Deluxe One Year One Person 98 Total #10 Cans

8%

8%

72%

4%

0%

0%

HARD WHITE WHEAT (9 cans)

Nutr	itic	on	Fa	cts	
Serving Size: 1/4 Cup (43g) Dry					
Servings P	er Co	ntai	ner: 51		
Amount Per Se	erving				
Calories 14	10	Calo	ories fron	n Fat 5	
			% Da	ily Value*	
Total Fat).5g			1%	
Saturated Fat Og 0%					
Trans Fat	. 0g				
Cholestero	l Om	g		0%	
Sodium 15	mg	-		1%	
Total Carb	-	rate	31a	10%	
Dietary F	-			23%	
Sugars 2		-			
Protein 6q	-				
Vitamin A	0%	•	Vitamin C	• • • •	
Calcium	2%	•	Iron	10%	
*Percent Daily calorie diet. Y lower depend	our dai	ly val	ues may be	higher or	
	Cal	ories	2,000	2,500	
Total Fat	Less		5	80g	
Saturated Fa			. 5	-	
Cholesterol					
Sodium		than	2,400mg		
Total Carbohy Dietary Fiber			300g 25g	-	
-			. 5		
Calories per gi	ram: Fa	it 9•	Carps 4 •	Protein 4	

INGREDIENTS: Hard white wheat berries.

Contains allergens: Wheat.

BACON FLAVORED BITS WHOLE EGGS VEGETARIAN MEAT SUBSTITUTE (6 cans) (7 cans)

Nutri	tic	on	Fa	cts
Serving Size	e: 1 T	bsp	(5g) Dr	v
Servings Pe	r Co	ntai	ner: 192	
Amount Per Ser	ving			
Calories 15	-	Cale	ories fror	n Eat E
Calories 15		Calc		
			% Da	ily Value
Total Fat 0				1%
Saturated Fat Og 0%				
Trans Fat	0g			
Cholesterol	Om	g		0%
Sodium 115	mg			5%
Total Carbo	hvdi	ate	1a	0%
Dietary Fil	-		•	4%
Sugars Og		000	than 19	-17
	,			
Protein 2g				
Vitamin A	0%	•	Vitamin C	: 0%
Calcium	2%	•	Iron	2%
*Percent Daily calorie diet. Yo lower dependir	ur dai	ly val	ues may be	higher o
	Cal	ories	2,000	2,500
Total Fat	Less		65g	800
Saturated Fat Cholesterol	Less		20g 300mg	25g
Sodium			2,400mg	
Total Carbohyd		chaff	2,400mg	3750
Dietary Fiber			25g	300

INGREDIENTS: Textured vegetable protein (soy flour, caramel color, FD&C Red #3), soybean oil, salt, natural flavoring. Contains allergens: Soy.

Nutrition Facts Serving Size: 2 1/2 Tbsp (13g) Dry Servings Per Container: 71 Amount Per Serving Calories 70 Calories from Fat 45 % Daily Value* Total Fat 5g Saturated Fat 1.5g Trans Fat Og Cholesterol 215mg Sodium 90mg Total Carbohydrate Og Dietary Fiber Og Sugars Og Protein 6g

Vitamin A	6%	•	Vitamin (0%
Calcium	2%	•	Iron	6%
*Percent Daily calorie diet. Yo lower dependir	ur dail	y val	ues may be	higher or
	Cal	ories	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 gra	im: Fa	t9•	Carbs 4 •	Protein 4

INGREDIENTS:

Whole eggs, sodium silicoaluminate (as an anticaking agent). Contains allergens: Eggs.

ELBOW MACARONI (5 cans)

Nutri	tic	on	Fa	cts
Serving Size Servings Pe				Dry
Amount Per Ser				
Calories 20	0 C	alo	ries from	Fat 10
			% Da	aily Value*
Total Fat 1g 19				
Saturated Fat Og 0%				
Trans Fat	0g			
Cholesterol Omg 0%				
Sodium Om	g			0%
Total Carbo	hydı	rate	40g	13%
Dietary Fil	ber 2	2g		8%
Sugars 2g				
Protein 7g				
Vitamin A	0%	•	Vitamin (
Calcium	0%	•	Iron	50%
*Percent Daily calorie diet. Yo lower dependir	ur dai	ly val	ues may be	higher or
	Cal	ories	2,000	2,500
Total Fat Saturated Fat	Less		65g 20g	80g 25g
Cholesterol			300mg	
Sodium			2,400mg	-
Total Carbohyd			300g	
Dietary Fiber			25g	30g
Calories per gra	im: Fa	ıt 9 •	Carbs 4 •	Protein 4

INGREDIENTS:

Semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid.

Contains allergens: Wheat.

FREEZE DRIED SLICED FREEZE DRIED **STRAWBERRIES** (4 cans)

Serving Size Servings Per	: 1/2	Cu	p (10g)			
Amount Per Ser	ving					
Calories 35	(Calc	ories fro	m Fat 5		
			% D	aily Value*		
Total Fat Og	3			0%		
Saturated Fat Og 0%						
Trans Fat Og Cholesterol Omg 0%						
		9		0%		
Sodium Om	g			0%		
Total Carbo	hydr	ate	5g	2%		
Dietary Fil	ber 2	<u>2g</u>		8%		
Sugars 5g						
Protein 1g						
,						
Vitamin A	0%	•	Vitamin (
Calcium	2%	•	Iron	4%		
calorie diet. Yo	*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.					
	Calo	ories	2,000	2,500		
Total Fat	Less		65g	•		
Saturated Fat			20g	25g		
Cholesterol	Less		300mg	5		
Sodium Total Carbohydı		than	2,400mg			
Dietary Fiber	ate		300g 25g	375g 30g		
Calories per gra		+ 0 -	. 5			

INGREDIENTS: Sliced freeze-dried strawberries

SWEET CORN (4 cans) Nutrition Coote

Nutri	tic	on	Fa	cts	
Serving Size Servings Pe				Dry	
Amount Per Ser	ving				
Calories 70		Calc	ories froi	n Fat 5	
			% Di	aily Value*	
Total Fat 1g				2%	
Saturated	Fat	0g		0%	
Trans Fat	0q				
Cholesterol	Om	a		0%	
Sodium Omg 0%					
Total Carbo	-	+-	17 a	4%	
	-		159		
Dietary Fil		2g		8%	
Sugars Og					
Protein 2g					
Vitamin A	2%	•	Vitamin (2 8%	
Calcium	0%	•	Iron	2%	
*Percent Daily calorie diet. Yo lower dependir	ur dai	ly val	ues may be	e higher or	
	Cal	ories	2,000	2,500	
Total Fat		than	65g	80g	
Saturated Fat			20g	25g	
Cholesterol Sodium			300mg		
Total Carbohyd		than	2,400mg 300g		
Dietary Fiber	ale		25g	375g 30g	
Calories per gra	m: Fa	at 9 •			

INGREDIENTS: Freeze-dried corn

BEEF FLAVORED VEGETARIAN MEAT SUBSTITUTE POWDER (4 cans)

Nutri Serving Size Servings Pe	e: 1/4	Cu	p (26g)	
Amount Per Ser	ving			
Calories 90	c	alor	ies from	Fat 35
			% D	aily Value*
Total Fat 4	g			6%
Saturated	Fat	0.5	q	3%
Trans Fat			-	
Cholesterol		r		0%
Sodium 480		9		20%
	-	- * -	7	
Total Carbo			/g	2%
Dietary Fi		sg		12%
Sugars 2g				
Protein 11g				
Vitamin A	0%	•	Vitamin (C 0%
Calcium	6%	•	Iron	10%
*Percent Daily calorie diet. Yo lower dependir	ur dail	y val	ues may be	e higher or
	Cal	ories	2,000	2,500
Total Fat Saturated Fat	Less Less		20g	25g
Cholesterol	Less			-
Sodium Total Carbohyd		than	2,400mg 300g	
Dietary Fiber			25g	
Calories per gra	am: Fa	t 9 •	Carbs 4 •	Protein 4

INGREDIENTS:

Contains allergens: Soy.

Textured vegetable protein (soy flour, caramel color, red 3, soybean oil, salt, natural flavoring).

CHEESE BLEND (3 cans)

Nutrition Facts Serving Size: 1/4 Cup (34g) Dry Servings Per Container: 43 Amount Per Serving Calories 120 Calories from Fat 25 % Daily Value* Total Fat 2.5g 4% Saturated Fat 1.5g 8% Trans Fat Og Cholesterol 15mg 4% 34% Sodium 820mg Total Carbohydrate 21g 7% Dietary Fiber Og 1% Sugars 11g Protein 5g Vitamin A 2% • Vitamin C 0% Calcium 15% • 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. 2,000 Total Fat Less than 80g 65g Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg Less than 2.400mg 2.400mg Sodium Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4

INGREDIENTS:

Cheese powder (whey, buttermilk solids, cheeses [granular and cheddar {pasteurized milk, cheese culture, salt, enzymes]], whey protein concentrate, salt, sodium phosphate, citric acid, FD&C yellow #5, FD&C yellow #6, lactic acid, enzymes), modified corn starch, creamer (maltodextrin, palm cil) eilicon clioxida oil) silicon dioxide

Contains allergens: Milk.

LENTILS **PINTO BEANS** HONEY COATED **POTATO GEMS** (3 cans) (3 cans) (3 cans) **BANANA SLICES** (3 cans) **Nutrition Facts Nutrition Facts Nutrition Facts Nutrition Facts** Serving Size: 1/4 Cup (47g) Dry Serving Size: 1/2 Cup (86g) Dry Serving Size: 1/2 Cup (42g) Dry Serving Size: 1/4 Cup (30g) Dry Servings Per Container: 48 Servings Per Container: 26 Servings Per Container: 22 Servings Per Container: 45 Amount Per Serving Amount Per Serving Amount Per Serving Amount Per Serving

% Daily Value*

0%

0%

Calories 100 Calories from Fat 0 Calories 300 Calories from Fat 0 % Daily Value* Total Fat Og 0% Total Fat Og Saturated Fat Og Saturated Fat Og 0%

Calories 230 Calories from Fat 140 % Daily Value* Total Fat 15g 23% Saturated Fat 14g 68%



Saturated	Tut og			070
Trans Fat	0g			
Cholesterol	0%			
Sodium 5m	0%			
Total Carbo	hydr	ate	28g	9%
Dietary Fil	ber 1	l3g		52%
Sugars Og	I			
Protein 12g				
Vitamin A	0%	•	Vitamin 0	C 0%
Calcium	0%	•	Iron	20%
*Percent Daily calorie diet. Yo lower dependir	ur dai	ly val	ues may be	higher or
	Cal	ories	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	30a
			209	5

INGREDIENTS:

Lentils

Trans Fat Og Cholesterol Omg 0% Sodium Omg 0% Total Carbohydrate 54g 18% Dietary Fiber 20g 80% Sugars 4g Protein 18g Vitamin A 0% • Vitamin C 10% Calcium 10% • 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 65g Total Fat Less than 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg 300g Total Carbohydrate 375g 30g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4

INGREDIENTS:

Pinto Beans

Trans Fat	0g					
Cholesterol	0%					
Sodium Om	0%					
Potassium	6%					
Total Carbohydrate 18g						
Dietary Fiber 2g 6%						
Sugars 12	g					
Protein Og						
Vitamin A	0%		Vitamin (C 0%		
Vitanini A	0 /0	-	vicanini	0,0		
Calcium			Iron	0%		
	10% values ur daily	• are valu	lron based or Jes may be	0% a 2,000 e higher or		
Calcium *Percent Daily calorie diet. Yo	10% values ur daily	• valu	lron based or Jes may be	0% a 2,000 e higher or		
Calcium *Percent Daily calorie diet. Yo lower dependin Total Fat Saturated Fat	10% values ur daily ng on yo Calor Less th Less th Less th Less th	• valu our • ies nan nan	Iron based or ues may be calorie nee 2,000 65g 20g 300mg	0% a 2,000 b higher or eds. 2,500 80g 25g 300mg 2,400mg 375g		

INGREDIENTS: Bananas, coconut/vegetable oil, sugar/honey,

natural flavoring.

Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium 520mg 22% Total Carbohydrate 22g 7% Dietary Fiber 2g 8% Sugars 1g Protein 2g Vitamin A 0% • Vitamin C 15% 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 65g Total Fat Less than 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Less than 2,400mg 2,400mg Sodium 300g 375g Total Carbohydrate 30g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:**

Potato gems (potato, canola oil [preserved with citric acid and BHT], salt, contains 2% or less of: artificial color, mono and diglycerides, natural and artificial flavor. Freshness preserved with sodium bisulfite and BHT. Contains allergens: Milk.

DEHYDRATED

POTATO SLICES (3 can)

NI	•••		Ea	-
Nutri	U	on	Гас	CTS
Serving Size	: 1/	2 Cu	p (20g)	Dry
Servings Pe	r Co	ntai	ner: 28	
Amount Per Ser	ving			
Calories 70		Calc	ries fron	n Fat O
			% Da	ily Value*
Total Fat Og	g			0%
Saturated Fat Og 0%				
Trans Fat	0g			
Cholesterol Omg 0%				
Sodium 15m	ng			1%
Total Carbo	hyd	rate	16g	5%
Dietary Fil	ber	2g		6%
Sugars 1g				
Protein Og				
Vitamin A	0%	•	Vitamin C	
Calcium	0%	•	Iron	2%
*Percent Daily calorie diet. Yo	ur da	ily val	ues may be	higher or
lower dependir	19 011	your	calorie nee	ds.
lower dependir		lories	calorie nee 2,000	ds. 2,500
Total Fat	Ca			
	Ca	lories than	2,000	2,500
Total Fat Saturated Fat Cholesterol	Ca Less Less Less	lories than than than than	2,000 65g 20g 300mg	2,500 80g 25g 300mg
Total Fat Saturated Fat Cholesterol Sodium	Ca Less Less Less	lories than than	2,000 65g 20g 300mg 2,400mg	2,500 80g 25g 300mg 2,400mg
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydd	Ca Less Less Less	lories than than than than	2,000 65g 20g 300mg 2,400mg 300g	2,500 80g 25g 300mg 2,400mg 375g
Total Fat Saturated Fat Cholesterol Sodium	Ca Less Less Less Less rate	lories than than than than	2,000 65g 20g 300mg 2,400mg 300g 25g	2,500 80g 25g 300mg 2,400mg 375g 30g

INGREDIENTS: Potato slices preserved with sodium bisulfite.

LONG GRAIN WHITE RICE (3 cans)

Serving Size Servings Per	e: 1/4	Cu	p (47g)	
Amount Per Ser	ving			
Calories 170) (Calc	ries fro	m Fat O
			% E	aily Value*
Total Fat 0	g			0%
Saturated	Fat	0q		0%
Trans Fat				
Cholesterol Omg 09				
Sodium Omg 0				
	-		77~	12%
Total Carbo	-		379	
Dietary Fil		Jg		0%
Sugars Og				
Protein 3g				
Vitamin A	0%	•	Vitamin	C 0%
Calcium	0%	•	Iron	8%
*Percent Daily calorie diet. Yo lower dependir	ur dail ng on	y val	ues may b calorie ne	e higher or eds.
			2,000	,
Total Fat Saturated Fat	Less		65g 20g	
Cholesterol	Less			,
Sodium	Less	than	2,400mg	, 2,400mg
Total Carbohyd			3000	
Dietary Fiber			259	, 30g
Calories per gra			-	-

INGREDIENTS: Long grain white rice.

QUICK ROLLED OATS (3 cans)

Nutri Serving Size Servings Pe	e: 1/2	2 Cu	p (50g)		
Amount Per Ser	ving				
Calories 190) C	alor	ies from	Fat 30	
			% Da	ily Value*	
Total Fat 3.	5g			5%	
Saturated Fat 0.5g 3%					
Trans Fat Og					
Sodium Om	-			0%	
Total Carbo	hyd	rate	33g	11%	
Dietary Fil	ber	5g		20%	
Sugars Og	1				
Protein 8g					
Vitamin A	0%		Vitamin C	0%	
Calcium	2%	•	Iron	15%	
*Percent Daily calorie diet. Yo lower dependir	ur dai 1g on	ly val	ues may be	higher or ds.	
	Cal	ories	2,000	2,500	
Total Fat		ories than	2,000 65g	2,500 80g	
Total Fat Saturated Fat	Less	than			
Saturated Fat Cholesterol	Less Less Less	than than than	65g 20g 300mg	80g 25g 300mg	
Saturated Fat Cholesterol Sodium	Less Less Less Less	than than than	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg	
Saturated Fat Cholesterol	Less Less Less Less	than than than	65g 20g 300mg	80g 25g 300mg	

INGREDIENTS: Quick rolled oats

TACO FLAVORED VEGETARIAN MEAT SUBSTITUTE

(3 cans)

Nutri	tic	on	Fa	cts
Serving Size Servings Pe				Dry
Amount Per Ser	ving			
Calories 140	o c	alor	ies from	Fat 50
			% D	aily Value*
Total Fat 6	g			9%
Saturated	Fat	1g		4%
Trans Fat	0g			
Cholesterol	-	a		0%
Sodium 850		5		36%
Total Carbo		ato	10 a	3%
	-		log	19%
Dietary Fil		59		19%
Sugars 3g				
Protein 14g				
Vitamin A	2%	•	Vitamin	C 0%
Calcium	8%	•	Iron	15%
*Percent Daily calorie diet. Yo lower dependir	ur dai	ly val	ues may be	e higher or
	Cal	ories	2,000	2,500
Total Fat Saturated Fat	Less Less		65g 20g	
Cholesterol			300mg	
Sodium		than	2,400mg	
Total Carbohyd Dietary Fiber	rate		300g 25g	
Calories per gra				

INGREDIENTS:

Textured vegetable protein (soy flour, caramel color), soybean oil, salt, autolyzed yeast, spices, dextrose, onion, garlic, paprika. Contains allergens: Soy.

CHICKEN FLAVORED VEGETARIAN MEAT SUBSTITUTE PANCAKE MIX (3 cans)

Nutr	itic	on	Fac	ts
Serving Si Servings P				ry
Amount Per S	erving			
Calories 9	0 C	alori	es from F	at 30
			% Daily	/ Value*
Total Fat	3g			5%
Saturate	d Fat	0g		0%
Trans Fat Og				
Cholesterol Omg 0%				
Sodium 5	50mg	-		23%
Total Carb	ohvdi	rate	7a	2%
Dietary F	-iber	4g		14%
Sugars 2	2a	-		
Protein 11	-			
Vitamin A	0%		Vitamin C	0%
Calcium	6%		Iron	10%
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.				
	Cal	ories	2,000	2,500
Total Fat	Less	than	65g	80g

BUTTERMILK (3 cans)

Nutri Serving Siz				
Serving Siz				Dry
Amount Per Se	rving			
Calories 17	0 0	Calc	ories from	n Fat
			% Da	aily Valu
Total Fat C	.5g			19
Saturated	Fat (0g		0
Trans Fat	0q	-		
Cholestero		a		3
Sodium 67	-	9		28
			76	
Total Carbo			•	129
Dietary F	ber l	ess	than 1g	49
Sugars 59	9			
Protein 5g				
Vitamin A	0%	•	Vitamin 0	c 0
Calcium	10%	•	Iron	15
*Percent Daily calorie diet. Yo lower depend	our dail ing on y	y val	ues may be calorie nee	higher
Total Fat	Less t	han		80
Saturated Fat				25
Cholesterol				
Sodium		han	2,400mg	
Total Carbohyo	drate		300g	375
Dietary Fiber			25g	30

COUNTRY FRESH® (3 cans)

Nutri	tic	on	Fac	ts
Serving Size	e [.] 5 1	Гbsr	(21a) Dry	,
Servings Pe		•		
Amount Per Ser				
Calories 80) (Calc	ries from	Fat 0
			% Daily	/ Value*
Total Fat 0	g			0%
Saturated	Fat	0g		0%
Trans Fat	0a	-		
Cholesterol		a		0%
-		9		
Sodium 115				5%
Total Carbo	hydi	rate	11g	4%
Dietary Fi	ber (0g		0%
Sugars 10	g			
Protein 7g				
Vitamin A	10%		Vitamin C	4%
	25%	•	Riboflavin	<u>4</u> %
	35%	•	Iron	0%
*Percent Daily calorie diet. Yo lower dependi	our dai ng on	ly val	ues may be h calorie needs	igher or
Total Fat	Less	than	65g	80g
		than	20g	25g
Saturated Fat	Less	undn	209	== 5
Cholesterol	Less	than	300mg	300mg
Cholesterol Sodium	Less Less	than	300mg 2,400mg 2,	300mg 400mg
Cholesterol	Less Less	than	300mg	300mg

CHOCOLATE MORNING MOO'S® 100% INSTANT NONFAT DRY MILK LOW FAT MILK ALTERNATIVE (3 cans)

Nutri	tio	on	Fac	ts		
Serving Size: 3 1/2 Tbsp (35g) Dry Servings Per Container: 57						
Amount Per Sei	ving					
Calories 14	0 C	alor	ries from F	at 35		
			% Daily	Value*		
Total Fat 3	.5g			6%		
Saturated Fat 3.5g						
Trans Fat Og						
Cholesterol Omg 0%						
Sodium 170)mg			7%		
Total Carbo	hyd	rate	26g	9%		
Dietary Fi	ber	less	than 1g	3%		
Sugars 21	g					
Protein 2g						
Vitamin A	10%	•	Vitamin C	0%		
Vitamin D	25%	•	Riboflavin	2%		
Calcium	6%	•	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.						
	Cal	ories	2,000	2,500		
Total Fat		than	65g	80g		
Saturated Fat	Less	than	20g	25g		

Total Fat	Less than	659	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:

Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate.

Contains allergens: Soy.

INGREDIENTS:

Cake flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), dried eggs (pasteurized whole eggs, less than 2 percent sodium silicoaluminate as an anticaking agent), soybean oil.

Contains allergens: Milk, egg, soy and wheat.

INGREDIENTS: Nonfat milk (nonfat dry milk, vitamin A palmitate

and vitamin D3). Contains allergens: Milk.

300mg 300mg Cholesterol Less than Less than 2,400mg 2,400mg Sodium Total Carbohydrate 375g 300g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4

INGREDIENTS:

Sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, dutched cocoa (processed with alkali), sweet whey, natural cream flavor (maltodextrin, natural cream flavor), salt, carrageenan gum, xanthan gum, cellulose gum, vitamin A, vitamin D.

Contains allergens: Milk and soy.

FREEZE DRIED WHOLE DEHYDRATED RASPBERRIES (2 can)

Nutri	tic	on	Fac	cts
Serving Size Servings Pe				Dry
Amount Per Ser	ving			
Calories 35	(Calo	ries fron	n Fat O
			% Da	ily Value*
Total Fat Og	g			0%
Saturated	Fat	0g		0%
Trans Fat	0q			
Cholesterol	-	a		0%
Sodium Om		5		0%
Total Carbo	-		9 a	3%
	-		oy	
Dietary Fil		2g		9%
Sugars 4g				
Protein 1g				
Vitamin A	2%	•	Vitamin C	20%
Calcium	2%	•	Iron	4%
*Percent Daily calorie diet. Yo lower dependir	ur dai 1g on	ly val your	ues may be calorie nee	higher or ds.
		ories	2,000	2,500
Total Fat Saturated Fat	Less		65g 20g	80g 25g
	Less		. 5	. 5
Sodium			2,400mg	-
Total Carbohvdi		chan	300a	375a
Dietary Fiber			25g	30g
Calories per gra	m: Fa	t 9 •		

INGREDIENTS: Freeze dried raspberries.

DICED CARROTS (2 cans)

Nutri Serving Size Servings Pe	e: 1/3	S Cu	p (36g)	
Amount Per Ser	ving			
Calories 120)	Calc	ories fro	m Fat 5
			% D	aily Value*
Total Fat 0	.5g			1%
Saturated	Fat	0q		0%
Trans Fat				
Cholesterol	- 5	~		0%
		y		
Sodium 100				4%
Total Carbo	hydı	ate	28g	9%
Dietary Fil	ber 🗄	3g		12%
Sugars 19	g			
Protein 3g				
Vitamin A 7	80%		Vitamin (C 45%
Calcium	8%		Iron	8%
*Percent Daily calorie diet. Yo lower dependir	value: ur dai	ly val	based or ues may be	n a 2,000 e higher or
	Cal	ories	2,000	2,500
Total Fat	Less		65g	
Saturated Fat			20g	-
Cholesterol Sodium	Less		300mg 2,400mg	-
Total Carbohyd		unan	2,400mg 300g	
Dietary Fiber	are		25g	
Calories per gra	m: Fa	t 9 •		

INGREDIENTS: Diced dehydrated carrots.

DEHYDRATED **CHOPPED ONIONS** (2 cans)

Nutri	tic	on	Fa	cts
Serving Size Servings Pe		•		
Amount Per Ser	ving			
Calories 10	(Calc	ries froi	n Fat C
			% D	aily Value
Total Fat Og	g			0%
Saturated	Fat	0g		0%
Trans Fat	0a			
Cholesterol		a		0%
Sodium Om		9		0%
	-			• • •
Total Carbo			2g	1%
Dietary Fil	ber ()g		1%
Sugars 1g				
Protein Og				
Vitamin A	0%	•	Vitamin	C 4%
Calcium	0%	•	Iron	0%
*Percent Daily calorie diet. Yo lower dependir	ur dai ng on	ly val your	ues may be	e higher o eds.
	Cal	ories	2,000	2,500
Total Fat	Less		65g	809
Saturated Fat Cholesterol	Less		20g 300mg	259 300mg
Sodium			2,400mg	
Total Carbohyd		- nor i	300g	
			25g	
Dietary Fiber			259	

INGREDIENTS: Dehvdrated onions

DEHYDRATED APPLE SLICES (2 cans)

Serving Siz	:e: 1/2	2 Cu	p (17g)	
Amount Per Se	erving			
Calories 6	0	Calc	ries froi	n Fat O
			% D	aily Value*
Total Fat)g			0%
Saturated	l Fat	0g		0%
Trans Fat	0g			
Cholestero	l Om	a		0%
Sodium 65	ima	<u> </u>		3%
Total Carb		rato	160	5%
Dietary F			log	8%
		zy		0 /0
Sugars 9	-			
Protein Og				
Vitamin A	0%	•	Vitamin	C 2%
Calcium	0%	•	Iron	0%
*Percent Daily calorie diet. Y lower depend	our da ling on	ily val	ues may be calorie nee	e higher or eds.
Total Fat	Less	than		
Saturated Fa	t Less	than	20g	-
Cholesterol	Less	than	300mg	300mg
Sodium		than	2,400mg	
Total Carbohy			300g	-
Dietary Fiber			25g	
Calories per gr	ram: Fa	at 9 •	Carbs 4 •	Protein 4

INGREDIENTS: Dehydrated apple slices and sodium sulfite.

CREAMY POTATO SOUP MIX (1 can)

Nutrition Facts Serving Size: 1/3 Cup (49g) Dry

Servings Per Container: 33 Amount Per Serving Calories 200 Calories from Fat 70 % Daily Value* Total Fat 7g 11% Saturated Fat 4g **19%** Trans Fat Og 0% holesterol Oma

Cholesterol	0%			
Sodium 101	42%			
Total Carbo	hydr	ate	32g	11%
Dietary Fil	ber 1	lg		5%
Sugars 3g				
Protein 3g				
Vitamin A	2%	•	Vitamin O	: 10%
Calcium	2%	•	Iron	4%
*Percent Daily calorie diet. Yo lower dependir	ur dai	ly val	ues may be	higher or
	Cal	ories	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			700-	775-
Total Carbonyd	rate		300g	375g

INGREDIENTS:

Creamer (maltodextrin, palm oil), enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), potato dices, chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), onion chopped, onion powder,

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

VEGETABLE STEW BLEND (2 cans)

Nutr Serving Si Servings F	ze: 1/4	4 Cu	p (23g)	
Amount Per S	erving			
Calories 7	0	Calo	ries fror	n Fat O
			% Di	aily Value*
Total Fat	0g			0%
Saturate	d Fat	0g		0%
Trans Fa	t Oa	-		
Cholester		q		0%
Sodium 50mg2%Total Carbohydrate 18g6%				
Dietary I			109	8%
		zy		0 /0
Sugars 5	-			
Protein 2g	9			
Vitamin A	50%	•	Vitamin (C 70%
Calcium	6%	•	Iron	4%
*Percent Dail calorie diet. \ lower depen	Your dai ding on	ly val	ues may be	e higher or eds.
Total Fat	Less	than	65g	· · · ·
Saturated F			20g	. 5
Cholesterol Sodium		than	300mg 2,400mg	5
Total Carboh		undii	2,400mg	2,400mg
Dietary Fibe			25g	30g
Calories per g	gram: Fa	nt 9 •	Carbs 4 •	Protein 4

INGREDIENTS:

Potato dices, cabbage flakes, chopped onion, carrot dices, celery slices, red and green bell peppers.

Contains allergens: Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

DEHYDRATED **POTATO SHREDS** (1 can)

Nutri Serving Siz				
Servings Pe	er Co	ntai	ner: 21	
Amount Per Se	rving			
Calories 11	0	Calo	ories fror	n Fat 5
			% Da	aily Value*
Total Fat C)g			0%
Saturated	l Fat	0g		0%
Trans Fat	0a	-		
Cholestero	-	a		0%
Sodium 45		-		19%
Total Carbo			24a	8%
			249	
Dietary F		2g		8%
Sugars 1g	9			
Protein 2g				
Vitamin A	0%	•	Vitamin C	20%
Calcium	2%	•	Iron	2%
*Percent Daily calorie diet. Y lower depend	our dai ing on	ily val	ues may be	higher or
Total Fat Saturated Fat Cholesterol Sodium Total Carbohyo Dietary Fiber Calories per gr	t Less Less Less drate	than than	20g 300mg 2,400mg 300g 25g	25g 300mg 2,400mg 375g 30g

INGREDIENTS:

Potato shreds (potato, salt, dextrose). Freshness preserved with sodium bisulfite and BHT.

FD BROCCOLI FLORETS & STEMS (1 can)

Nutri	tion	Fa	cts
Serving Size Servings Pe			ry
Amount Per Ser	ving		
Calories 20	Calo	ries fror	n Fat O
		% Da	aily Value*
Total Fat O	g		0%
Saturated	Fat Og		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 20	ng		1%
Total Carbo	hydrate	4g	1%
Dietary Fil	ber 2g	-	9%
Sugars 1g			
Protein 2g			
Vitamin A	20% •	Vitamin 0	110%
Calcium	4% •	Iron	4%
*Percent Daily calorie diet. Yo lower dependin	ur daily val	ues may be	higher or ds.
Total Fat	Less than	65g	
Saturated Fat		20g	25g
Cholesterol Sodium		300mg 2,400mg	-
Total Carbohyd		300g	375g
Dietary Fiber		25g	30g
Calories per gra	m: Fat 9 •	Carbs 4 •	Protein 4

INGREDIENTS:

Freeze dried broccoli florets & stems.

parsley flakes.

DEHYDRATED **CROSS CUT CELERY** (1 can)

Nutrition Facts Serving Size: 1/4 Cup (14g) Dry

Servings Pe				Dry	
Amount Per Ser	ving				
Calories 40		Calc	ories fro	m Fat 5	
			% D	aily Value*	
Total Fat O	g			0%	
Saturated	Fat	0g		0%	
Trans Fat	0a	-			
Cholesterol		a		0%	
Sodium Om	-	5		0%	
	-		0~	3%	
Total Carbo	-		9g		
Dietary Fil	oer	2g		7%	
Sugars 2g					
Protein 2g					
Vitamin A	6%	۰	Vitamin	C 25%	
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.					
	Cal	ories	2,000	2,500	
Total Fat		than	65g	-	
Saturated Fat			20g		
Cholesterol		than	300mg	-	
Sodium		than		2,400mg	
Total Carbohyd	rate		300g	-	
Dietary Fiber			25g	-	
Calories per gra	m: Fa	at 9 •	Carbs 4 •	Protein 4	

INGREDIENTS: Cross cut celery stalk

DEHYDRATED DICED BELL PEPPERS (RED & GREEN) SUGAR (1 can) Nutrition Facts

NUT	τις	on	Га	CTS
Serving Size Servings Pe		•		У
Amount Per Ser	ving			
Calories 15	(Calc	ries froi	m Fat O
			% D	aily Value*
Total Fat O	g			0%
Saturated	Fat	0q		0%
Trans Fat	0a			
Cholesterol		~		0%
		9		
Sodium 5m	-			0%
Total Carbo	hydr	ate	4g	1%
Dietary Fil	ber 1	lg		3%
Sugars 1g				
Protein 1g				
Vitamin A	20%	•	Vitamin	C 160%
Calcium	0%	•	Iron	2%
*Percent Daily calorie diet. Yo lower dependir	ur dail ng on	ly val your	ues may be calorie nee	e higher or eds.
	Cal	ories	2,000	
Total Fat Saturated Fat	Less Less		65g 20g	
Cholesterol	Less			5
Sodium		than	2,400mg	
Total Carbohyd	rate		300g	-
Dietary Fiber			25g	-
Calories per gra	m: ⊢a	τ9•	Carbs 4 •	Protein 4

INGREDIENTS: Red and green diced bell peppers, dehydrated.

Contains allergens: Processed in a plant that handles wheat, egg, milk, soybean, peanut, cashew, walnut, and almond products.

WHITE GRANULATED (1 can)

Nutrition Facts Serving Size: 1 Tsp (4g) Dry Servings Per Container: 595 Amount Per Serving Calories 15 Calories from Fat 0

		% Da	ily Value*
Total Fat Og	g		0%
Saturated	Fat Og		0%
Trans Fat	0g		
Cholesterol	Omg		0%
Sodium Om	g		0%
Total Carbo	hydrate	4g	1%
Dietary Fil	ber Og		0%
Sugars 4g	I		
Protein Og			
Vitamin A	0% •	Vitamin C	: 0%
Vitamin A Calcium	0% • 0% •	Vitamin C Iron	: 0% 0%
	0% • values are ur daily val ng on your	lron based on ues may be calorie nee	0% a 2,000 higher or ds.
Calcium *Percent Daily calorie diet. Yo lower dependir	0% • values are ur daily val ng on your Calories	Iron based on ues may be calorie nee 2,000	0% a 2,000 higher or ds. 2,500
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat	0% • values are ur daily val ng on your Calories Less than	Iron based on ues may be calorie nee 2,000 65g	0% a 2,000 higher or ds. 2,500 80g
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat	0% • values are ur daily val ng on your Calories Less than Less than	Iron based on ues may be calorie nee 2,000 65g 20g	0% a 2,000 higher or ds. 2,500 80g 25g
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat	0% • values are ur daily val ng on your Calories Less than Less than Less than	Iron based on ues may be calorie nee 2,000 65g 20g	0% a 2,000 higher or ds. 2,500 80g 25g 300mg
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol	0% • values are ur daily val ng on your Calories Less than Less than Less than Less than	Iron based on ues may be calorie nee 2,000 65g 20g 300mg	0% a 2,000 higher or ds. 2,500 80g 25g 300mg 2,400mg
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium	0% • values are ur daily val ng on your Calories Less than Less than Less than Less than	Iron based on ues may be calorie nee 2,000 65g 20g 300mg 2,400mg	0% a 2,000 higher or ds. 2,500 80g 25g 300mg 2,400mg

INGREDIENTS: Fine white granulated sugar

CHOCOLATE FUDGE **BROWNIE MIX**

(1 can)

Nutrition Facts Serving Size: 1/4 Cup (39g) Dry Servings Per Container: 45 Amount Per Serving Calories 150 Calories from Fat 15 % Daily Value* Total Fat 1.5g 2% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium 150mg 6% Total Carbohydrate 32g 11% Dietary Fiber 1g 4% Sugars 18g Protein 3g 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. 2,000 Calories 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 25g 20g g g

Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohyd	rate	300g	375g
Dietary Fiber		25g	30g
Calories per gra	m: Fat 9 •	Carbs 4 •	Protein 4

INGREDIENTS:

Sugar, unbleached pastry flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), corn syrup solids, dextrose, dutched cocoa (cocoa [processed with alkali]), egg whites (egg whites and less than 0.1 percent sodium lauryl sulfate added as a whipping agent), shortening (partially hydrogenated soybean and cottonseed oil), cocoa, non-iodized salt, powdered shortening (mono and diglycerides [from partially hydrogenated soybean oil] with mixed tocopherols, ascorbic acid and citric acid [antioxidants]), wheat starch, vanilla flavor (dextrose, corn starch, water, alcohol), egg yolks, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda. Contains allergens: Egg and wheat.

BLUEBERRY MUFFIN MIX (1 can)

Nutri Serving Size Servings Pe	e: 1/4	4 Cu	p (39g)	
Amount Per Ser	ving			
Calories 150) C	alor	ies from	Fat 25
			% Da	aily Value*
Total Fat 2.	5g			4%
Saturated	Fat	1g		5%
Trans Fat	0.50	1		
Cholesterol				8%
Sodium 200	-			8%
Total Carbo		ato	29a	10%
Dietary Fil	-		299	2%
		Jy		∠ /o
Sugars 15	9			
Protein 3g				
Vitamin A	0%	•	Vitamin C	: 0%
Calcium	2%	•	Iron	6%
*Percent Daily calorie diet. Yo lower dependir	ur dai ng on	ly val your	ues may be calorie nee	higher or ds.
		ories	_,	2,500
Total Fat Saturated Fat	Less		65g 20g	80g 25g
Cholesterol	Less		. 5	
Sodium			2,400mg	
Total Carbohyd			300g	
Dietary Fiber			25g	

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

INGREDIENTS: Bleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, cake flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), shortening (partially hydrogenated soybean oil), blueberry nuggets (dextrose, partially hydrogenated vegetable oil [soy bean and cottonseed], bleached enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], citric acid, cellulose gum, maltodextrin, artificial flavors and colors [FD&C Red #40, Blue #1, Blue #2]), powdered sugar, buttermilk solids, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), sodium acid pyrophosphate, salt, baking soda, egg yolks, vanilla (natural and artificial flavor), xanthan gum, blueberry flavor.

Contains allergens: Wheat, milk, eggs

HONEY WHITE BREAD, CREAMY WHEAT **SCONE & ROLL MIX** (1 can)

Nutr	itic	on	Fa	cts
Serving Siz Servings P				Dry
Amount Per S	erving			
Calories 12	20 C	alo	ries from	Fat 15
			% Da	aily Value
Total Fat	l.5g			2%
Saturate	d Fat	0a		1%
Trans Fa				
Cholestero		ч.		1%
		1		11%
Sodium 27				
Total Carb	-			8%
Dietary F	iber l	ess	than 1g	3%
Sugars 2	g			
Protein 4g	J			
Vitamin A	0%	•	Vitamin 0	C 09
Calcium	2%	•	Iron	8%
*Percent Dail calorie diet. Y lower depend	'our dail ding on	y val	ues may be	higher o
Total Fat	Less	than	65g	809
Saturated Fa	nt Less	than	20g	25
Cholesterol	Less			
Sodium		than	2,400mg	
Total Carbohy Dietary Fibe			300g	375
DIGTARY FING	r		25g	30
Calories per g			-	

INGREDIENTS:

Flour (bleached wheat flour, malted barley flour, niacin, iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, nonfat dry milk, salt, refinery syrup, honey, whole eggs (whole eggs, sodium silicoaluminate [as an anitcaking agent]), dough enhancer (flour [bleached wheat four, malted barley flour, niacin, iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid], PBR-200DF [yeast, enzymes, soybean oil], PBR-FD [wheat flour, ascorbic acid, wheat gluten, enzymes], lecithin powder [liquid lecithin, soy flour, delemita]) flour, dolomite]).

Contains allergens: Soy, milk, eggs, and wheat.

CEREAL (1 can)

Serving Size Servings Pe			Dry
Amount Per Ser			
Calories 180) Calo	ories fror	n Fat 5
		% Da	aily Value
Total Fat 0.	.5a		1%
Saturated			0%
			0/0
Trans Fat			
Cholesterol	Omg		0%
Sodium Om	g		0%
Total Carbo	hydrate	38g	13%
Dietary Fil	ber 1g		4%
Sugars 1g			
Protein 6g			
Vitamin A	0% •	Vitamin O	C 0%
Calcium	0% •	Iron	4%
*Percent Daily calorie diet. Yo lower dependir	ur daily va ng on your	lues may be calorie nee	higher o ds.
	Calories	_,	2,500
Total Fat	Less than	5	800
Saturated Fat Cholesterol	Less than	. 5	25g 300mg
		-	
	Less than		
Sodium Total Carbohydi	Less than rate	2,400mg 300g	

INGREDIENTS: Farina (Wheat)

Contains allergens: Wheat.

SCRAMBLED EGG MIX (1 can)

	_			
Nutri	tic	on	Fa	cts
Serving Siz Servings Pe		-		ry
Amount Per Se	rving			
Calories 60) C	alor	ies from	Fat 35
			% D	aily Value*
Total Fat 4	lg			6%
Saturated	l Fat	1g		5%
Trans Fat	0q	-		
Cholestero		ma		54%
Sodium 85		iiig		4%
	-		2	.,,,
Total Carb	-		2g	1%
Dietary F	iber (Ŋg		0%
Sugars 0	g			
Protein 4g				
Vitamin A	0%	•	Vitamin	C 0%
Calcium	6%	•	Iron	2%
*Percent Daily calorie diet. Y lower depend	our dai ing on	ly val your	ues may be calorie nee	e higher or eds.
		ories	_,	
Total Fat Saturated Fa	Less			
Cholesterol			-	-
Sodium			2,400mg	-
Total Carbohy	drate		300g	375g
Dietary Fiber			25g	30g
Calories per gr	am: Fa	t 9 •	Carbs 4	Protein 4

INGREDIENTS: Whole eggs, nonfat dry milk, vegetable oil.

Contains allergens: Milk and eggs.