



LUNCH & DINNER EMERGENCY FOOD SUPPLY

20235-122115

Serving suggestions shown below.

**92
SERVINGS**



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 conditions.

**FOOD STORAGE
EMERGENCIES
EVERYDAY MEALS**

1-800-878-0099

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HEARTY VEGETABLE CHICKEN SOUP (1 pouch)



Nutrition Facts	
Serving Size: 1/3 Cup (57g dry)	
Servings Per Pouch: 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, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.

CREAMY CHICKEN RICE (2 pouches)



Nutrition Facts	
Serving Size: 1/3 Cup (52g dry)	
Servings Per Pouch: 8	
Amount Per Serving	
Calories 240	Calories from Fat 100
% 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, disodium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), corn starch, natural chicken flavor, onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, di-sodium 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.

CREAMY STROGANOFF (1 pouch)



Nutrition Facts	
Serving Size: 1/2 Cup (76g dry)	
Servings Per Pouch: 4	
Amount Per Serving	
Calories 320	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 840mg	35%
Total Carbohydrate 49g	16%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 8g	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	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:

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 lecitin), modified food starch, low sodium vegetarian beef base (salt, hydrolyzed soy protein, maltodextrin, sugar, corn starch, caramel color, onion powder, natural flavors, citric acid, less than 2% silicon dioxide added to prevent caking), garlic powder, sliced mushrooms, dehydrated onion, sea salt, tomato powder, sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes] salt, lactic acid, tocopherols, vitamin E, ascorbyl palmitate [a form of vitamin C]), natural flavoring, sauteed mushroom stock (shitate mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion and modified corn starch), sauteed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor [contains milk], sunflower oil, salt, chili pepper, less than 2% silicon dioxide for anti-caking), roast meat flavor (yeast extract, salt), black pepper.

Contains allergens: Egg, milk, soy and wheat.

FETTUCCINE ALFREDO (1 pouch)



Nutrition Facts	
Serving Size: 1/2 Cup (69g dry)	
Servings Per Pouch: 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 4g	
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 lecitin), white cheese (cheddar cheese, [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt and natural flavors), modified food starch, non-iodized salt, whey, sauteed mushroom stock (shitate mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion and modified corn starch), sauteed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor [contains milk], sunflower oil, salt, chili pepper, less than 2% silicon dioxide for anti-caking), 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.

ITALIANO MARINARA (2 pouches)



Nutrition Facts	
Serving Size: 1/2 Cup (70g dry)	
Servings Per Pouch: 4	
Amount Per Serving	
Calories 240	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1120mg	47%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 9g	
Vitamin A 6%	Vitamin C 60%
Calcium 6%	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:

Lasagna bits (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), tomato powder, sea salt, onions, modified food starch, white cheddar cheese (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], salt, lactic acid, natural flavors), sugar, garlic powder, tomato flakes, burundy wine flavor (red wine concentrate, salt, flavors), cheddar cheese powder (dextrose, maltodextrin, whey solids, natural and artificial flavor, corn starch, salt, silicon dioxide, guar gum, annatto, turmeric), olive oil powder, parsley flakes, Italian spice (garlic, onion, spices), basil, citric acid, natural flavoring, natural orange color (annatto, beet juice), caramel color, ground fennel.

Contains allergens: Milk and wheat.

CHOCOLATE PUDDING (1 pouch)



Nutrition Facts	
Serving Size: 1/3 Cup (58g dry)	
Servings Per Pouch: 5	
Amount Per Serving	
Calories 230	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 49g	16%
Dietary Fiber 1g	4%
Sugars 27g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
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:

Sugar, modified food starch, non fat dry milk, creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono-and diglycerides, sodium aluminosilicate, natural flavor, annatto extract [for color], sodium hexametaphosphate), dutch cocoa (cocoa [processed with alkali]), cream flavor (maltodextrin [non-IP], natural cream flavor), xanthan gum, corn syrup solids, lecithin, non-iodized salt, vanilla flavor (dextrose, corn starch, less than 0.1% Turmeric, less than 0.1% Apo carotenal, alcohol, natural mixed tocopherols).

Contains allergens: Milk and soy.

ELBOW MACARONI (2 pouches)



Nutrition Facts	
Serving Size: 1/3 Cup (44g dry)	
Servings Per Pouch: 7.5	
Amount Per Serving	
Calories 160	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	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:

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

Contains allergen: Wheat.

CHEESE POWDER (1 pouch)



Nutrition Facts	
Serving Size: 2 Tbsp (14g dry)	
Servings Per Pouch: 15	
Amount Per Serving	
Calories 50	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 470mg	20%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 0%
*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:

Cheese powder (whey, buttermilk solids, granular and cheddar cheeses [pasteurized milk, cheese culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme).

Contains allergen: Milk.

CREAMY POTATO SOUP (2 pouches)



Nutrition Facts	
Serving Size: 1/3 Cup (50g dry)	
Servings Per Pouch: 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 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:

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). Freshness preserved with sodium bisulfite and BHA), corn starch, onions, chicken stock (corn syrup, 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.

CHEESY BROCCOLI RICE (1 pouch)



Nutrition Facts	
Serving Size: 1/2 Cup (65g dry)	
Servings Per Pouch: 8	