



**42**  
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.

**FOOD STORAGE  
EMERGENCIES  
EVERYDAY MEALS**

# 1 PERSON 72 HOUR FOOD STORAGE EMERGENCY FOOD SUPPLY

20225-112515

Serving suggestions shown below.

## BANANA CHIPS

(1 pouch)



Nutrition Facts	
Serving Size: 1/2 Cup (33g dry) Servings Per Pouch: 8	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
<b>Saturated Fat 10g</b>	<b>50%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
<b>Sugars 12g</b>	
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	

## CREAMY POTATO SOUP

(1 pouch)



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

## HEARTY VEGETABLE CHICKEN SOUP

(1 pouch)



Nutrition Facts	
Serving Size: 1/3 Cup (57g dry) Servings Per Pouch: 8	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 590mg</b>	<b>25%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
<b>Dietary Fiber 6g</b>	<b>24%</b>
<b>Sugars 3g</b>	
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	

## CREAMY CHICKEN RICE

(1 pouch)



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

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

**Contains allergen:** Tree nuts (coconut).

### 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 starch, 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.

### 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 starch, 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.

### 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	
<b>Calories 120</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
<b>Saturated Fat 1g</b>	<b>5%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
<b>Sugars 3g</b>	
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).

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