

162 SERVINGS

20

SHELF LIFE UP TO

20 YEARS

Shelf Life: Product good for up to 20 years when unopened.

Best when stored in a cool, dry

and dark place at temperatures

between 55° F and 70° F.

Actual shelf life may vary based on individual storage

FOOD STORAGE

EMERGENCIES

EVERYDAY MEALS

1-800-878-0099

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conditions.

BREAKFAST **EMERGENCY FOOD SUPPLY** Serving suggestions shown below.

20230-122115

BUTTERMILK PANCAKES





Nutrition Facts Serving Size: 1/3 Cup (46g dry)

Servings Per Pouch: 6 unt Per Serving Calories from Fat 0 Calories 160

% Daily Value				
Total Fat	O %			
Saturate	ed Fat Og	9	0 %	
Trans Fa	at Og			
Choleste	rol Omg		0%	
Sodium 6	620mg		26%	
Total Car	bohydra	te 34g	119	
Dietary F	iber 1g		4%	
Sugars 5	g			
Protein 4	g			
Vitamin A	0% •	Vitam	in C 0%	
Calcium	10% •	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 Sat Fat	Less than Less than	65g 20g	80g 25g	
	Less than	20g	25g	
Sat Fat Cholesterol Sodium	Less than Less than Less than	20g 300mg	25g 300mg	
Sat Fat Cholesterol	Less than Less than Less than	20g 300mg	25g 300mg 2400mg	
Sat Fat Cholesterol Sodium	Less than Less than Less than nydrate	20g 300mg 2400mg	25g 300mg 2400mg 375g	

INGREDIENTS:

Cake flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch leavening agent (sodium acidpyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), egg substitute (potato starch, tapioca starch, calcium lactate, calcium carbonate, citric acid, cellulose gum, xanthan gum).

Contains allergens: Milk, soy and wheat.

SIX	GRAIN
BAI	NANA CEREAL

(2 pouches)

Nutrition Facts Serving Size: 1/2 Cup (48g dry) Servings Per Pouch: 4

Amount Per Serving					
Calories	180	Ca	lories fr	om Fat	15
			q	% Daily Valu	ie*
Total Fat	2g			3	%
Saturate	ed Fat	t 1g		5	%
Trans Fa	at Og				_
Choleste	rol Or	ng		0	%
Sodium 8	35mg			4	%
Total Car	bohy	dra	te 33g	11	%
Dietary	Fiber	5g		20	%
Sugars 1	1g				
Protein 5	g				
Vitamin A	0%	٠	Vitam	in C 29	6
Calcium	2%	•	Iron	8%	6
*Percent Da calorie diet. or lower dep	Your d	aily 9 on	values mag	y be higher	
Total Fat	Less t	han	65g	80g	_
Sat Fat	Less t	han	20g	25g	
Cholesterol	Less t	han	300mg	300mg	
Sodium	Less t	han	2400mg	2400mg	
Total Carbol	nydrate		300g	375g	
Dietary Fibe	r		25g	30g	
Calories per o	aram: E	at 0	Carbs 4	Protoin 4	

INGREDIENTS:

Six grain mix (hard red wheat, soft white wheat, barley, oats, rye, triticale), sugar, diced bananas, coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivate], dipotassium phosphate, mono-and diglycerides, silicon dioxide and soy lecithin), and natural and artificial maple flavor, brown sugar non-iodized salt.

Contains allergens: Milk, soy, tree nuts (coconut) and wheat.

BANANA CHIPS

(2 pouches)



Nutrition Facts Serving Size: 1/2 Cup (33g dry) Servings Per Pouch: 8 nt Per Serving Calories 170 Calories from Fat 100 Daily Value Total Fat 11g Saturated Fat 10g Trans Fat Og

Choleste	rol Omg		0%	
Sodium ()mg		0%	
Total Car	bohydra	te 19g	6%	
Dietary	Dietary Fiber 3g			
Sugars 12g				
Protein 1	g			
Vitamin A	0% •	Vitam	in C 4%	
Calcium	0% •	Iron	2%	
*Percent Da calorie diet. or lower dep	Your daily	values may	/ be higher	
	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 Carbol	nydrate	300g	375g	

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Dehydrated banana slices (bananas, refined

coconut oil, sugar, banana flavoring).

Contains allergen: Tree nuts (coconut).

Nutrition Facts Serving Size: 2 Tbsp (17g dry) Servings Per Pouch: 20 int Per Serving Calories from Fat 20 Calories 70 % Daily Value* Total Fat 2.5g **4%** Saturated Fat 2g 10% Trans Fat Og 0% Cholesterol Omg Sodium 120mg 5% Total Carbohydrate 10g 3% Dietary Fiber Og 0% Sugars 1g Protein 3g

MORNING MOO'S® LOW

FAT MILK ALTERNATIVE

(3 pouches)

Vitamin A	8% •	Vitam	In C 09	6
Calcium	10% •	Iron	0%	6
Vitamin D	25% •	Ribof	avin 49	%
*Percent Da calorie diet. or lower dep	Your daily	values may your calor	y be highei	
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 g	gram: Fat 9	Carbs 4	Protein 4	

INGREDIENTS:

Whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, sodium silicoaluminate, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, sugar, guar gum, vitamin A, vitamin D.

Contains allergens: Milk, soy and tree nuts (coconut).

MAPLE BROWN SUGAR OATMEAL (3 pouches)



Nutrition Facts Serving Size: 1/4 Cup (30g dry) Servings Per Pouch: 10

Amount Per Serving Calories 120 Calories from Fat 25

CREAM OF WHEAT (3 pouches)

STRAWBERRY



Nutrition Facts Serving Size: 1/4 Cup (46g dry) Servings Per Pouch: 8 Amount Per Serving

Calories 180 Calories from Fat 25 / Value

17% 50%



~ %	Total Fat 2g				14
%	Saturated Fat 1g				5
	Trans Fa	at Og			
%	Choleste	rol Om	g		c
% %	Sodium 8	35mg			4
%	Total Car	bohyd	rat	te 33g	1
%	Dietary	Fiber !	5g		20
	Sugars 1	1g			
	Protein 5	a			
	Trotterin c	'9			
	Vitamin A	0%	•	Vitam	in C 2
		<u> </u>	•	Vitam Iron	in C 2 8
~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~	Vitamin A	0% 2% hily value Your da pending	• ily v on	Iron re based o values may your calor	8 on a 2,00 / be highe
	Vitamin A Calcium *Percent Da calorie diet.	0% 2% vour da cending Calor Less th Less th Less th Less th	ily on ies an an an	Iron re based o values may	on a 2,0 / be hig ie needs 2,50 80 29 300n

Calories per gram: Fat 9 Carbs 4 Protein 4

	% Daily Value*	% Daily Value
Total Fat 2.5g	4%	Total Fat 2.5g 4%
Saturated Fat 1g	5%	Saturated Fat 2g 10%
Trans Fat Og		Trans Fat Og
Cholesterol Omg	0%	Cholesterol Omg 0%
Sodium 35mg	1%	Sodium 95mg 4%
Total Carbohydrate 20g	7%	Total Carbohydrate 35g 12%
Dietary Fiber 3g	12%	Dietary Fiber 1g 4%
Sugars 3g		Sugars 11g
Protein 4g		Protein 4g
Vitamin A 0% • Vitam	in C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron	6%	Calcium 0% • Iron 2%
*Percent Daily values are based calorie diet. Your daily values ma or lower depending on your calor	y be higher	*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	Calories 2,000 2,500
Total Fat Less than 65g	80g	Total Fat Less than 65g 80g
Sat Fat Less than 20g	25g	Sat Fat Less than 20g 25g
Cholesterol Less than 300mg	300mg	Cholesterol Less than 300mg 300mg
Sodium Less than 2400mg	2400mg	Sodium Less than 2400mg 2400mg
Total Carbohydrate 300g	375g	Total Carbohydrate 300g 375g
Dietary Fiber 25g	30g	Dietary Fiber 25g 30g
Calories per gram: Fat 9 Carbs 4	Protein 4	Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Quick rolled oats, brown sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono-and diglycerides, sodium silicoaluminate, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), natural and artificial maple flavor, noniodized salt.

Contains allergens: Milk, soy and tree nuts (coconut).

INGREDIENTS:

Farina (wheat), sugar, coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivate], dipotassium phosphate, mono-and diglycerides, silicon dioxide and soy lecithin), natural and artificial strawberry flavor (dextrose, corn starch, water, alcohol), non iodized salt, natural red coloring (carmine, caramel color, and maltodextrin).

Contains allergens: Milk, soy, tree nuts (coconut) and wheat