

48 Hour Emergency Food Supply

8 Total Pouches

BUTTERMILK PANCAKES

(1 pouch)

Nutrition Facts

9.5 servings per container
Serving size 1/3 Cup (46g) Dry
 (about 3-4" pancakes prepared)

Amount per serving	
Calories	160
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 111mg	8%
Iron 3mg	15%
Potassium 112mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Cake flour (bleached wheat flour, niacin, iron [reduced iron], thiamin mononitrate, riboflavin, folic acid), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), egg substitute (soy flour, wheat gluten, corn syrup solids, sodium alginate).

Contains allergens: Milk, soy, and wheat.

MAPLE BROWN SUGAR OATMEAL

(1 pouch)

Nutrition Facts

10 servings per container
Serving size 1/4 Cup (30g) Dry
 (about 1/3 Cup prepared)

Amount per serving	
Calories	120
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 130mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Quick oats, brown sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono & 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.

ELBOW MACARONI

(2 pouches)

Nutrition Facts

7.5 servings per container
Serving size 1/3 Cup (44g) Dry
 (about 2/3 Cup prepared)

Amount per serving	
Calories	160
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 1mg	6%
Potassium 98mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Elbow macaroni (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate, riboflavin, folic acid).

Contains allergen: Wheat.

CHEESE POWDER

(1 pouch)

Nutrition Facts

15 servings per container
Serving size 2 Tbsp (14g) Dry
 (about 2 Tbsp prepared)

Amount per serving	
Calories	50
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 122mg	10%
Iron 0mg	0%
Potassium 214mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Cheese sauce mix (whey, nonfat dry milk, cheddar cheese (pasteurized milk, salt, cheese cultures, enzymes), salt, natural flavors, butter (cream), buttermilk, lactic acid, annatto, extractives of paprika, natural vitamin E (added to preserve freshness), natural orange color (annatto, beet juice).

Contains allergens: Milk.

CREAMY CHICKEN FLAVORED RICE

(2 pouches)

Nutrition Facts

8 servings per container
Serving size 1/3 Cup (52g) Dry
 (about 1/2 Cup prepared)

Amount per serving	
Calories	240
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 277mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: White rice (long grain rice, iron phosphate, niacin, thiamin mononitrate, and folic acid), lentils, elbow macaroni (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate, riboflavin, folic acid), carrots, celery slices, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, yeast extract, whey, turmeric, garlic powder, caramel color.

Contains allergens: Milk, and soy.

CREAMY POTATO SOUP MIX

(1 pouch)

Nutrition Facts

8 servings per container
Serving size 1/3 Cup (51g) Dry
 (about 1 Cup prepared)

Amount per serving	
Calories	220
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 630mg	27%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 428mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Potatoes, creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide [flow agent]), bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite and BHA to preserve freshness), corn starch, onions, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, sugar, yeast extract, onion powder, whey, parsley, turmeric, garlic powder, caramel color.

Contains allergens: Milk, soy, and wheat.