# 72 Hour Emergency Food Supply

### **BANANA CHIPS**

(1 pouch)

# **Nutrition Facts**

Serving Size: 1/2 Cup (33g) Dry Servings Per Container: 8

Amount Per Serving	
Calories 170 Calories from	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%
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#### Sugars 12g Protein 1g

Vitamin A	0%	•	Vitamin C	4%
Calcium	0%	•	Iron	2%
*0 . 0 .				0.000

\*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 Carboh	nydrate	300g	375g
Dietary Fibe	r	25g	30g
Calories per g	ram: Fat 9	Carbs 4	Protein 4

#### **INGREDIENTS:**

coconut oil, sugar, banana flavoring).

# **CREAMY POTATO SOUP**

(1 pouch)

# **Nutrition Facts**

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

Amount Per Serving	
Calories 220 Calories f	rom Fat 70
	% Daily Value
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 350mg	15%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	

2% Iron 4% Calcium \*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher

Vitamin C 15%

	or lower dep	ending on	your calor	ie needs.	
l_		Calories	2,000	2,500	
Т	otal Fat	Less than	65g	80g	
5	Sat Fat	Less than	20g	25g	
	Cholesterol	Less than	300mg	300mg	
5	Sodium	Less than	2400mg	2400mg	
T	otal Carbol	nydrate	300g	375g	
	Dietary Fibe	r	25g	30g	
	Calories per g	ram: Fat 9	Carbs 4	Protein 4	_

#### **INGREDIENTS:**

Vitamin A 0%

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 quanylate, spices, turmeric, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes, turmeric, garlic powder, caramel color, dehydrated

Contains allergens: Milk, soy and wheat.

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

(2 pouch)

# **Nutrition Facts**

Serving Size: 1/3 Cup (57g) Dry Servings Per Container: 8

Amount Per Serving	9	
Calories 180	Calories	from Fat 5
		% Daily Value
Total Fat Og		0%
Saturated Fa	nt Og	0%
Trans Fat Og		
Cholesterol O	mg	0%
Sodium 590m	g	25%
Total Carbohy	drate 40g	13%
Dietary Fibe	r 6g	24%
Sugars 3g		

Protein 7g

Vitamin A	70%	•	vitamin C	0%
Calcium	4%	•	Iron	15%
*Percent Da	ily value	es ar	e based on a	2,000

calorie diet. Your daily values may be higher

or lower dep	bending on	your calor	ie 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 Fibe	r	25g	30g	
Calorios por	ram: Fat 0	Carbs 4	Protoin 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 starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated

Contains allergens: Milk, soy and wheat.

# **CREAMY CHICKEN FLAVOR RICE**

(1 pouch)

# **Nutrition Facts**

Serving Size: 1/3 Cup (52g) Dry Servings Per Container: 8

Amount Per Serving	
Calories 240 Calories fr	om Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 330mg	14%
Total Carbohydrate 30g	10%
Dietary Fiber Og	0%

Sugars 1g

Protein 4	lg				
Vitamin A	0%	•	Vitamin	С	2%
Calcium	0%	•	Iron		6%
*Percent Da calorie diet or lower de	Your da	on y	alues may l	oe hi need	gher
	Caloi	ies	2,000	۷,5	300
Total Fat	Less th	nan	65g	8	30g

Less than Sat Fat 20g 25g 300mg Cholesterol Less than 300mg Sodium Less than 2400mg 2400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g

Calories per gram: Fat 9 Carbs 4 Protein 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, chicksoy and corn protein, salt, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium quanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), onion powder, natural flavoring, parsley

Contains allergens: Milk and soy.

## MAPLE BROWN SUGAR OATMEAL

(2 pouch)

# **Nutrition Facts**

Serving Size: 1/4 Cup (30g) Dry

Serving Si	er Conta	iner: 10	
Amount Per	Serving		
Calories	120 Ca	lories fro	om Fat 20
		9	6 Daily Value*
Total Fat	2.5g		4%
Saturat	ed Fat 19	9	5%
Trans F	at Og		
Choleste	rol Omg		0%
Sodium 3	5mg		1%
Total Car	bohydra	te 20g	7%
Dietary	Fiber 3	9	12%
Sugars	3g		
Protein 4	g		
Protein 4	·g 0% •	Vitamir	n C 0%
		Vitamir Iron	n C 0% 6%
Vitamin A	0% • 2% • illy values a Your daily pending on	Iron are based ovalues may your calor	6% on a 2,000 y be higher ie needs.
Vitamin A  Calcium  *Percent Da calorie diet. or lower dep	0% • 2% • ily values a Your daily pending on Calories	Iron are based ovalues may your calor	6% on a 2,000 y be higher ie needs. 2,500
Vitamin A  Calcium  *Percent Da calorie diet. or lower dep	0% • 2% • illy values a Your daily pending on Calories Less than	Iron are based ovalues may your calor 2,000 65g	6% on a 2,000 y be higher ie needs. 2,500 80g
Vitamin A  Calcium  *Percent Da calorie diet. or lower dep	0% • 2% • illy values a Your daily pending on Calories Less than Less than	Iron are based ovalues may your calor 2,000 65g 20g	6% on a 2,000 y be higher ie needs. 2,500
Vitamin A Calcium  *Percent Da calorie diet. or lower dep Total Fat Sat Fat	0% • 2% • illy values a Your daily bending on Calories Less than Less than Less than	Iron are based ovalues may your calor 2,000 65g 20g	6% on a 2,000 y be higher ie needs. 2,500 80g 25g 300mg
Vitamin A  Calcium  *Percent Da calorie diet. or lower dep  Total Fat Sat Fat Cholesterol	0% • 2% • illy values a Your daily pending on Calories Less than Less than Less than Less than	Iron are based of values may your calor 2,000 65g 20g 300mg	6% on a 2,000 y be higher ie needs. 2,500 80g 25g 300mg
Vitamin A  Calcium  *Percent Da calorie diet. or lower dep  Total Fat Sat Fat Cholesterol Sodium	0% • 2% • illy values a Your daily pending on Calories Less than Less than Less than hydrate	Iron are based of values may your calor 2,000 65g 20g 300mg 2400mg	6% on a 2,000 y be higher ie needs. 2,500 80g 25g 300mg 2400mg

# **INGREDIENTS:**

Gluten-free quick oats, brown sugar, 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), natural and artificial maple flavor (dextrose, maltodextrin, less than 2% silicon dioxide added to prevent caking), non-iodized

Contains allergens: Milk and soy.

en fat, silicon dioxide), onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed flakes, turmeric.