Breakfast & Dinner Variety

Emergency Food Supply - 15 Pouches

MAPLE BROWN SUGAR STRAWBERRY OATMEAL

Nutrition Facts

	· · · · · · · · · · · ·
10 servings per	container
Serving size	1/4 Cup (30g) Dry
(abou	ut 1/3 Cup prepared)
Calories	120
	% Daily Value*
Total Fat 2.5g	3%

Calories	120
9	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 35mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 3g Added Suga	rs 6 %
Protein 4g	
Vitamin D Omcg	0%
Calcium 19mg	2%

INGREDIENTS: Quick oats, brown sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Iron 1mg

Potassium 130mg

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: Milk, soy.

FLAVORED CREAMY WHEAT

Nutrition Facts

1/4 Cup (46g) Dry

0%

0%

(about 1 cup prepared)

8 servings per container

Serving size

Protein 3g Vitamin D Omcg

Calcium 5mg

CREAMY

Serving size

Calories

Iron 2mg

Potassium 345mg

STROGANOFF

4 servings per container

Amount per serving Calories	180
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 2.5g	13%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 95mg	4%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 10g Added Su	ıgars 20%

Iron Omg 0% Potassium 72mg *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. INGREDIENTS: Farina (wheat), sugar,

coconut creamer (hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono & diglycerides, silicon dioxide, soy lecithin), natural and artificial strawberry flavor (maltodextrin, sugar, natural and artificial flavor modified corn starch potassium benzoate [preservative], sulfites), noniodized salt, natural red coloring (carmine, caramel color, and maltodextrin). **Contains**: Milk, soy, wheat.

Morning Moo's® Milk ITALIANO **Alternative**

Nutrition Facts 20 servings per container 2 Tbsp (17g) Dry

Amount per serving Calories	70
9	6 Daily Value
Total Fat 2.5g	39
Saturated Fat 2g	10%
Trans Fat Og	
Cholesterol Omg	09
Sodium 115mg	5%
Total Carbohydrate 10g	49
Dietary Fiber Og	09
Total Sugars 9g	
Includes 1g Added Sugar	s 2 9
Protein 3g	
Vitamin D 3mcg	159
Calcium 120mg	109
Iron Omg	09
Potassium 283mg	69
Vitamin A 82mcg	109

INGREDIENTS: 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, vitamin D3) guar gum. Contains: Milk, soy.

MARINARA

Amount per serving

Calories

Nutrition Facts

4 servings per container 1/2 Cup (69g) Dry Serving size (about 1 Cup prepared)

240

o aioi ics	
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 610mg	27%
Total Carbohydrate 46g	17%
Dietary Fiber 3g	11%
Total Sugars 14g	
Includes 1g Added Suga	ars 2 %
Protein 9g	
Vitamin D Omcg	0%
Calcium 59mg	4%
Iron 2mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. **INGREDIENTS:** Lasagna noodles (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), tomato powder, onions, modified food starch, white cheddar cheese (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], salt, lactic acid, natural flavors), sea salt, sugar, garlic powder, tomatoes, burgundy wine flavor (maltodextrin, modified corn starch, wine solids, corn syrup solids, malic acid, natural flavor, sorbic acid, sulfites, potassium sorbate), cheddar cheese powder (dextrose, maltodextrin, whey solids, natural and artificial flavor, corn starch, salt, silicon dioxide, quar gum, annatto, turmeric).

olive oil flavor (modified corn starch, maltodextrin, medium chain triglycerides, natural flavor, tricalcium phosphate), parsley, Italian spice (garlic, onion, spices), basil, citric acid, yeast extract, natural orange color (annatto, beet juice), caramel color, ground fennel. **Contains:** Milk, wheat.

ALFREDO

FETTUCCINE

Nutrition Facts

4 servings per container Serving size 1/2 Cup (about 1 Cup	
Amount per serving Calories	300
%	Daily Value
Total Fat 11g	14%
Saturated Fat 9g	45%
Trans Fat Og	
Cholesterol 35mg	12%
Sodium 670mg	29%
Total Carbohydrate 41g	15%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D Omcg	0%
Calcium 106mg	8%
Iron 1mg	6%
Potassium 328mg	6%
*The % Daily Value (DV) tells you how mu serving of food contributes to a daily diet day is used for general nutrition advice.	

wheat semolina, durum wheat flour, eggs, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), creamer (hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), white cheese (cheddar cheese, [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt and natural flavors [contains less than 2% silicon dioxide]), modified food starch, parmesan (whey, maltodextrin, buttermilk, natural parmesan cheese flavor, salt), non-iodized salt, whey, lactic acid, garlic powder, parsley, black pepper. Contains: Egg, milk, soy, wheat.

INGREDIENTS: Egg noodles (durum

Total Fat 11g Saturated Fat 8g Trans Fat Og Cholesterol 50mg 17% 30% Sodium 700mg Total Carbohydrate 48g 17% Dietary Fiber 2g 7% Total Sugars 5g Includes 1g Added Sugars 2% Calcium 46mg 4%

*The % Daily Value (DV) tells you how much a nutrient in serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Egg noodles (durum wheat

Nutrition Facts

1/2 Cup (77q) Drv

330

10%

8%

% Daily Value*

(about 1 Cup prepared)

semolina, durum wheat flour, eggs, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes] salt, lactic acid, vitamin E, vitamin C), vegetarian beef base (salt, hydrolyzed soy protein, sugar, torula yeast, corn starch, maltodextrin, caramel color, onion powder, yeast extract, natural flavors, citric acid, and less than 2% silicon dioxide added to prevent caking), onions, non-iodized salt, modified food starch, mushrooms, onion powder, burgundy wine flavor (maltodextrin, modified corn starch, wine solids, corn syrup solids, malic acid, natural flavor, sorbic acid, sulfites, potassium sorbate), sautéed mushroom stock (shiitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch). **Contains:** Egg, milk, soy, wheat.

Nutrition Facts

CHOCOLATE PUDDING

5 servings per container Serving size 1/3 Cup (58g) Dry (about 1/2 Cup prepared)

	220 y Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 95mg	4%
Total Carbohydrate 50g	18%
Dietary Fiber 1g	4%
Total Sugars 30g	
Includes 27g Added Sugars	54%
Protein 3g	
Vitamin D Omcg	0%
Calcium 73mg	6%
Iron 1mg	6%
Potassium 306mg	6%

INGREDIENTS: Sugar, modified food starch, creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides [with tocopherols, ascorbic acid, citric acid to preserve freshness], sodium aluminosilicate. natural flavor, annatto extract [color], sodium hexmetaphosphate), nonfat dry milk, cocoa, non-iodized salt, vanilla flavor (dextrose, corn starch, water, alcohol). Contains: Milk.

Nutrition Facts

HEARTY VEG. CHICKEN-

FLAVORED SOUP

8 servings per container

Serving size 1/3 Cup (57g) Dry (about 1 Cup prepared) 200 **Calories** % Daily Value* Total Fat Og Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium 590mg 26% Total Carbohydrate 40g 15% Dietary Fiber 7g Total Sugars 4g Includes Og Added Sugars 0% Protein 7g Vitamin D Omcg 0% Calcium 37mg 2% Iron 3mg 15% 8%

Potassium 406mg *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. INGREDIENTS: White rice (long grain rice. iron phosphate, niacin, thiamin mononitrate,

and folic acid), lentils, elbow macaroni (wheat flour, niacin, ferrous sulfate Firon). thiamin mononitrate, riboflavin, folic acid), carrots, celery slices, 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, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, yeast extract, whey, turmeric, garlic powder, caramel color. Contains: Milk, sov. wheat.

ELBOW MACARONI

7.5 servings per container

Serving size

Calories

Total Fat 0.5g Saturated Fat Og

Sodium Omg

Protein 5g Vitamin D Omcg

Calcium 9mg

Potassium 98mg

Iron 1mg

Trans Fat Og Cholesterol Omg

Total Carbohydrate 32g

Includes Og Added Sugars

Dietary Fiber 1g Total Sugars 1g

Nutrition Facts

1/3 Cup (44g) Dry

160

0%

0%

0%

12%

0%

0%

0%

6%

2%

% Daily Value*

(about 2/3 Cup prepared)

Calories

CHEESE POWDER

Nutrition Facts ze 2 Tbsp (14g) Dry (about 2 Tbsp prepared)

Iotal Fat 1.59	2%
Saturated Fat 0.5g	3%
Trans Fat Og	
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 7g	3%
Dietary Fiber Og	0%
Total Sugars 7g	
Includes Og Added Sugars	0%
Protein 3g	
Vitamin D Omcg	0%
Calcium 122mg	10%
Iron Omg	0%
Potassium 214mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Elbow macaroni (wheat

mononitrate, riboflavin, folic acid)

flour, niacin, ferrous sulfate [iron], thiamin

15 servings per container Serving size

	aily Value [*]
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat Og	
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 7g	3%
Dietary Fiber Og	0%
Total Sugars 7g	
Includes Og Added Sugars	0%
Protein 3g	
Vitamin D Omcg	0%
Calcium 122mg	10%
Iron Omg	0%
Potassium 214mg	4%

lactic acid, annatto, extractives of paprika, natural vitamin E (added to preserve freshness), natural orange color (annatto, beet juice). Contains: Milk.

INGREDIENTS: Cheese sauce mix (whey,

milk, salt, cheese cultures, enzymes), salt,

natural flavors, butter (cream), buttermilk,

nonfat dry milk, cheddar cheese (pasteurized

Nutrition Facts

CHEESY BROCCOLI

RICE

50

8 servings per container Serving size 1/3 Cup (65g) Dry (about 3/4 Cup prepared)

Calories	250
%	Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat Og	
Cholesterol 10mg	3%
Sodium 640mg	28%
Total Carbohydrate 45g	16%
Dietary Fiber Og	0%
Total Sugars 9g	
Includes Og Added Sugars	0%
Protein 7g	
Vitamin D Omcg	0%
Calcium 152mg	10%
Iron 1mg	6%
Potassium 396mg	8%
*The % Daily Value (DV) tells you how moserving of food contributes to a daily die day is used for general nutrition advice.	

INGREDIENTS: Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin],

and folic acid [folate]), cheese sauce mix (whey, nonfat dry milk, cheddar cheese (pasteurized milk, salt, cheese cultures, enzymes), salt, natural flavors, butter (cream), buttermilk, lactic acid, annatto, extractives of paprika, natural vitamin E (added to preserve freshness), creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides [with tocopherols, ascorbic acid, citric acid to preserve freshness], sodium aluminosilicate, natural flavor, annatto extract [color], 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, dehydrated parsley, and silicon dioxide added to prevent caking), dehydrated broccoli (broccoli, sucrose), onions, onion powder, natural orange color (annatto, beet juice), parsley. Contains: Milk, soy

Nutrition Facts

CREAMY POTATO

SOUP MIX

8 servings per container Serving size 1/3 Cup (51g) Dry

(about 1 Cup prepared)

Calories	220
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 4g	20%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 630mg	27%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 1g Added Suga	rs 2 %
Protein 4g	
Vitamin D Omcg	0%
Calcium 26mg	2%

Iron 1mg	6%
Potassium 428mg	10%
*The % Daily Value (DV) tells you how much a nu serving of food contributes to a daily diet. 2,000 day is used for general nutrition advice.	
INGREDIENTS: Potatoes, creamer (p	
oil, maltodextrin, sodium caseinate [a derivative], dipotassium phosphate, m	

and diglycerides, sodium hexametaphosphate,

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 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, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, sugar, yeast extract, onion powder, whey, parsley, turmeric, garlic powder, caramel color. Contains: Milk, soy, wheat.

Nutrition Facts 8 servings per container 1/3 Cup (52g) Dry Serving size

CREAMY CHICKEN-FLAVORED RICE

240 **Calories**

(about 1/2 Cup prepared)

Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 330mg	14%
Total Carbohydrate 30g	11%
Dietary Fiber Og	0%
Total Sugars 1g	
Includes Og Added Sugars	0%
Protein 4g	
Vitamin D Omcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 277mg	6%
*The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2,0 day is used for general nutrition advice.	

[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 [flow agent]), 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 quanylate. spices, turmeric, dehydrated parsley, natural flavor, and silicon dioxide added to prevent caking), onion powder, yeast extract, parsley, turmeric. Contains: Milk, soy.

INGREDIENTS: Rice (parboiled long grain

rice, enriched with ferric orthophosphate

Nutrition Facts 4 servings per container 1/2 Cup (50g) Drv Serving size (about 1 Cup prepared)

CHICKEN FLAVORED

NOODLE SOUP

190 **Calories** % Daily Value* Total Fat 1.5g Saturated Fat Og Trans Fat Og Cholesterol 20mg Sodium 790mg 34% Total Carbohydrate 38g 14% Dietary Fiber 2g 7% Total Sugars 4g Includes 2g Added Sugars 4% Vitamin D Omcg Calcium 32mg Iron 1mg Potassium 225mg 4% *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. INGREDIENTS: Egg noodles (durum wheat semolina, durum wheat flour, eggs, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), maltodextrin,

6% 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), carrots, modified food starch, onions, celery slices, dehydrated peas, garlic powder,

celery seed, white pepper, xanthan gum, parsley. **Contains:** Egg, wheat.

and silicon dioxide [flow agent]), bleached enriched flour (wheat flour, niacin, reduced

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