

# 1 Week Emergency Food Supply

## MAPLE BROWN SUGAR OATMEAL

(2 pouch)

Nutrition Facts			
Serving Size: 1/4 Cup (30g) Dry			
Servings Per Container: 10			
Amount Per Serving			
<b>Calories 120</b>	<b>Calories from Fat 20</b>		
% Daily Value*			
<b>Total Fat 2.5g</b>	<b>4%</b>		
<b>Saturated Fat 1g</b>	<b>5%</b>		
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 35mg</b>	<b>1%</b>		
<b>Total Carbohydrate 20g</b>	<b>7%</b>		
<b>Dietary Fiber 3g</b>	<b>12%</b>		
<b>Sugars 3g</b>			
<b>Protein 4g</b>			
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>		
<b>Calcium 2%</b>	<b>Iron 6%</b>		
*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.

## CHEESY BROCCOLI RICE

(1 pouch)

Nutrition Facts			
Serving Size: 1/3 Cup (65g) Dry			
Servings Per Container: 8			
Amount Per Serving			
<b>Calories 250</b>	<b>Calories from Fat 40</b>		
% Daily Value*			
<b>Total Fat 4.5g</b>	<b>7%</b>		
<b>Saturated Fat 2.5g</b>	<b>13%</b>		
<b>Trans Fat 0g</b>			
<b>Cholesterol 10mg</b>	<b>3%</b>		
<b>Sodium 690mg</b>	<b>29%</b>		
<b>Total Carbohydrate 46g</b>	<b>15%</b>		
<b>Dietary Fiber 0g</b>	<b>0%</b>		
<b>Sugars 9g</b>			
<b>Protein 6g</b>			
<b>Vitamin A 4%</b>	<b>Vitamin C 10%</b>		
<b>Calcium 10%</b>	<b>Iron 6%</b>		
*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]), cheese powder (whey, buttermilk solids, cheeses [pasteurized milk, cheese culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, 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 CHICKEN FLAVOR RICE

(1 pouch)

Nutrition Facts			
Serving Size: 1/3 Cup (52g) Dry			
Servings Per Container: 8			
Amount Per Serving			
<b>Calories 240</b>	<b>Calories from Fat 110</b>		
% Daily Value*			
<b>Total Fat 12g</b>	<b>18%</b>		
<b>Saturated Fat 6g</b>	<b>30%</b>		
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 330mg</b>	<b>14%</b>		
<b>Total Carbohydrate 30g</b>	<b>10%</b>		
<b>Dietary Fiber 0g</b>	<b>0%</b>		
<b>Sugars 1g</b>			
<b>Protein 4g</b>			
<b>Vitamin A 0%</b>	<b>Vitamin C 2%</b>		
<b>Calcium 0%</b>	<b>Iron 6%</b>		
*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.

## SPANISH RICE

(1 pouch)

Nutrition Facts			
Serving Size: 1/4 Cup (57g) Dry			
Servings Per Container: 8			
Amount Per Serving			
<b>Calories 200</b>	<b>Calories from Fat 5</b>		
% Daily Value*			
<b>Total Fat 0.5g</b>	<b>1%</b>		
<b>Saturated Fat 0g</b>	<b>0%</b>		
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 730mg</b>	<b>30%</b>		
<b>Total Carbohydrate 43g</b>	<b>14%</b>		
<b>Dietary Fiber 1g</b>	<b>4%</b>		
<b>Sugars 1g</b>			
<b>Protein 5g</b>			
<b>Vitamin A 8%</b>	<b>Vitamin C 60%</b>		
<b>Calcium 2%</b>	<b>Iron 10%</b>		
*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]), 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			
<b>Calories 180</b>	<b>Calories from Fat 5</b>		
% Daily Value*			
<b>Total Fat 0g</b>	<b>0%</b>		
<b>Saturated Fat 0g</b>	<b>0%</b>		
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 590mg</b>	<b>25%</b>		
<b>Total Carbohydrate 40g</b>	<b>13%</b>		
<b>Dietary Fiber 6g</b>	<b>24%</b>		
<b>Sugars 3g</b>			
<b>Protein 7g</b>			
<b>Vitamin A 70%</b>	<b>Vitamin C 6%</b>		
<b>Calcium 4%</b>	<b>Iron 15%</b>		
*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 POTATO SOUP

(1 pouch)

Nutrition Facts			
Serving Size: 1/3 Cup (50g) Dry			
Servings Per Container: 8			
Amount Per Serving			
<b>Calories 220</b>	<b>Calories from Fat 70</b>		
% Daily Value*			
<b>Total Fat 8g</b>	<b>12%</b>		
<b>Saturated Fat 4g</b>	<b>20%</b>		
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 350mg</b>	<b>15%</b>		
<b>Total Carbohydrate 33g</b>	<b>11%</b>		
<b>Dietary Fiber 2g</b>	<b>8%</b>		
<b>Sugars 3g</b>			
<b>Protein 4g</b>			
<b>Vitamin A 0%</b>	<b>Vitamin C 15%</b>		
<b>Calcium 2%</b>	<b>Iron 4%</b>		
*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.

## BANANA CHIPS

(1 pouch)

Nutrition Facts			
Serving Size: 1/2 Cup (33g) Dry			
Servings Per Container: 8			
Amount Per Serving			
<b>Calories 170</b>	<b>Calories from Fat 100</b>		
% Daily Value*			
<b>Total Fat 11g</b>	<b>17%</b>		
<b>Saturated Fat 10g</b>	<b>50%</b>		
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 0mg</b>	<b>0%</b>		
<b>Total Carbohydrate 19g</b>	<b>6%</b>		
<b>Dietary Fiber 3g</b>	<b>12%</b>		
<b>Sugars 12g</b>			
<b>Protein 1g</b>			
<b>Vitamin A 0%</b>	<b>Vitamin C 4%</b>		
<b>Calcium 0%</b>	<b>Iron 2%</b>		
*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).

## MORNING MOO'S® LOW FAT MILK ALTERNATIVE

(1 pouch)

Nutrition Facts			
Serving Size: 2 Tbsp (17g) Dry			
Servings Per Container: 20			
Amount Per Serving			
<b>Calories 60</b>	<b>Calories from Fat 20</b>		
% Daily Value*			
<b>Total Fat 2.5g</b>	<b>4%</b>		
<b>Saturated Fat 2g</b>	<b>10%</b>		
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 110mg</b>	<b>5%</b>		
<b>Total Carbohydrate 10g</b>	<b>3%</b>		
<b>Dietary Fiber 0g</b>	<b>0%</b>		
<b>Sugars 8g</b>			
<b>Protein 3g</b>			
<b>Vitamin A 10%</b>	<b>Vitamin C 2%</b>		
<b>Calcium 10%</b>	<b>Iron 0%</b>		
<b>Vitamin D 25%</b>	<b>Riboflavin 2%</b>		
*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:

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, silicon dioxide, cholecalciferol), guar gum.

**Contains allergens:** Milk and soy.