Beef Vegetable Flavored Stew

+ Preparation

Boil 1 cup water. Shake bag well to mix ingredients. Stir in 1/4 cup Beef Vegetable Stew mix . Boil for 10-12 minutes stirring occasionally.

INGREDIENTS: DEHYDRATED VEGETABLES (*POTATOES, GREEN BEANS, ONIONS, GARLIC, TOMATO, CELERY, CARROT AND PARSLEY), SALT, CORN STARCH, NATURAL FLAVORS AND SPICES
*FRESHNESS PROTECTED BY SODIUM BISULFITE
ALLERGENS: WHEAT

Nutrition Facts

Serving Size: 1 cup (31g)
Servings Per Container: 10

Amount Per Serving	
Calories 105	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0 mg	**0%**
Sodium 400mg	**17%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 4g	**18%**
Sugars 2g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 5% • Iron 8%	

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 09082011

LOT# 20110908

Shelf life up to 20 years if stored in a cool, dry place

Cheddar Broccoli Soup

+ Preparation

Mix 1/4 cup of cheddar broccoli soup mix with 1 cup water. Slowly bring to a boil. Stir often to avoid burning. Soup will thicken rapidly when it reaches a boil.

INGREDIENTS: CHEDDAR CHEESE (PASTURIZED MILK, SALT, CULTURE, ANNATTO, ENZYMES) WHEY, MALTODEX-TRIN, SOYBEAN OIL, SALT, BLUE CHEESE (PASTURIZED MILK, SALT CULTURE, ENZYMES), BROCCOLI, ONION, CORN STARCH, SPICES, NATURAL FLAVOR, LACTIC ACID, SODIUM CASEINATE, NATURAL WINE FLAVOR, CITRIC ACID, ANNATTO EXTRACT, TURMERIC EXTRACT ALLERGENS: DAIRY, SOY

Nutrition Facts

Serving Size: 31g
Servings Per Container: 10

Amount Per Serving	
Calories 170	Calories from Fat 70
	% Daily Value*
Total Fat 6g	**12%**
Saturated Fat 2g	**11%**
Trans Fat 2.5g	
Cholesterol 5mg	**1%**
Sodium 750mg	**38%**
Total Carbohydrate 14g	**6%**
Dietary Fiber 0g	**0%**
Sugars 4g	
Protein 2g	
Vitamin A 2% •	Vitamin C 8%
Calcium 5% •	Iron 2%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 08292011

LOT# 20110829

Shelf life up to 20 years if stored in a cool, dry place

Chicken Flavored Vegetable Stew

+ Preparation

Mix 1/4 cup of chicken vegetable stew with 1 cup water. Slowly bring to a boil. Stir often to avoid burning. Soup will thicken rapidly when it reaches a boil.

INGREDIENTS: PASTA (SEMOLINA ENRICHED WITH IRON -FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED VEGETABLES (*POTATOES, PEAS, ONION, CELERY AND CARROTS), MODIFIED CORN STARCH, PARTIALLY HYDROGENATED CANOLA OIL, CORN SYRUP SOLIDS, MALTODEXTRIN, SALT, NATURAL FLAVORS, SODIUM CASEINATE, HYDROGENATED CORN GLUTEN AND HYDROLYZED SOY PROTEIN, CORN STARCH, CHICKEN FAT, SUGAR, SPICES, DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES, DISODIUM INOSINATE AND DISODIUM GUANYLATE *FRESHNESS PROTECTED BY SODIUM BISULFITE ALLERGENS: DAIRY, WHEAT, SOY

Nutrition Facts

Serving Size: 1 cup (29g)
Servings Per Container: 10

Amount Per Serving	
Calories 173	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1.5g	**8%**
Trans Fat 2.5g	
Cholesterol 25mg	**8%**
Sodium 530mg	**22%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 1g	**4%**
Sugars 36g	
Protein 3g	
Vitamin A 8% • Vitamin C 0%	
Calcium 2% • Iron 4%	

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 08232011

LOT# 20110823

Shelf life up to 20 years if stored in a cool, dry place

Hearty Potato Soup

+ Preparation

Mix 1/4 cup Hearty Potato Soup with 1 cup water. Slowly bring to a boil. Stir often to avoid burning. Soup will thicken rapidly when it reaches a boil.

INGREDIENTS: DEHYDRATED VEGETABLES (*POTATOES, ONION, GARLIC, CELERY AND CARROTS), PARTIALLY HYDROGENATED CANOLA OIL, CORN SYRUP SOLIDS, MALTODEXTRIN, SALT, SODIUM CASEINATE, HYDROLYZED CORN GLUTEN AND HYDROLYZED SOY PROTEIN, CORN STARCH, CHICKEN FAT, SUGAR, SPICES, DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES, DISODIUM INOSINATE AND DISODIUM GUANYLATE AND TUMERIC (COLOR), NOT MORE THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING.
*FRESHNESS PROTECTED BY SODIUM BISULFATE
ALLERGENS: DAIRY, SOY

Nutrition Facts

Serving Size: 1 cup (33g)
Servings Per Container: 10

Amount Per Serving	
Calories 276	Calories from Fat 70
	% Daily Value*
Total Fat 1g	**12%**
Saturated Fat 3g	**16%**
Trans Fat 2.5g	
Cholesterol 15mg	**5%**
Sodium 810mg	**34%**
Total Carbohydrate 42g	**12%**
Dietary Fiber 3g	**11%**
Sugars 4g	
Protein 6g	
Vitamin A 4% •	Vitamin C 0%
Calcium 15% •	Iron 8%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 09072011

LOT# 20110907

Shelf life up to 20 years if stored in a cool, dry place

Mixed Vegetables

+ Preparation

Bring 1 1/2 cups water to a boil. Add 1/4 cup mixed vegetables to equal 2 servings. Cook 20-25 minutes or until hydrated. Drain any excess water.

INGREDIENTS: DEHYDRATED SWEET CORN, GREEN PEAS, AND CARROTS.

Nutrition Facts

Serving Size: 40g
Servings Per Container: 5

Amount Per Serving	
Calories 144	Calories from Fat 30
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 50mg	**2%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 3g	**12%**
Sugars 10g	
Protein 7g	
Vitamin A 13% •	Vitamin C 40%
Calcium 3% •	Iron 22%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 08242011

LOT# 20110824

Shelf life up to 20 years if stored in a cool, dry place

Quick Cook Oats

+ Preparation

Bring 1/2 cup of water to a boil. Add 1/4 cup of oats. Reduce to medium heat and stir for 2-3 minutes. Remove from heat, cover, and let sit for 5-10 minutes.

INGREDIENTS:
NON-ORGANIC, REGULAR ROLLED OATS

Nutrition Facts

Serving Size: 1/4 cup (24g dry)
Servings Per Container: 10

Amount Per Serving	
Calories 94	Calories from Fat 14
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat .25 g	**1%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 18g	**6 %**
Dietary Fiber 3g	**12%**
Sugars 0g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 1% • Iron 1%	

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 08232011

LOT# 20110823

Shelf life up to 20 years if stored in a cool, dry place

Orange Drink

+ Preparation

Mix 2 Tbsp. of drink mix with 8 ounces of water.

INGREDIENTS: SUGAR, FRUCTOSE, MALTODEXTRIN, CITRIC ACID, CALCIUM LACTATE, PENTAHYDRATE, ASCORBIC ACID, NATURAL FLAVORS, SODIUM CITRATE, TRICALIUM PHOSPHATE (ANTICAKING AGENT), NIACIN, CALCIUM PANTHOTHENATE, YELLOW #5, TITANIUM DIOXIDE, YELLOW #6, PYRIDOXIDE HYDROCHLORIDE, CYANOCOBALAMIN.

Nutrition Facts

Serving Size: 2 Tbsp, 8 fl oz. (25g)
Servings Per Container: 32

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0 %**
Saturated Fat 0g	**0 %**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5 mg	**1 %**
Total Carbohydrate 24g	**8%**
Dietary Fiber 1g	**3%**
Sugars 23g	
Protein 0g	
Vitamin A 10% • Vitamin C 110%	
Vitamin B12 35% • Vitamin B6 35%	
Niacin 30% • Pantothenic Acid 50%	

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 09122011

LOT# 20110912

Shelf life up to 20 years if stored in a cool, dry place

Red Beans & Rice

+ Preparation

Shake bag well to mix ingredients. Stir in 1/2 cup dry mix to 3/4 cup water. Bring all to boil for 15 minutes. Let sit 5 minutes before serving.

INGREDIENTS: COOKED AND DEHYDRATED RED BEANS, PRE-COOKED LONG GRAIN RICE, SPICES, GARLIC, SALT, ONION, PAPRIKA, HYDROLYZED SOY PROTEIN, PARTIALLY HYDROGENATED COTTONSEED AND SOY OIL, NATURAL SMOKE FLAVOR, DISODIUM INOSINATE, DISODIUM GUANLYLATE.

ALLERGENS: WHEATNiacin B3 mg

Nutrition Facts

Serving Size: 48g
Servings Per Container: 10

Amount Per Serving	
Calories 221	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**0%**
Saturated Fat 1g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 97mg	43 %
Total Carbohydrate 32g	11 %
Dietary Fiber 4g	16 %
Sugars 1g	11 %
Protein 7g	12%
Niacin B3 3mg • Vitamin C	1%
Calcium 3% • Iron	4 %

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs

MFD 09152011
LOT# 20110915

Shelf life up to 20 years if stored in a cool, dry place

Whole Eggs

+ Preparation

Combine 1 1/2 Tablespoons to 1/4 Cup Water. Equivalent to 1 1/2 eggs.

*Use as a replacement in a recipe or cook like scrambled eggs.

INGREDIENTS: FREE FLOW DEHYDRATED WHOLE EGG

ALLERGENS: EGGS

Nutrition Facts

Serving Size: 20g
Servings Per Container: 10

Amount Per Serving	
Calories 119	Calories from Fat 4.2
	% Daily Value*
Total Fat 8.5g	13 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 343 mg	114 %
Sodium 104 mg	4 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 9g	
Vitamin A 0 % • Niacin 0 %	
Calcium 5% • Iron 8 %	

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 09082011
LOT# 20110908

Shelf life up to 20 years if stored in a cool, dry place