

NET WT. 78 oz (4.9 lb) 2214 g

MADE IN USA

Creamy Pasta and Vegetable Rotini

Nutrit Serving Size: Servings Per	1/4 Pouc	h (51g)	ts
Amount Per Serv			
Calories 200	Calc	ories fron	n Fat 35
		% Da	aily Value*
Total Fat 4g			6%
Saturated F	at 1.5g		8%
Trans Fat 0g			
Cholesterol (Omg		0%
Sodium 600r	Sodium 600mg 25%		
Total Carboh	0	5a	12%
Dietary Fibe	-	-9	8%
Sugars 4g	9		0,0
Protein 6g			
r rotein og			
Vitamin A 209	% • Vita	min C 2	%
Calcium 4%	 Iror 	18%	
*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
Saturated Fat	Less than	20g	25g
Cholesterol Sodium	Less than Less than	300mg 2,400mg	300mg 2,400mg
Total Carbohvdra		2,400mg 300a	2,400mg 375a
Dietary Fiber		25a	3/3y 30a
Calories per grar	n: Carbohydrate		

Sodium lowered 25% from 800 mg to 600 mg per serving.

Ingredients: Pasta (Durum Semolina Flour (Wheat), Nacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Ridotavin, Folic Aciol, Fod Starch - Modifed, Maltodextrin, Nitey Powder, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate (From Milk), Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide, Taxturad Vegatable Protein (Soy Flour), Dried Carrots, Freeze-Dried Zucchini Squash and Peas, Natural Flavor, Yeas Extract, Dried Onion, Satt, Xanthan Gum, Partially Hydrogenated Scybean Oll, Spices, Disodium Inosinate and Disodium Guanylate, Turmeric and Anatto (color).

CONTAINS: MILK, SOY, WHEAT PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS. 100% VEGETARIAN

NET WT. 204g (7.2 OZ)

Savory Stroganoff

Nutrit Serving Size: Servings Per	1/4 Pouc	h (64g)	ts
Amount Per Serv	ing		
Calories 250	Calc	ories fron	n Fat 40
		% Da	aily Value*
Total Fat 4.5	9		7%
Saturated F	at 2.5g		13%
Trans Fat 0g	1		
Cholesterol	Omg		0%
Sodium 310r	ng		13%
Total Carboh	-	5a	15%
Dietary Fibe		5	8%
Sugars 8g	5		
Protein 7g			
Vitamin A 0%	 Vita 	min C 2	%
Calcium 8%	 Iron 	8%	
*Percent Daily Val diet. Your daily va depending on you	lues may be	higher or la	
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	
Total Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g
Calories per grar Fat 9 • 0	n: Carbohydrate	4 • Prot	ein 4

Sodium lowered 67% from 960 mg to 310 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Sweet Whey Powder, Maltodextrin, Potato Flour, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Textured Vegetable Protein (Soy Flour, Caramel Color), Food Starch - Modified, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Nondairy Creamer (High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Mixed Tocopherols [to erve freshness]), Dried Onion, Salt, Natural and Artificial Flavors, Xanthan Gum, Dried Mushrooms, Partially Hydrogenated Soybean Oil, Dried Onions, Garlic Powder, Lactic Acid Powder, Titanium Dioxide (for color), Spice, Disodium Inosinate and Disodium Guanylate, Caramel Color. CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS. 100% VEGETARIAN NET WT. 256g (9 02) **Tomato Basil Soup**

Nutrit	ion	Fac	te	
Serving Size: Servings Per	1/4 Pouc	h (58g)	10	
Amount Per Serv		-		
Calories 240		ories fron	n Fat 70	
	ouit		aily Value*	
Total Fat 7g		76 Da	11%	
Saturated F	at 6a		30%	
Trans Fat 0c			0070	
Cholesterol (,		0%	
Sodium 430r	<u> </u>		18%	
Total Carboh	0)a	13%	
Dietary Fibe		9g	4%	
Sugars 6g	riy		470	
0 0				
Protein 4g				
Vitamin A 259	% • Vita	imin C 20	0%	
Calcium 2%	 Iror 	18%		
*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 Saturated Fat Cholesterol	Less than Less than Less than	65g 20g 300mg	80g 25g 300mg	
Sodium	Less than	2,400mg 300g	2,400mg 375g	
Total Carbohydra Dietary Fiber	113	300g 25g	375g 30g	
Calories per grar	n: Carbohydrate			

Sodium lowered 56% from 980 mg to 430 mg per serving.

Ingredients: Pasta (Durum Semolina Flour (Wheat), Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Niofolavin, Folic Acidi, Nondairy Creamer (Coconut OII, Corn Syrup Solids, Sodium Caseinate, Mona and Diglycerideb. Dipotassium Phosphate, Silicon Dioxide), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Niofolavin, Enzyme, Folic Acid), Matlodextrin, Tomato Powder, Sea Salt, Sugar, Natural Flavors, Paprika and Turmeric (colon), Partially Hydrogeneted Soybean Oil, Guar Gum, Spices, Disedium Inosinate and Disodium Guanylate, Cirtic Acid.

CONTAINS: MILK, SOY, WHEAT PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS. 100% VEGETARIAN NET WT: 2329 (8.2 02)

Southwest Rice & Beans

Nutrit Serving Size: Servings Per	1/4 Pouc	h (50g)	ts	
Amount Per Serv				
Calories 180	Calc	ries fron	n Fat 10	
		% Da	aily Value*	
Total Fat 1g			2%	
Saturated F	at Og		0%	
Trans Fat 0c	<u> </u>			
Cholesterol (0%	
Sodium 400r			17%	
Total Carboh	5	àa	12%	
			12%	
Sugars 2g	. 09		12 /0	
Protein 7g				
Frotein 7g				
Vitamin A 209	∕ol∙ Vita	min C 8	%	
Calcium 4%	 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	
Saturated Fat Cholesterol	Less than	20g 300ma	25g 300ma	
Sodium	Less than Less than			
		2,400mg 300a		
Total Carbohydra Dietary Fiber	11 0	300g 25g	375g 30g	
Calories per grar	n: Carbohydrate	-		

Ingredients: Precooked Long Grain Rice, White Corn Masa (Ground White Corn Masa Flour, Sorbic Acid, Cartoxymrethy Cellulose, Calcium Propionate, Fumaric Acid, Guar Gum, Enzymes, Traze of Lime), Textured Vegetable Protein (Soy Flour), Food Starch • Modfiled, Dried Pinto Beans, Tomato Powder, Yeast Extract, Bleached Wheat Flour, Mihaet Hour, Miacin, Reduced Iron, Thiamine Mononitrate, Riboltavin, Enzyme, Folic Acid), Salt, Natural Flavors, Freeze-Dried Corn, Sugar, Spices, Caramel Color, Guar Gum, Citric Acid, Annatto and Turmeric (for color).

CONTAINS: MILK, SOY, WHEAT PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS. 100% VEGETARIAN NET WT. 200g (7 02)

SUGGESTED STORAGE CONDITIONS

- 1. Store product in a dry, cool, and dark location.
- 2. Optimal Storage (basement/cold room) Temperature 55 degrees F (12.7 C).
- 3. Keep pouches in protective bucket.

 Temperature: Storing Wise Company product at a high temperature can increase the speed that nutrition and vitamins will degrade over time. Store product in a cool location to ensure the longest shelf life possible.

 Humidity: The effect of humidity is very similar to that of high temperature. Humidity can impact the shelf life of the product. As humidity varies with geographical location, please use your own discretion to ensure the longest shelf life possible. Apple Cinnamon Cereal

Nutrition Facts Serving Size 1/4 Pouch (66g) Servings Per Container 4			
Amount Per Serv	ing		
Calories 260	Calc	ries fron	n Fat 35
		% D	aily Value*
Total Fat 4g			6%
Saturated F	at 1α		5%
Trans Fat 10	0		
	/		0%
Sodium 135mg 6%			
Total Carboh		6g	15%
Dietary Fibe	r 7g		28%
Sugars 16g			
Protein 6g			
Vitamin A 0%	 Vita 	min C 0	%
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 Saturated Fat	Less than	65g	80g
Saturated Fat Cholesterol	Less than Less than	20g 300ma	25g 300mg
Sodium	Less than		2.400mg
Total Carbohvdra		2,400mg 300a	2,400mg 375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Ingredients: Six Grain Mix (Hard Red Winter Wheat, Soft White Wheat, Barley, Rye, Rolled Oats, Triticale), Brown Sugar, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Corn Syrup Solids, Natural and Artificial Flavors, Natural Cinnamon Flavor, Dried Apples, Salt, Cellulose Gum, Sodium Caseinate (From Milk), Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate Carrageenan

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS. 100% VEGETARIAN

NET WT. 265g (9.3 OZ)



QUICK COOK Brown Sugar and Maple Multi-Grain Cereal

Nutrit Serving Size Servings Per	1/4 Pouc	:h (66g)	ts
Amount Per Serv	ing		
Calories 260	Cal	ories fron	n Fat 35
		% Da	aily Value*
Total Fat 4g			6%
Saturated F	at 1α		5%
Trans Fat 1c	<u> </u>		
Cholesterol (·		0%
Sodium 120n	0		5%
Total Carboh	0	<u>^-</u>	15%
		ьg	
Dietary Fibe	r7g		28%
Sugars 16g			
Protein 6g			
Vitamin A 0%	 Vita 	amin C 0	%
Calcium 2%	 Iror 	ו 10%	
*Percent Daily Val diet. Your daily val depending on you	lues may be	higher or lo	
Total Eat	Less than	2,000 65a	
Saturated Fat	Less than	60g 20g	80g 25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
	Total Carbohydrate 300g 375g		
Dietary Fiber		25g	30g
Calories per gran Fat 9 • 0	n: Carbohydrat	e 4 • Prot	ein 4

Ingredients: Six Grain Mix (Hard Red Winter Wheat, Soft White Wheat, Barley, Rye, Rolled Oats, Triticale), Brown Sugar, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Com Syrup Solide, Natural and Artificial Flavors, Cinnamon, Salt, Cellulose Gam, Sodium Caseinate (From Milk), Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate, Carrageenan. CONTAINS: MILK SOY WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS. 100% VEGETARIAN NET WT. 265g (9.3 OZ)

Orange Delight Drink Mix

Nutrition Facts Serving Size 2 Tbsp (30g) Servings Per Container 16			
Amount Per Servir	ng		
Calories 110	Calo	ries fron	n Fat 0
		% Da	aily Value*
Total Fat 0g			0%
Saturated Fa	t Og		0%
Trans Fat 0g			
Cholesterol 0	ma		0%
Sodium 110m	a		5%
Total Carbohy)a	10%
Dietary Fiber		.9	0%
Sugars 29g	- 5		
Protein 0g			
r rotoin og			
Vitamin A 0%	 Vita 	min C 0	%
Calcium 0%	 Iron 	0%	
*Percent Daily Value diet. Your daily valu depending on your	es may be l calorie nee	higher or lo	wer
	Calories:	2,000	2,500
Saturated Fat I Cholesterol	Less than Less than Less than Less than e	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9 • Ca	arbohydrate	4 • Prote	ein 4

Ingredients: Sugar, Natural Flavor, Citric Acid, Salt, Food Starch - Modified, Monopotassium Phosphate, Yellow 5 and Yellow 6 NET WT. 480G (16.9 0Z)

Whey Milk Alternative

Nutrit Serving Size Servings Per	2 Tbs (17	g)	ts
Amount Per Serv			
Calories 80	Calc	ries fron	n Fat 30
		% Di	aily Value*
Total Fat 3g			5%
Saturated F	at 2.5g		13%
Trans Fat 0c	1		
Cholesterol	Dmg		0%
Sodium 90m			4%
Total Carboh)q	3%
Dietary Fibe	-	5	0%
Sugars 8g	- 5		
Protein 2g			
Vitamin A 0%	 Vita 	min C 0	%
Calcium 30%	 Iron 	0%	
*Percent Daily Val diet. Your daily va depending on you	lues may be	higher or lo	
	Calories:	2,000	2,500
Total Fat Saturated Fat	Less than Less than	65g 20g	80g 25a
Cholesterol	Less than	20g 300mg	25g 300mg
Sodium	Less than	2.400mg	
Total Carbohydrate 300g 375g			
Dietary Fiber		25a	30g
Calories per grar	n: Carbohydrate	. 5	_

Ingredients: Sweet Whey, Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Nonfat Dry Milk, Sugar, Socialium Caseinate (a milk derivative), Tricalcium Phosphate, Mono and Diglycerides, Dipotassium Phosphate, Carrageenan.

CONTAINS: MILK

NET WT. 204g (7.2 0Z)



EMERGENCY RECOMMENDED



SHELF-LIFE



JUST ADD BOILING WATER

• NO ADDED TRANS FATS • LOWER SODIUM •

COOKING DIRECTIONS

- 1. Remove OXYGEN ABSORBER prior to preparation.
- 2. Bring 4 cups water to a boil, add contents of this package into boiling water and stir.
- 3. Turn off heat, cover and let stand for 12 to 15 minutes stirring occasionally.
- 4. Uncover and let cool for 2 to 3 minutes.

Distributed by: Wise Company

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