

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 Fat 100		
% Daily Value*			
Total Fat 11g			17%
Saturated Fat 10g			50%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 19g			6%
Dietary Fiber 3g			12%
Sugars 12g			
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			

INGREDIENTS:

Dehydrated banana slices (bananas, refined 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 from Fat 70		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 4g			20%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 350mg			15%
Total Carbohydrate 33g			11%
Dietary Fiber 2g			8%
Sugars 3g			
Protein 4g			
Vitamin A 0%		Vitamin C 15%	
Calcium 2%		Iron 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.			
	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:

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.

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 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 590mg			25%
Total Carbohydrate 40g			13%
Dietary Fiber 6g			24%
Sugars 3g			
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			

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 onion.

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 from Fat 110		
% Daily Value*			
Total Fat 12g			18%
Saturated Fat 6g			30%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 330mg			14%
Total Carbohydrate 30g			10%
Dietary Fiber 0g			0%
Sugars 1g			
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:

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 (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 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

(2 pouch)

Nutrition Facts

Serving Size: 1/4 Cup (30g) Dry			
Servings Per Container: 10			
Amount Per Serving			
Calories 120	Calories from Fat 20		
% Daily Value*			
Total Fat 2.5g			4%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 35mg			1%
Total Carbohydrate 20g			7%
Dietary Fiber 3g			12%
Sugars 3g			
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:

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 salt.

Contains allergens: Milk and soy.