# 1 Week Emergency Food Supply

#### MAPLE BROWN SUGAR OATMEAL

(2 pouch)

## (1 pouch)

Nutrition Facts Serving Size: 1/4 Cup (30g) Dry Servings Per Container: 10						
Amount Per	Serving					
Calories	120 0	al	ories fro	om Fa	nt 20	
			9	% Daily	Value*	
Total Fat	2.5g				4%	
Saturat	ed Fat	1g			5%	
Trans Fa	at Og					
Choleste	rol Om	g			0%	
Sodium 3	5mg				1%	
Total Car	bohyd	rat	e 20g		7%	
Dietary	Fiber	3g			12%	
Sugars	3g					
Protein 4	g					
Vitamin A	0%	•	Vitami	n 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 th	an	65g	8	0g	
Sat Fat	Less th		20g		25g	
Cholesterol					-	
Sodium Total Carboł		an	2400mg 300g		mg 75g	
Dietary Fibe	-		25g		iog	
Calories per g		9	Carbs 4		<u> </u>	

#### **INGREDIENTS:**

Gluten-free quick oats, brown sugar, creame (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and 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.

#### CHEESY **BROCCOLI RICE**

Nutrition Facts Serving Size: 1/3 Cup (65g) Dry Servings Per Container: 8						
Amount Per	Serving					
Calories	250 Ca	lories fro	om Fa	at 40		
			% Daily	Value*		
Total Fat	4.5g			7%		
Saturat	ed Fat 2	.5g		13%		
Trans F	at Og					
Choleste	rol 10mg	9		3%		
Sodium 6	690mg			29%		
Total Car	bohydra	ate 46g		15%		
	Fiber 0			0%		
Sugars		<u> </u>				
Protein 6						
Vitamin A	4%	Vitami	n C	10%		
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. Calories 2.000 2.500						
Total Fat	Less thar	n 65g		80g		
Sat Fat	Less thar	n 20g		25g		
	I Less than 300mg 300mg					
	Sodium Less than 2400mg 2400mg					
Total Carbol Dietary Fibe	<b>J</b>	300g 25g		75g 30a		
	gram: Fat 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, yellow5, yellow 6, lactic acid, enzyme), creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate. dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor, annatto extract, sodium hexmetaphosphate), 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), dehydrated broccoli (broccoli, sucrose), onions, onion powder, parsley flakes.

Contains allergens: Milk and soy.

**CREAMY POTATO** 

Nutrition Facts

#### **CREAMY CHICKEN FLAVOR RICE**

(1 pouch)

Nutrition Facts Serving Size: 1/3 Cup (52g) Dry Servings Per Container: 8						
Amount Per	Serving					
Calories	240 C	alc	ories fro	m F	at 110	
			9	6 Dail	y Value*	
Total Fat	12g				18%	
Saturat	ed Fat	69	J		30%	
Trans F	at Og					
Choleste	rol 0m	g			0%	
Sodium 3	30mg				14%	
Total Car	bohyd	rat	e 30g		10%	
Dietary	Fiber	0g			0%	
Sugars	1g					
Protein 4	g					
Vitamin A	0%	•	Vitamiı	n 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 tha	an	65g		80g	
Sat Fat	Less tha	20g		25g		
Cholesterol	I Less than 300mg 300mg					
Sodium		an	2400mg	240	Omg	
Total Carbol			300g		375g	
Dietary Fibe	r		25g		30g	
Calories per g	gram: Fat	9	Carbs 4	Pro	tein 4	

#### **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 (autolyed 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.

### (1 pouch)

Nutrition Facts

**SPANISH RICE** 

Serving Size: 1/4 Cup (57g) Dry Servings Per Container: 8						
Amount Per	Serving					
Calories	200	Ca	alories f	rom	Fat 5	
			ç	% Dail	y Value*	
Total Fat	0.5g				1%	
Saturat	ed Fa	t Og	9		0%	
Trans F	at Og					
Choleste	rol On	ng			0%	
Sodium 7	/30mg	3			30%	
Total Car	bohy	drat	te 43g		14%	
Dietary	Fiber	1g			4%	
Sugars	1g					
Protein 5	a					
	5					
Vitamin A	8%	•	Vitami	n C	60%	
Calcium	2%	•	Iron		10%	
*Percent Da calorie diet. or lower dep	Your da	aily v on s	values mag your calor	y be h ie nee	igher eds.	
	Calo		2,000		500	
Total Fat Sat Fat	Less t		65g 20g		80g 25g	
Cholesterol	Less t		300mg	300	25g Omg	
Sodium			2400mg		-	
Total Carbol	nydrate		300g	3	375g	
Dietary Fibe	r		25g		30g	
Calories per g	gram: Fa	at 9	Carbs 4	Prot	ein 4	

#### **INGREDIENTS:**

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), 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), red and green diced bell peppers, onion powder, tomato powder, cumin, non-iodized salt.

Contains allergens: Soy

#### **HEARTY VEGETABLE** CHICKEN FLAVOR SOUP

(2 pouch)

Nutrition Facts Serving Size: 1/3 Cup (57g) Dry Servings Per Container: 8					
Amount Per Serving					
Calories 180 Calories	from Fat 5				
	% Daily Value*				
Total Fat Og	0%				
Saturated Fat Og	0%				
Trans Fat Og					
Cholesterol Omg	0%				
Sodium 590mg	25%				
Total Carbohydrate 40g	13%				
Dietary Fiber 6g	24%				
Sugars 3g					
Protein 7g					

#### Serving Size: 1/3 Cup (50g) Dry Servings Per Container: 8 Amount Per Serving

SOUP

(1 pouch)

Calories	220 C	alo	ries fro	om F	at 70	
% Daily Value*						
Total Fat	8g				12%	
Saturat	ed Fat	4g			20%	
Trans F	at Og					
Choleste	rol Om	g			0%	
Sodium 3	50mg				15%	
Total Car	bohydi	rate	e 33g		11%	
Dietary	Fiber 2	2g			8%	
Sugars	3g					
Protein 4g						
Vitamin A	0%	•	Vitamiı	۱C	15%	
Vitamin A Calcium	0% 2%	•	Vitamiı Iron	n C	15% 4%	
	2% ily values Your dail	• ly va on ye	Iron e based o alues may	on a 2 y be h ie nee	4% 2,000 igher	
Calcium *Percent Da calorie diet.	2% ily values Your dail pending c	• ly va on yo es	Iron e based o alues may our calor	on a 2 y be h ie nee 2,	<b>4%</b> 2,000 iigher eds.	
Calcium *Percent Da calorie diet. or lower dep	2% ily values Your dail pending c Calorie	• ly va on yo es	Iron e based o alues may our calor 2,000	on a 2 y be h ie nee 2,	<b>4%</b> 2,000 iigher eds. 500	
Calcium *Percent Da calorie diet. or lower dep Total Fat	2% ily values Your dail pending c Calorie Less that Less that	• ly va on ye es an	Iron e based o alues may our calor 2,000 65g	on a 2 y be h ie nee 2,	4% 2,000 iigher eds. 500 80g	
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat	2% ily values Your dail bending c Calorie Less tha Less tha Less tha	• ly va on yo es an an	Iron e based o alues may pur calor 2,000 65g 20g	on a 2 y be h ie nee 2, 300	<b>4%</b> 2,000 iigher eds. 500 80g 25g Dmg	
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol	2% ily values Your dail bending c Calorie Less tha Less tha Less tha Less tha	• ly va on yo es an an	Iron e based o alues may bur calor 2,000 65g 20g 300mg	on a 2 y be h ie nee 2, 300 2400	<b>4%</b> 2,000 iigher eds. 500 80g 25g Dmg	
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol Sodium	2% ily values Your dail bending of Calorie Less tha Less tha Less tha Less tha anydrate	• ly va on yo es an an	Iron e based o alues may our calor 2,000 65g 20g 300mg 2400mg	on a 2 y be h ie nee 2, 300 2400	4% 2,000 iigher eds. 500 80g 25g Dmg Dmg	

### **BANANA CHIPS**

(1 pouch)

Nutri	tio	n	Fact	S	
Serving Si Servings P				Dry	,
Amount Per	Serving				
Calories	170 C	aloı	ries from	i Fa	t 100
			%	Daily	/ Value
Total Fat	11g				17%
Saturate	d Fat	109	9		50%
Trans Fa	it Og				
Choleste	rol On	ıg			0%
Sodium Omg 0%					0%
Total Carbohydrate 19g 6%					
Dietary Fiber 3g 12%					
Sugars 1	2g				
Protein 1	g				
Vitamin A	0%	۰	Vitamin	с	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.					

#### MORNING MOO'S® LOW FAT MILK ALTERNATIVE

(1 pouch)

Nutri Serving Si Servings P	ze: 2 Tbs	sp (17g)	Dry		
Amount Per	Serving				
Calories	60 Ca	ories fro	om Fat 20		
		9	% Daily Value*		
Total Fat	2.5g		4%		
Saturate	d Fat 2g	9	10%		
Trans Fa	nt Og				
Choleste	rol Omg		0%		
Sodium 1	10mg		5%		
Total Car	bohydra	<b>te</b> 10g	3%		
Dietary	Fiber Og		0%		
Sugars 8	- 3g				
Protein 3	g				
Vitamin A	10% •	Vitamiı	n C 2%		
Calcium	10% •	Iron	0%		
Vitamin D	25% •	Ribofla	vin 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 Total Carboł		2400mg 300g	2400mg 375g		
Dietary Fibe		25g	375g 30g		
Calories per g	gram: Fat 9	Carbs 4	Protein 4		

	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 g	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.

Vitamin C

6%

15%

#### **INGREDIENTS:**

Vitamin A 70%

4% • Iron

Calcium

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, parsley, silicon dioxide), noniodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.

#### **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, sodium bisulfate 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 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.

			-
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carboh	nydrate	300g	375g
Dietary Fibe	r	25g	30g
Calories per g	gram: Fat 9	Carbs 4	Protein 4

#### **INGREDIENTS:**

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

#### **INGREDIENTS:**

Whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassi 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 gum.

Contains allergens: Milk and soy.