

**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

**FOOD STORAGE EMERGENCIES EVERYDAY MEALS** 

# 1 PERSON 72 HOUR FOOD STORAGE **EMERGENCY FOOD SUPPLY**

Serving suggestions shown below.

### **BANANA CHIPS**

(1 pouch)



**Nutrition Facts** Serving Size: 1/2 Cup (33g drv)

Servings Per Pouch: 8

Sugars 12g

Amount Per Serving	
Calories 170 Calories fr	om Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 10g	50%
Trans Fat Og	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%

Protein 1g	9				
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					

*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 Carbol	nydrate	300g	375g		
Dietary Fibe	r	25g	30g		

Calories per gram: Fat 9 Carbs 4 Protein 4

### **INGREDIENTS:**

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

Contains allergen: Tree nuts (coconut).

### **CREAMY POTATO SOUP**

(1 pouch)



### **Nutrition Facts**

on ting Size: 1/7 Cup (EOg dry)

Serving Si Servings F				ary)	
Amount Per	Servin	g			
Calories	220	Ca	lories fro	om F	at 70
			9	6 Daily	Value*
<b>Total Fat</b>	8g				12%
Saturate	ed Fa	t 4g	]		20%
Trans Fa	at Og				
Choleste	rol 0	mg			0%
Sodium 3	350m	ıg			15%
Total Car	bohy	dra	te 33g		11%
Dietary F	iber	2g			8%
Sugars 3	g				
Protein 4	g				
Vitamin A	0%	•	Vitam	in C	15%
Calcium	2%	•	Iron		10%
*Percent Da calorie diet. or lower dep	Your o	daily	values may	y be h ie nee	igher
Total Fat	Less		65g		80g
Sat Fat	Less		20g		25g
Cholesterol	Less		300mg		)mg
Sodium	Less		2400mg	2400	-

300g

25g

Carbs 4 Protein 4

375g

30g

Total Carbohydrate

Calories per gram: Fat 9

**INGREDIENTS:** 

Diced dehydrated potatoes, creamer (palm

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

stach, hydrolyzed corn and soy protein, rendered

turmeric, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes,

turmeric, garlic powder, caramel color, dehydrated

with sodium bisulfite and BHA), corn starch, onions, chicken stock (corn syrup, salt, corn

chicken fat, sugar, onion powder, disodium

inosinate and disodium guanylate, spices,

Contains allergens: Milk, soy and wheat

oil, maltodextrin, sodium caseinate (a milk

Dietary Fiber

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

**HEARTY VEGETABLE** 

**CHICKEN SOUP** 

(1 pouch)

Amount Per	Serving			
Calories	180 C	alories f	rom Fat 5	
			% Daily Value*	
<b>Total Fat</b>	0g		0%	
Saturate	d Fat 0	g	0%	
Trans Fa	t Og			
Choleste	rol Omg	1	0%	
Sodium 5	90mg		25%	
Total Car	bohydra	ate 40g	13%	
Dietary			24%	
Sugars 3				
Protein 7				
Vitamin A	70%	Vitam	in 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		2,500 80g	
Sat Fat	Less than	3	25g	
Cholesterol		- 0	-	
Sodium	Less than	2400mg	2400mg	
Total Carbol	nydrate	300g	375g	
Dietary Fibe	r	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**



### **Nutrition Facts**

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

Amount Per 9	erving			
Calories 2	40 C	alo	ries from Fa	t 100
			% Daily	/ Value*
Total Fat	12g			18%
Saturate	d Fat	6g		30%
Trans Fa	t 0g			
Cholester	ol On	ng		0%
Sodium 330mg 149			14%	
Total Carl	ohyd	lrate	30g	10%
Dietary I	iber	0g		0%
Sugars 19	)			
Protein 4	g			
Vitamin A	0%		Vitamin C	2%
Calcium	0%	•	Iron	6%

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 Carbol	nydrate	300g	375g		
Dietary Fibe	r	25g	30g		

\*Percent Daily values are based on a 2.000

iolai Fat	Less trian	659	oug	
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				

## **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.

### **MAPLE BROWN SUGAR OATMEAL**

(1 pouch)



## **Nutrition Facts**

Serving Size: 1/3 Cup (30g dry) Servings Per Pouch: 10

Amount Per	Serving	9			
Calories	120	Cal	ories fro	om Fat	t 25
			9	6 Daily V	alue'
Total Fat	2.5g				4%
Saturate	d Fa	t 1g			5%
Trans Fa	at Og				
Choleste	rol O	mg			0%
Sodium 3	55mg				1%
Total Car	bohy	drat	te 20g		7%
Dietary	Fiber	, 3a			12%
Sugars 3					
Protein 4					
\(''' \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	-				
Vitamin A					
	0%	•	Vitam	in C	0%
Calcium	2%	•	Vitam Iron		0% 6%
	2% ily valu Your d	ues a	Iron re based o values may your calor	on a 2,0 / be high	6% 00 her
*Percent Da calorie diet. or lower dep	2% ily valu Your coending	ues a daily v g on ories	re based ovalues may your calor 2,000	on a 2,0 / be high ie needs 2,50	6% 00 her
*Percent Da calorie diet.	2% ily valu Your d	ues a daily on g on ories	Iron re based o values may your calor	on a 2,0 / be high	6% 00 her 
*Percent Da calorie diet. or lower dep	2% ily valu Your d pending Cald	ues a daily of g on ories than than	Iron re based ovalues may your calor 2,000	on a 2,0 y be high ie needs 2,50	6% 00 her  00
*Percent Da calorie diet. or lower dep Total Fat Sat Fat	2% illy value Your copending Calconding Less to Less to	ues a daily o g on ories than than	Iron re based ovalues may your calor 2,000 65g 20g	on a 2,0 y be high ie needs 2,50 80	6% 00 her :. 00
*Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol	2% illy value your copending Calco Less 1 Less 1 Less 1	ues a daily of g on ories than than than	re based ovalues may your calor 2,000 65g 20g 300mg	on a 2,0 / be high ie needs 2,50 80 25 300m	6% 00 her  00 0g ig
*Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol Sodium	2% illy value your copending Calco Less 1 Less 1 Less 1	ues a daily of g on ories than than than	Iron re based ovalues may your calor 2,000 65g 20g 300mg 2400mg	on a 2,0 y be high ie needs 2,50 80 25 300m 2400m	6% 00 her  00 0g ig ig

### **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-

Contains allergens: Milk, soy and tree nuts