodextrin less than 2% silicon dioxide added to prevent caking), non-iodized salt.

Contains allergens: Milk and soy.

ELBOW MACARONI

(2 pouches)

Nutrition Facts

Serving Siz			ıp (44g) D iner: 7.5	ry
Amount Per S	erving			
Calories 16	50	Cal	ories from	Fat 5
			% Daily	y Value*
Total Fat	0g			0%
Saturate	d Fat	0g		0%
Trans Fa	t 0g			
Cholestero	l Om	g		0%
Sodium O	mg			0%
Total Carb	ohyd	rate	33g	11%
Dietary F	iber	2g		8%
Sugars 1	g			
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		
Saturated Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohyd	300g	375g			
Dietary Fiber		25g	30g		

INGREDIENTS:						
Calories per gram: Fat 9 • Carbs 4 • Protein 4						
Dietary Fiber		25g	30g			
Total Carbohydrate		300g	375g			
Sodium	Less than	2,400mg	2,400mg			
Cholesterol	Less than	300mg	300mg			
Saturated Fat	Less than	20g	25g			
i Otal Fat	Less triair	639	809			

Elbow macaroni (wheat flour niacin, ferrous sulfate

(iron), thiamin mononitrate, riboflavin and folio

CHEESE POWDER

Serving Size: 2 Tbsp (14g) Dry Servings Per Container: 15

Nutrition Facts

Amount Per Serv	/ing			
Calories 50	С	alo	ries from F	at 10
			% Daily	y Value*
Total Fat 1.5	5g			2%
Saturated	Fat	1g		5%
Trans Fat	0g			
Cholesterol	10m	ıg		3%
Sodium 470)mg			20%
Total Carbo	hydi	ate	7g	2%
Dietary Fil	oer (Эg		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		
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					
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

FLAVORED RICE (6 pouch)

Nutrition Facts	
Serving Size: 1/3 Cup (52g) Dry	

Allount Per Serving	
Calories 240 Calories fro	m Fat 100
	% Daily Value
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 330mg	14%
Total Carbohydrate 30g	10%
Dietary Fiber Og	0%

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 o lower depending on your calorie needs.					
	Calc	ries	2,000	2,500	
Total Fat	Less t	han	65g	809	
Saturated Fat	Less t	han	20g	25g	
Cholesterol	Less t	han	300mg	300mg	
Sodium	Less t	han	2,400mg	2,400mg	
Total Carbohyd	rate		300g	375g	
Dietary Fiber			25g	30g	

Calories per gram: Fat 9 • Carbs 4 • Protein 4

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 (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide), 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.

Contains allergens: Wheat.

	% Daily Value
otal Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat Og	
holesterol Omg	0%
odium 330mg	14%
otal Carbohydrate 30g	10%
Dietary Fiber Og	0%

Sugars 1g							
Protein 4g							
itamin A	0%	•	Vitamin C	2			
Calcium	0%	•	Iron	6			
Percent Daily values are based on a 2,00 calorie diet. Your daily values may be higher olower depending on your calorie needs.							
	Cald	ories	2,000	2,50			
otal Fat Saturated Fat	Less		65g 20g	80 25			
N-1			700	700			

INGREDIENTS: