

2 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			
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.

FETTUCCINE ALFREDO

(1 pouch)

Nutrition Facts			
Serving Size: 1/2 Cup (69g) Dry			
Servings Per Container: 4			
Amount Per Serving			
Calories 300	Calories from Fat 100		
% Daily Value*			
Total Fat 11g	17%		
Saturated Fat 9g	45%		
Trans Fat 0g			
Cholesterol 35mg	12%		
Sodium 890mg	37%		
Total Carbohydrate 41g	14%		
Dietary Fiber 2g	8%		
Sugars 5g			
Protein 10g			
Vitamin A 0%	Vitamin C 2%		
Calcium 10%	Iron 8%		
*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:

Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative]), dipotassium phosphate, mono and diglycerides, silicon dioxide and soy lecithin), white cheese (cheddar cheese, [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt and natural flavors [contains less than 2% silicon dioxide]), modified food starch, non-iodized salt, whey, sautéed mushroom stock (shiitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch), sautéed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor, sunflower oil, salt, chili pepper, less than 2% silicon dioxide), lactic acid, garlic powder, natural flavoring, parsley flakes, xanthan gum, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking).

Contains allergens: Egg, milk, soy and wheat.

CHEESY BROCCOLI RICE

(3 pouch)

Nutrition Facts			
Serving Size: 1/3 Cup (65g) Dry			
Servings Per Container: 8			
Amount Per Serving			
Calories 250	Calories from Fat 40		
% Daily Value*			
Total Fat 4.5g	7%		
Saturated Fat 2.5g	13%		
Trans Fat 0g			
Cholesterol 10mg	3%		
Sodium 690mg	29%		
Total Carbohydrate 46g	15%		
Dietary Fiber 0g	0%		
Sugars 9g			
Protein 6g			
Vitamin A 4%	Vitamin 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 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, 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 CHICKEN FLAVOR RICE

(2 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.

SPANISH RICE

(2 pouch)

Nutrition Facts			
Serving Size: 1/4 Cup (57g) Dry			
Servings Per Container: 8			
Amount Per Serving			
Calories 200	Calories from Fat 5		
% Daily Value*			
Total Fat 0.5g	1%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 730mg	30%		
Total Carbohydrate 43g	14%		
Dietary Fiber 1g	4%		
Sugars 1g			
Protein 5g			
Vitamin A 8%	Vitamin C 60%		
Calcium 2%	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
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, cummin, 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 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 POTATO SOUP

(2 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.

MORNING MOO'S® LOW FAT MILK ALTERNATIVE

(1 pouch)

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

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.