# **Premium One Year One Person**

138 Total #10 Cans

#### **MORNING MOO'S®** HARD WHITE WHEAT LOW FAT MILK ALTERNATIVE (6 cans)

Cor	ntai	o (17g) Dry ner: 93	
~			
Ca			
_	alor	ies from Fa	at 20
		% Daily	Value*
g			4%
at	2g		10%
	-		
-	a c		0%
	9		5%
-		0	
-		89	3%
er C	)g		0%
3%	•	Vitamin C	0%
5%	•	Riboflavin	4%
)%	•	Iron	0%
dail on y	y val your	ues may be hi calorie needs.	gher or
			80g
ess	than	20g	25g
			300mg
	than		-
te		-	375g
		25g	30g
	g gydr g ydr er ( 3% 5% 0% dail on y Cald ess ess ess te	at 2g g Dmg g ydrate er 0g 3% 6 3% 6 3% 6 3% 6 3% 6 3% 6 3% 6 3%	at 2g g ydrate 8g er Og 3% • Vitamin C 5% • Riboflavin 0% • Iron alues are based on a daily values may be hi on your calorie needs Calories 2,000 ess than 20g ess than 20g ess than 2,400mg 2, te 300g

## **INGREDIENTS:**

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

vitamin D. Contains allergens: Milk and soy.

	Amount Per Serving
es from Fat 20	Calories 140 Calories from Fat 5
% Daily Value*	% Daily Value*
4%	Total Fat 0.5g 1%
10%	Saturated Fat Og 0%
	Trans Fat Og
0%	Cholesterol Omg 0%
5%	Sodium 15mg 1%
8g <b>3</b> %	Total Carbohydrate 31g 10%
0%	Dietary Fiber 6g 23%
	Sugars 2g
	Protein 6g
	i totem og
vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Vitamin C 0% Riboflavin 4%	
	Vitamin A 0% • Vitamin C 0%
Riboflavin4%ron0%based on a 2,000	Vitamin A         0%         Vitamin C         0%           Calcium         2%         Iron         10%           *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or
Riboflavin4%ron0%based on a 2,000es may be higher or	Vitamin A         0%         Vitamin C         0%           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
Riboflavin         4%           ron         0%           based on a 2,000         2,000           es may be higher or alorie needs.         2,000           2,000         2,500           65g         80g	Vitamin A         0%         Vitamin C         0%           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         Saturated Fat         Less than         20g         25g
Riboflavin         4%           ron         0%           based on a 2,000         es may be higher or alorie needs.           2,000         2,500           65g         80g           20g         25g	Vitamin A         0%         Vitamin C         0%           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         Saturated Fat         Less than         20g         25g           Cholesterol         Less than         300mg         300mg         300mg
Riboflavin         4%           ron         0%           based on a 2,000         2,000           es may be higher or alorie needs.         2,000         2,500           65g         80g         20g         25g           300mg         300mg         300mg         300mg	Vitamin A         0%         Vitamin C         0%           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         Saturated Fat         Less than         20g         25g           Cholesterol         Less than         300mg         300mg         Sodium         Less than         2,400mg         2,400mg
Riboflavin         4%           ron         0%           based on a 2,000         es may be higher or alorie needs.           2,000         2,500           65g         80g           20g         25g           300mg         300mg           2,400mg         2,400mg	Vitamin A         0%         Vitamin C         0%           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         Saturated Fat         Less than         20g         25g           Cholesterol         Less than         300mg         300mg         300mg         Sodium         Less than         2,400mg         375g
Riboflavin         4%           ron         0%           based on a 2,000         es may be higher or alorie needs.           2,000         2,500           65g         80g           200g         25g           300mg         300mg           2,400mg         2,400mg           300g         375g	Vitamin A         0%         Vitamin C         0%           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         Saturated Fat         Less than         20g         25g           Cholesterol         Less than         300mg         300mg         300mg         300mg         Total Carbohydrate         300g         375g         Dietary Fiber         25g         30g
Riboflavin         4%           ron         0%           based on a 2,000         es may be higher or alorie needs.           2,000         2,500           65g         80g           20g         25g           300mg         300mg           2,400mg         2,400mg	Vitamin A         0%         Vitamin C         0%           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         Saturated Fat         Less than         20g         25g           Cholesterol         Less than         300mg         300mg         300mg         Sodium         Less than         2,400mg         375g

**INGREDIENTS:** Hard white wheat berries Contains allergens: Wheat.

**Nutrition Facts** Serving Size: 1/4 Cup (43g) Dry Servings Per Container: 51

#### **ELBOW MACARONI** (6 cans)

tic	<b>n</b>	Fa	cts
			Dry
ving			
o c	alor	ies from	Fat 10
		% Da	aily Value
I			1%
Fat	0q		0%
0a	-		
Omo	r		0%
	9		0%
-	- 4 -	10 -	•/
-		40g	13%
per 2	2g		8%
0%	•	Vitamin 0	C 0%
0%	•	Iron	50%
ur dail ng on g	y val	ues may be	higher o
Less	than	65g	809
		65g 20g	809 259
Less Less Less	than than	20g 300mg	259 300mg
Less Less Less	than than	20g	259 300m 2,400m
	r T/2 r Cor ving 0 C Fat 0 0 g hydr 0 g hydr 0 % 0% 0%	i: 1/2 Cu r Contain ving 0 Calor Fat 0g 0g 0mg g hydrate per 2g 0% • 0% •	Calories from % Da Fat Og Og Omg g hydrate 4Og oer 2g 0% • Vitamin 0

**INGREDIENTS:** Semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid.

Contains allergens: Wheat.

#### LONG GRAIN WHITE RICE

(6 cans)

Nutri	tic	on	Fa	cts
Serving Size Servings Pe				Dry
Amount Per Ser	ving			
Calories 170	) (	Calo	ries fror	n Fat O
			% Da	aily Value*
Total Fat O	g			0%
Saturated	Fat	0a		0%
Trans Fat				
Cholesterol	- 5	~		0%
		J		
Sodium Om	•			0%
Total Carbo	hydr	ate	37g	12%
Dietary Fil	ber (	Ŋg		0%
Sugars Og				
Protein 3g				
Vitamin A	0%	•	Vitamin 0	C 0%
Calcium	0%	•	Iron	8%
*Percent Daily calorie diet. Yo lower dependir	ur dail ng on	y val	ues may be	higher or
Total Fat	Less	than	65a	80g
Saturated Fat	Less	than	20g	
Cholesterol	Less	than	300mg	300mg
Sodium		than	2,400mg	
Total Carbohyd	rate		300g	-
Dietary Fiber			25g	
Calories per gra	m: Fa	t9•	Carbs 4 •	Protein 4

**INGREDIENTS:** Long grain white rice

#### **COUNTRY FRESH®** 100% INSTANT NONFAT DRY MILK SCONE & ROLL MIX (6 cans)

Nutri Serving Size Servings Pe	e: 5 1	Гbsp	(21g) D	
Amount Per Ser	rving			
Calories 70	) (	Calo	ries fron	n Fat O
			% Da	aily Value*
Total Fat 0	g			0%
Saturated	Fat	0a		0%
Trans Fat		vy		•,,,
				0%
Cholesterol	-	g		
Sodium 115	mg			5%
Total Carbo	bhyd	rate	11g	4%
Dietary Fi	ber	0g		0%
Sugars 10	g			
Protein 7g				
Vitamin A	10%	•	Vitamin C	: 4%
Vitamin D	25%	•	Riboflavi	n 20%
Calcium	35%	•	Iron	0%
*Percent Daily calorie diet. Yo lower dependi	our dai ng on	ly val your	ues may be calorie nee	higher or ds.
Total Fat		ories than	2,000	2,500
Saturated Fat			65g 20g	80g 25g
Cholesterol		than	. 5	
Sodium	Less	than	2,400mg	
Total Carbohyd			300g	375g
Distance Eller			25g	30a
Dietary Fiber			209	009

**INGREDIENTS:** Nonfat dry milk, vitamin A palmitate, vitamin D3.

Contains allergens: Milk.

#### HONEY WHITE BREAD, WHOLE EGGS (5 cans)

Serving Size Servings Pe	e: 1/4	Cu		
Amount Per Ser	ving			
Calories 120	) (	alo	ries from	n Fat 15
			% Da	aily Value*
Total Fat 1.	5g			2%
Saturated	Fat	0g		1%
Trans Fat	0g			
Cholesterol	5mg	3		1%
Sodium 270	)ma	-		11%
Total Carbo		ato	23a	8%
Dietary Fil	-		-	3%
Sugars 2g		633	than ig	370
Protein 4g				
Vitamin A	0%	•	Vitamin C	: 0%
Calcium	2%	•	Iron	8%
*Percent Daily calorie diet. Yo lower dependir	ur dail ng on	y val	ues may be	higher or
Total Fat	Less		65a	80g
Saturated Fat			20g	25g
Cholesterol	Less	than	300mg	300mg
Sodium	Less	than		
	rate		300g 25g	375g 30g
Total Carbohyd				
Total Carbohyd Dietary Fiber Calories per gra	m: Ea	+ 9 •		-

riboflavin, folic acid), sugar, soybean oil, nonfat dry milk, salt, refinery syrup, honey, whole eggs (whole eggs, sodium silicoaluminate [as an anitcaking agent]), dough enhancer (flour [bleached wheat

flour, malted barley flour, niacin, iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid], PBR-200DF [yeast, enzymes, soybean oil], PBR-FD [wheat flour, ascorbic acid, wheat gluten, enzymes], lecithin powder [liquid lecithin, soy flour, dolomite]). Contains allergens: Soy, milk, eggs, and wheat.

# (4 cans)

Serving Size Servings Pe	: 2 1	/2 T	bsp (13	
Amount Per Ser	ving			
Calories 70	С	alor	ies from	Fat 45
			% D	aily Value*
Total Fat 5g	3			8%
Saturated	Fat	1.5a		8%
Trans Fat				
				72%
Cholesterol		ng		
Sodium 90r	ng			4%
<b>Total Carbo</b>	hydı	ate	0g	0%
Dietary Fil	oer (	Ŋg		0%
Sugars Og		-		
Protein 6g				
Vitamin A	6%	•	Vitamin (	C 0%
Calcium	2%	•	Iron	6%
*Percent Daily				
calorie diet. Yo lower dependir	ng on	your	calorie nee	eds.
calorie diet. Yo lower dependir	ng on Cal	your ories	calorie nee 2,000	eds. 2,500
calorie diet. Yo lower dependir Total Fat	ng on Cal- Less	your ories than	calorie nee 2,000 65g	eds. 2,500 80g
calorie diet. Yo lower dependir Total Fat Saturated Fat	ng on Cal- Less Less	your ories than than	calorie nee 2,000 65g 20g	eds. 2,500 80g 25g
calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol	ng on Cal- Less Less Less	your ories than than than	calorie nee 2,000 65g 20g 300mg	eds. 2,500 80g 25g 300mg
calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium	Cal Cal Less Less Less Less	your ories than than than	calorie nee 2,000 65g 20g 300mg 2,400mg	eds. 2,500 80g 25g 300mg 2,400mg
calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol	Cal Cal Less Less Less Less	your ories than than than	calorie nee 2,000 65g 20g 300mg	eds. 2,500 80g 25g 300mg 2,400mg 375g

**INGREDIENTS:** Whole eggs, sodium silicoaluminate (as an anticaking agent).

Contains allergens: Eggs.

#### **FREEZE DRIED** SWEET CORN

(4 cans)

Nutri Serving Size	e: 1/2	Cu	p (19g)	
Servings Pe	r Coi	ntai	ner: 23	
Amount Per Ser	ving			
Calories 70	(	Calc	ories fro	m Fat 5
			% D	aily Value*
Total Fat 1g				2%
Saturated	Fat	0q		0%
Trans Fat				
Cholesterol				0%
Sodium Om		9		0%
-	-			
Total Carbo			13g	4%
Dietary Fil	ber 2	2g		8%
Sugars Og	I			
Protein 2g				
Vitamin A	2%	•	Vitamin	C 8%
Calcium	0%	•	Iron	2%
*Percent Daily calorie diet. Yo lower dependir	ur dail	y val	ues may be	e higher or
	Calo	ories	2,000	2,500
Total Fat	Less	than	65g	80g
Saturated Fat		than	20g	. 5
Cholesterol			-	300mg
Sodium		than	2,400mg	-
Total Carbohyd	rate		300g	-
Dietary Fiber			25g	
Calories per gra	m: Fa	t 9 •	Carbs 4 •	Protein 4

**INGREDIENTS:** Freeze-dried cor

#### **PINTO BEANS**

(4 cans)

Nutri	tic	n	Fa	cts
Serving Size Servings Pe				Dry
Amount Per Ser	ving			
Calories 30	0 0	Calo	ries fror	n Fat O
			% Da	aily Value*
Total Fat 0	g			0%
Saturated	Fat	0a		0%
Trans Fat		- 3		
Cholesterol		4		0%
		1		0%
Sodium Om	-			
Total Carbo			54g	18%
Dietary Fil	ber 2	0g		80%
Sugars 4g	J			
Protein 18g				
Vitamin A	0%	•	Vitamin 0	C 10%
Calcium	10%	•	Iron	10%
*Percent Daily calorie diet. Yo lower dependir	ur dail	y val	ues may be calorie nee	higher or
	Calc	ries	2000	
Total Fat	Calc Less t		2,000 65q	800
	Less t	han	,	
Total Fat	Less t Less t	:han :han :han	65g 20g 300mg	80g 25g 300mg
Total Fat Saturated Fat	Less t Less t	:han :han :han	65g 20g	80g 25g 300mg
Total Fat Saturated Fat Cholesterol	Less t Less t Less t Less t	:han :han :han	65g 20g 300mg	80g 25g 300mg 2,400mg

**INGREDIENTS:** Pinto Beans

#### BUTTERMILK **PANCAKE MIX**

(4 cans)

Nutri	tic	on	Fa	cts
Serving Size Servings Pe				Dry
Amount Per Ser	ving			
Calories 170	)	Calc	ories fror	n Fat 5
			% Da	ily Value*
Total Fat 0	5g			1%
Saturated	Fat	0g		0%
Trans Fat	0g			
Cholesterol	10m	ng		3%
Sodium 670	)ma	•		28%
Total Carbo		rate	36g	12%
Dietary Fil	-		-	4%
Sugars 5g			than 19	-170
Protein 5g				
Vitamin A	0%		Vitamin (	: 0%
	10%	•	Iron	15%
*Percent Daily calorie diet. Yo lower dependir	ur dai 1g on	ly val	ues may be calorie nee	higher or ds.
 Total Fat	Less		2,000 65g	2,500 80g
Saturated Fat			20g	25g
Cholesterol	Less	than	300mg	300mg
Sodium	Less	than	2,400mg	2,400mg
Total Carbohyd	rate		300g	375g
Dietary Fiber			25g	30g
Calories per gra	m· Ea	+ 0 •	Carbo 4	Protein 4

**INGREDIENTS:** Cake flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), dried eggs (pasteurized whole eggs, less than 2 percent sodium silicoaluminate as an anticaking agent), soybean oil.

Contains allergens: Milk, egg, soy and wheat.

#### CHOCOLATE MORNING MOO'S® CREAMY POTATO LOW FAT MILK ALTERNATIVE (4 cans)

Saturated Fat 3.5g       169         Trans Fat Og       09         Cholesterol Omg       09         Sodium 170mg       79         Total Carbohydrate 26g       99         Dietary Fiber less than 1g       39         Sugars 21g       99         Vitamin A       10%       Vitamin C       09         Vitamin D       25%       Riboflavin       25         Calcium       6%       Iron       29         "Percent Daily values are based on a 2,000       calorie diet. Your daily values may be higher clower depending on your calorie needs.         Calories       2,000       2,500         Total Fat       Less than       65g       80	Serving Size Servings Pe	e: 3 1,	/2 т		
% Daily Value         Total Fat 3.5g       69         Saturated Fat 3.5g       169         Trans Fat Og       79         Cholesterol Omg       09         Sodium 170mg       79         Total Carbohydrate 26g       99         Dietary Fiber less than 1g       39         Sugars 21g       99         Vitamin A       10%       Vitamin C       09         Vitamin D       25%       Riboflavin       25         Calcium       6%       Iron       25         'Percent Daily values are based on a 2,00       calorie diet. Your daily values may be higher clower depending on your calorie needs.         Calories       2,000       2,500         Total Fat       Less than       65g       80	Amount Per Ser	ving			
Total Fat 3.5g       69         Saturated Fat 3.5g       169         Trans Fat Og       09         Cholesterol Omg       09         Sodium 170mg       79         Total Carbohydrate 26g       99         Dietary Fiber less than 1g       39         Sugars 21g       9         Vitamin A       10%       • Vitamin C       09         Vitamin D       25%       • Riboflavin       25         Calcium       6%       • Iron       25         'Percent Daily values are based on a 2,000       calorie diet. Your daily values may be higher of lower depending on your calorie needs.         Calories       2,000       2,500         Total Fat       Less than       65g       80	Calories 140	o c	alor	ies from	Fat 35
Saturated Fat 3.5g       169         Trans Fat 0g       09         Cholesterol 0mg       09         Sodium 170mg       79         Total Carbohydrate 26g       99         Dietary Fiber less than 1g       39         Sugars 21g       99         Vitamin A       10%       Vitamin C       09         Vitamin D       25%       Riboflavin       25         Calcium       6%       Iron       25         'Percent Daily values are based on a 2,000       calorie diet. Your daily values may be higher clower depending on your calorie needs.         Calories       2,000       2,500         Total Fat       Less than       65g       80				% Da	ily Value*
Trans Fat Og         Cholesterol Omg       09         Sodium 170mg       79         Total Carbohydrate 26g       99         Dietary Fiber less than 1g       39         Sugars 21g       99         Protein 2g       99         Vitamin A       10%       • Vitamin C       09         Vitamin D       25%       • Riboflavin       25         Calcium       6%       Iron       29         *Percent Daily values are based on a 2,000       calorie diet. Your daily values may be higher of lower depending on your calorie needs.         Calories       2,000       2,500         Total Fat       Less than       65g       80	Total Fat 3.	5g			6%
Cholesterol Omg       09         Sodium 170mg       79         Total Carbohydrate       26g       99         Dietary Fiber less than 1g       39         Sugars 21g       99         Protein 2g       99         Vitamin A       10%       • Vitamin C       09         Vitamin D       25%       • Riboflavin       29         Calcium       6%       Iron       29         "Percent Daily values are based on a 2,000       calorie diet. Your daily values may be higher clower depending on your calorie needs.         Calories       2,000       2,500         Total Fat       Less than       65g       80	Saturated	Fat	3.5g	)	16%
Sodium 170mg       79         Total Carbohydrate 26g       99         Dietary Fiber less than 1g       39         Sugars 21g       99         Protein 2g       99         Vitamin A       10%       Vitamin C       09         Calcium       6%       Iron       25         *Percent Daily values are based on a 2,000       calorie let. Your daily values may be higher clower depending on your calorie needs.         Calcines       2,000       2,500         Total Fat       Less than       65g       80	Trans Fat	0g			
Total Carbohydrate 26g       99         Dietary Fiber less than 1g       39         Sugars 21g       99         Protein 2g       99         Vitamin A       10%       Vitamin C       09         Vitamin D       25%       Riboflavin       29         Calcium       6%       Iron       29         *Percent Daily values are based on a 2,00       calorie diet. Your daily values may be higher to lower depending on your calorie needs.         Calories       2,000       2,500         Total Fat       Less than       65g       80	Cholesterol	Omg	q		0%
Total Carbohydrate 26g       99         Dietary Fiber less than 1g       39         Sugars 21g       99         Protein 2g       99         Vitamin A       10%       Vitamin C       09         Vitamin D       25%       Riboflavin       25         Calcium       6%       Iron       25         *Percent Daily values are based on a 2,00       calorie diet. Your daily values may be higher to lower depending on your calorie needs.         Calories       2,000       2,500         Total Fat       Less than       65g       80	Sodium 170	ma	-		7%
Dietary Fiber less than 1g       39         Sugars 21g       Protein 2g         Vitamin A       10%       Vitamin C       09         Vitamin D       25%       Riboflavin       29         Calcium       6%       Iron       29         *Percent Daily values are based on a 2,000       2,000       2,000         calorie diet. Your daily values may be higher to lower depending on your calorie needs.       2,000       2,500         Total Fat       Less than       65g       80		-	ato	26a	9%
Sugars 21g         Protein 2g         Vitamin A       10%       • Vitamin C       09         Vitamin D       25%       • Riboflavin       29         Calcium       6%       • Iron       29         *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher of lower depending on your calorie needs.       2,000       2,500         Total Fat       Less than       65g       80					
Protein 2g         Vitamin A       10%       Vitamin C       09         Vitamin D       25%       Riboflavin       25         Calcium       6%       Iron       25         "Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher of lower depending on your calorie needs.       2,000       2,500         Calories       2,000       2,500       2,500         Total Fat       Less than       65g       80			ess	unan ig	3%
Vitamin A     10%     •     Vitamin C     05       Vitamin D     25%     •     Riboflavin     25       Calcium     6%     •     Iron     25       *Percent Daily values are based on a 2,000     calorie diet. Your daily values may be higher of lower depending on your calorie needs.     Calories     2,000     2,500       Total Fat     Less than     65g     80		g			
Vitamin D         25%         Riboflavin         25           Calcium         6%         Iron         25           *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         80	Protein 2g				
Calcium         6%         Iron         29           *Percent Daily values are based on a 2,00         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         80					
*Percent Daily values are based on a 2,00 calorie diet. Your daily values may be higher of lower depending on your calorie needs. Calories 2,000 2,500 Total Fat Less than 65g 80	Vitamin A	10%	•	Vitamin C	: 0%
calorie diet. Your daily values may be higher of lower depending on your calorie needs. Calories 2,000 2,500 Total Fat Less than 65g 80			-		
Total Fat Less than 65g 80	Vitamin D	25%	•	Riboflavi	
	Vitamin D Calcium *Percent Daily calorie diet. Yo	25% 6% values ur dail	• • • y are y val your	Riboflavii Iron based on ues may be calorie nee	a 2,000 higher or ds.
	Vitamin D Calcium *Percent Daily calorie diet. Yo lower dependir	25% 6% values ur dail ng on Calo	• • ly val your ories	Riboflavin Iron based on ues may be calorie nee 2,000	a 2,000 higher or ds. 2,500
Cholesterol Less than 300mg 300m	Vitamin D Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat	25% 6% values ur dail ng on t Calo	• • y val your ories than	Riboflavin Iron based on ues may be calorie nee 2,000 65g	a 2,000 higher or ds.
Sodium Less than 2,400mg 2,400m	Vitamin D Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat	25% 6% values ur dail ng on Calo Less Less	• • y val your ories than than	Riboflavii Iron based on ues may be calorie nee 2,000 65g 20g	n 2% 2% a 2,000 higher or ds. 2,500 80g 25g
	Vitamin D Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol	25% 6% values ur dail ng on Calo Less Less Less	• your ories than than than	Riboflavin Iron based on ues may be calorie nee 2,000 65g 20g 300mg	a 2,000 higher or ds. 2,500 80g 25g 300mg 2,400mg
	Vitamin D Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium Total Carbohyd	25% 6% values ur dail ng on Cald Less Less Less Less	• your ories than than than	Riboflavin Iron based on ues may be calorie nee 2,000 65g 20g 300mg 2,400mg 300g	a 2,000 higher or ds. 2,500 80g 25g 300mg 2,400mg 375g
Calories per gram: Fat 9 • Carbs 4 • Protein	Vitamin D Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium Total Carbohyd Dietary Fiber	25% 6% values ur dail ng on Calo Less Less Less rate	• your your than than than than	Riboflavin Iron based on ues may be calorie nee 2,000 65g 20g 300mg 2,400mg 300g 25g	a 2,000 higher or ds. 2,500 80g 25g 300mg 2,400mg 375g 30g

INGREDIENTS: Sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium

phosphate, sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, dutched cocoa (processed with alkali), sweet whey, natural cream flavor (maltodextrin, natural cream flavor), salt, carrageenan gum, xanthan gum, cellulose gum, vitamin A, vitamin D, Contains allergens: Milk and soy.

# SOUP MIX

(4 cans)

Nutri	tic	<b>on</b>	Fa	cts
Serving Size	· 1/3	Cu	n (49a)	Drv
Servings Pe				2.9
Jervings re		Tean		
Amount Per Ser	ving			
Calories 20	0 C	alor	ies from	Fat 70
			% Da	aily Value*
Total Fat 7	9			11%
Saturated	Fat	4g		19%
Trans Fat	0g			
Cholesterol	Om	g		0%
Sodium 101	0mg			42%
Total Carbo	hydı	ate	32g	11%
Dietary Fi	ber 1	lg		5%
Sugars 3g				
Protein 3g				
Vitamin A	2%	•	Vitamin O	
Calcium	2%	•	Iron	4%
*Percent Daily calorie diet. Yo lower dependir	ur dai	ly val	ues may be	higher or
	Cal	ories	2,000	2,500
Total Fat	Less	than	65g	80g
Saturated Fat	Less	than	20g	25g
Cholesterol	Less			300mg
Sodium		than	2,400mg	-
Total Carbohyd	rate		300g	375g
Dietary Fiber			25g	30g
Calories per gra	m: Fa	t 9 •	Carbs 4 •	Protein 4

INGREDIENTS: Creamer (maltodextrin, palm oil), enriched

bleached flour (wheat flour, malted barley flour niacin, iron, thiamine mononitrate, riboflavin, folic acid) potato dices chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), onion chopped, onion powder, parsley flakes. Contains allergens: Wheat, dairy, and soy...

#### APPLE DELIGHT **DRINK MIX** (4 cans)

Nutriti	ion Facts
Serving Size: 2 Servings Per C	2 Tbsp (25g) Dry Container: 103
Amount Per Servin	g
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fa	at Og 0%

#### **BEEF FLAVORED** VEGETARIAN MEAT SUBSTITUTE (3 cans) (4 cans)

**Nutrition Facts** Serving Size: 1/4 Cup (26g) Dry Servings Per Container: 40 Amount Per Serving Calories 90 Calories from Fat 35

% Daily Value\* Total Fat 4g 6% Saturated Fat 0.5g 3%

## **POTATO GEMS**

Saturated Fat Og

**Nutrition Facts** Serving Size: 1/4 Cup (30g) Dry Servings Per Container: 45 Amount Per Serving Calories 110 Calories from Fat 15 % Daily Value\* Total Fat 1.5g 2% QUICK ROLLED OATS (3 cans)

Nutriti	on	Fact	S
Serving Size: 1/	2 Cup	(50g) Dry	,
Servings Per Co	ontaine	er: 22	
Amount Per Serving			
Calories 190	Calorie	s from Fa	t 30
		% Daily \	/alue*
Total Fat 3.5g			5%
Saturated Fat	0.5g		3%

oataratea	i at	~ 9		• /0
Trans Fat	0g			
Cholesterol	Omg	3		0%
Sodium Om	g			0%
Total Carbo	hydr	ate	24g	8%
Dietary Fil	ber (	)g		0%
Sugars 24	g			
Protein Og				
Vitamin A	0%	•	Vitamin	C 150%
Calcium	0%	•	Iron	0%
*Percent Daily calorie diet. Yo lower dependir	ur dail	y val	ues may b	e higher or
	Calo	ories	2,000	2,500
Total Fat	Less	than	65g	80g
Saturated Fat	Less	than	20g	25g
Cholesterol	Less	than	300mg	300mg
Sodium	Less	than	2,400mg	2,400mg
Total Carbohyd	rate		300g	375g
rotar carbonya				
Dietary Fiber			25g	30g
•	m: Fa	t 9 •		

**INGREDIENTS:** 

Sugar, apple juice powder (maltodextrin, natural flavors [apple juice solids and natural flavors],

sodium citrate BB, xanthan gum, ascorbic acid, artificial apple flavor (maltodextrin, artificial flavors), malic acid, caramel color.

caramel color, sodium benzoate), citric acid,

Cholesterol	Omg	3		0%
Sodium 480	Omg			20%
Total Carbo	hydr	ate	7g	2%
Dietary Fi	ber 3	ßg		12%
Sugars 2g	I			
Protein 11g				
Vitamin A	0%	•	Vitamin C	. 0%
Vitamin A Calcium *Percent Daily calorie diet. Yo lower dependii	6% values ur dail	• are y val	lron based on ues may be	10% a 2,000 higher o
Calcium *Percent Daily calorie diet. Yo	6% values our dail ng on g	• are y val	lron based on ues may be	10% a 2,000 higher o ds.
Calcium *Percent Daily calorie diet. Yo lower dependir	6% values our dail ng on g	• y val your pries	lron based on ues may be calorie nee	10% a 2,000 higher o ds. 2,500
Calcium *Percent Daily calorie diet. Yo lower dependir	6% values our dail ng on y Calo	• y val your pries than	Iron based on ues may be calorie nee 2,000	10% a 2,000 higher o ds. 2,500 80g
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol	6% values our dail ng on y Calo Less	• y val your ories than than	Iron based on ues may be calorie nee 2,000 65g 20g	10% a 2,000 higher o ds. 2,500 80g 25g
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium	6% values ur dail ng on y Calo Less Less Less	• y val your ories than than than	Iron based on ues may be calorie nee 2,000 65g 20g 300mg 2,400mg	10% a 2,000 b higher o ds. 2,500 250 300mg 2,400mg
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol	6% values ur dail ng on y Calo Less Less Less	• y val your ories than than than	Iron based on ues may be calorie nee 2,000 65g 20g 300mg	10% a 2,000 higher o ds. 2,500 800 250 300mg 2,400mg 3755
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium	6% values ur dail ng on y Calo Less Less Less	• y val your ories than than than	Iron based on ues may be calorie nee 2,000 65g 20g 300mg 2,400mg	10% a 2,000 higher o ds. 2,500 800 250 300mg 2,400mg 3750

color, red 3, soybean oil, salt, natural flavoring).

Contains allergens: Soy.

Trans Fat	0g			
Cholesterol	Omg	3		0%
Sodium 520	)mg			22%
Total Carbo	hydr	ate	22g	7%
Dietary Fil	ber 2	2g		8%
Sugars 1g				
Protein 2g				
Vitamin A	0%	•	Vitamin	C 15%
Calcium	2%	•	Iron	2%
*Percent Daily calorie diet. Yo lower dependir	ur dail	y val	ues may be	e higher or
	Cal			
	Cal	ories	2,000	2,500
Total Fat			_,	
Total Fat Saturated Fat	Less	than	65g	80g
Saturated Fat	Less Less	than than	65g 20g	80g 25g
Saturated Fat Cholesterol	Less Less Less	than than than	65g 20g	80g 25g 300mg
Saturated Fat Cholesterol	Less Less Less Less	than than than	65g 20g 300mg	80g 25g 300mg 2,400mg
Saturated Fat Cholesterol Sodium	Less Less Less Less	than than than	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg 375g

	:-		INGPE
m: Fat 9 •	Carbs 4 •	Protein 4	Calories per
	25g	30g	Dietary Fib
rate	300g	375g	Total Carbol
Less than	2,400mg	2,400mg	Sodium
Less than	300mg	300mg	Cholesterol
Less than	20g	25g	Saturated
Less than	65g	80g	Total Fat
Calones	2,000	2,300	

0%

**INGREDIENTS:** Potato gems (potato, canola oil [preserved with citric acid and BHT], salt, contains 2% or less of: artificial color, mono and diglycerides, natural and artificial flavor. Freshness preserved with sodium bisulfite and BHT.

Contains allergens: Milk.

#### Trans Fat Og Cholesterol Omg 0% Sodium Omg 0% Total Carbohydrate 33g 11% Dietary Fiber 5g 20% Sugars Og Protein 8g Vitamin A 0% • Vitamin C 0% Calcium 2% • 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 Less than 65g 80g 20g Fat Less than 25g Less than 300mg 300mg Less than 2,400mg 2,400mg 375g 300g hydrate 25g 30g er gram: Fat 9 • Carbs 4 • Protein 4

**INGREDIENTS:** Quick rolled oats.

#### DEHYDRATED **POTATO SHREDS** (3 cans)

Nutr Serving Si Servings F	ze: 1/2	2 Cu	p (31g)	
Amount Per S	-			
Calories 1	10	Calo		m Fat 5
			% D	aily Value*
Total Fat	0g			0%
Saturate	d Fat	0g		0%
Trans Fa	t Og			
Cholester	ol Om	g		0%
Sodium 4	50mg			19%
Total Carb	ohvdi	ate	24a	8%
Dietary I	-			8%
Sugars 1				
Protein 2g	-			
Vitamin A	0%	•	Vitamin	C 20%
Calcium	2%	•	Iron	2%
*Percent Dail calorie diet. \ lower depen	Your dai ding on	ly val your	ues may b calorie ne	e higher or eds.
	Cal	ories	_,	
Total Fat Saturated Fat	Less		65g	-
Cholesterol			20g 300mc	-
Sodium				2,400mg
Total Carbohy			300g	-
Dietary Fibe			25g	-
	ram: Ea	+ 0 •	Carbs 4	Protein 4

#### **INGREDIENTS:** Potato shreds (potato, salt, dextrose). Freshness preserved with sodium bisulfite and BHT.

BLUEBERRY					
MUFFIN	ΜΙΧ				
(3 cans)					

Nutrition Facts

	ving			
Calories 150	) C	alor		
			% Da	aily Value
Total Fat 2.	5g			4%
Saturated	Fat	1g		5%
Trans Fat	0.5g	I		
Cholesterol	25m	ng		8%
Sodium 200	Omg			8%
Total Carbo	hvdr	ate	29a	10%
Dietary Fi			5	2%
Sugars 15		og –		
	9			
Protein 3g				
		•	Vitamin (	C 0%
Vitamin A	0%		vitamint	
Vitamin A Calcium	0% 2%	•	Iron	69
	2% value: our dail	s are ly val your	Iron based or ues may be	69 a 2,000 e higher o eds.
Calcium *Percent Daily calorie diet. Yo lower dependir	2% value: our dail ng on Cale	s are ly val your ories	Iron based or ues may be calorie nee 2,000	69 a 2,000 e higher o eds. 2,500
Calcium *Percent Daily calorie diet. Yo lower dependin Total Fat	2% values our dail ng on Cale Less	s are ly val your ories than	Iron based or ues may be calorie nee 2,000 65g	69 a a 2,000 b higher o cds. 2,500 809
Calcium *Percent Daily calorie diet. Yo lower dependie Total Fat Saturated Fat	2% values our dail ng on Cale Less Less	s are ly val your ories than than	Iron based or ues may be calorie nee 2,000 65g 20g	69 a a 2,000 b higher o eds. 2,500 809 259
Calcium *Percent Daily calorie diet. Yo lower dependin Total Fat	2% values our dail ng on Calo Less Less	s are ly val your ories than than than	Iron based or ues may be calorie nee 2,000 65g 20g	69 a a 2,000 b higher of eds. 2,500 809 259 300mg
Calcium *Percent Daily calorie diet. Yo lower dependin Total Fat Saturated Fat Cholesterol	2% values ur dail ng on Cali Less Less Less Less	s are ly val your ories than than than	Iron based or ues may be calorie nee 2,000 65g 20g 300mg	69 a a 2,000 b higher of eds. 2,500 809 259 300mg
Calcium *Percent Daily calorie diet. Yo lower dependie Total Fat Saturated Fat Cholesterol Sodium	2% values ur dail ng on Cali Less Less Less Less	s are ly val your ories than than than	Iron based or ues may be calorie nee 2,000 65g 20g 300mg 2,400mg	69 higher c eds. 2,500 809 250 300m 2,400m

barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, cake flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), shortening (partially hydrogenated soybean oil), blueberry nuggets (dextrose, partially hydrogenated vegetable oil [soy bean and cottonseed], bleached enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], citric acid, cellulose gum, maltodextrin, artificial flavors and colors [FD&C Red #40, Blue #1, Blue #2]), powdered sugar, buttermilk solids, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), sodium acid pyrophosphate, salt, baking soda, egg yolks, vanilla (natural and artificial flavor), xanthan gum, blueberry flavor. Contains allergens: Wheat, milk, eggs, and soy.

#### SCRAMBLED EGG MIX (3 cans)

Nutri	tic	<b>&gt;n</b>	Fa	cts
Serving Size Servings Pe		•		ry
Amount Per Ser	ving			
Calories 60	с	alor	ies from	Fat 35
			% Da	aily Value*
Total Fat 40	a			6%
Saturated	Fat	1a		5%
Trans Fat		.9		
Cholesterol				54%
		ng		
Sodium 85r	<u> </u>			4%
Total Carbo	hydr	ate	2g	1%
Dietary Fil	oer (	Эg		0%
Sugars Og	I			
Protein 4g				
Vitamin A	0%		Vitamin (	. 0%
Calcium	0% 6%	·	Iron	2%
*Percent Daily		- are		
calorie diet. Yo	ur dail	y val	ues may be	higher or
lower dependir	-		calorie nee	ds.
	Cal	ories	2,000	2,500
Total Fat	Less		65g	80g
Saturated Fat			20g	-
	Less			-
Sodium		tnan	2,400mg	
Total Carbohyd Dietary Fiber	ale		300g 25g	375g 30g
Calories per gra	m: Ea	t 9 •	. 5	
Calories per gra	111. r'd		Carus 4 •	FIOLEIII 4
			•_	

INGREDIENTS: Whole eggs, nonfat dry milk, vegetable oil. Contains allergens: Milk and eggs.

#### **FREEZE DRIED PEAS** (3 cans)

Nutri	tic	<b>o</b> n	Fa	cts	
Serving Size	e: 1/2	Cu	p (23g)	Dry	
Servings Pe	r Coi	ntai	ner: 19	-	
Amount Per Ser					
Calories 80		Calc	ories from	n Fat 5	
			% Da	aily Value*	
Total Fat 0	g			1%	
Saturated	Fat	0g		0%	
Trans Fat	0g				
Cholesterol	Omg	9		0%	
Sodium 5m	g			0%	
Total Carbo	hydr	ate	15g	5%	
Dietary Fil	ber 5	ōg		21%	
Sugars 6g					
Protein 6g					
Vitamin A	15%	•	Vitamin (		
Calcium	2%	•	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.					
	Calo	ories	2,000	2,500	
Total Fat	Less	than	65g	80g	
Saturated Fat	Less	than	20g	25g	
Cholesterol	Less				
Sodium		than	2,400mg		
Total Carbohyd	rate		300g	375g	
Dietary Fiber Calories per gra			25g	30g	

**INGREDIENTS:** 

#### HONEY CORNBREAD **MUFFIN MIX**

(3 cans)				
Nutri	tic	on	Fa	cts
Serving Size	e: 1/4	Cu	p (37g)	Dry
Servings Pe	r Co	ntai	ner: 42	
Amount Per Ser	vina			
Calories 150		alor	ies from	Fat 45
edicities loc				aily Value*
Total Cat Fr			<i>7</i> 0 D d	8%
Total Fat 5g				
Saturated		1g		4%
Trans Fat	0g			
Cholesterol	20n	ng		7%
Sodium 240	Dma			10%
Total Carbo	hvdi	ate	24a	8%
Dietary Fil			2.9	4%
		y		4/0
Sugars 9g				
Protein 3g				
Vitamin A	2%	•	Vitamin O	0%
Calcium	6%	•	Iron	6%
*Percent Daily calorie diet. Yo lower dependir	ur dai 1g on	y val your	ues may be calorie nee	higher or ds.
		ories	2,000	2,500
Total Fat Saturated Fat	Less		65g	80g 25g
Cholesterol	Less		20g 300ma	25g 300mg
Sodium	Less			-
Total Carbohyd			300g	375g
Dietary Fiber			25g	30g
Calories per gra	m <sup>.</sup> Fa	t 9 •	Carbs 4 •	Protein 4

## **INGREDIENTS:**

DEHYDRATED

Amount Per Serving

(2 cans)

Enriched bleached all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, yellow corn meal, soybean oil, nonfat dry milk, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), sodium aluminum phosphate, baking soda, salt, honey powder (refinery syrup, honey), xanthan gun, natural and artificial flavor (butter and vanilla).

Contains allergens: Wheat, soy, milk, and eggs.

#### BACON FLAVORED BITS FREEZE DRIED SLICED HONEY COATED VEGETARIAN MEAT SUBSTITUTE STRAWBERRIES (2 can)

NI	+:~	<b>-</b> 14	. Ca	<b>ata</b>
Nutri	τic	D	Га	CTS
Serving Size				-
Servings Pe	r Co	ntai	ner: 192	2
Amount Per Ser	ving			
Calories 15		Calo	ories fro	m Fat 5
			% D	aily Value*
Total Fat 0	.5g			1%
Saturated	Fat	0g		0%
Trans Fat	0g			
Cholesterol	Om	g		0%
Sodium 115	ma	-		5%
Total Carbo	-	rato	10	0%
Dietary Fi				4%
		1033	than 19	
Sugars Og	1			
Protein 2g				
Vitamin A	0%	•	Vitamin	C 0%
Calcium	2%	•	Iron	2%
*Percent Daily calorie diet. Yo lower dependi	our dai	ly va	lues may b	e higher or
	Cal	ories	2,000	2,500
Total Fat		than	5	-
Saturated Fat				-
Cholesterol Sodium	Less			300mg 2,400mg
Total Carbohvd		unan	2,400mg 300a	
Dietary Fiber			259	
Calories per gra	m: Fa	at 9 •		-

Textured vegetable protein (soy flour, caramel color, FD&C Red #3), soybean oil, salt, natural flavoring. Contains allergens: Soy.

## (2 can) Nutrition Eacto

Nutri	tic	<b>on</b>	Fa	cts	
Serving Size Servings Pe				Dry	
Amount Per Ser	ving				
Calories 35		Calc	ories fror	n Fat 5	
			% Da	aily Value*	
Total Fat Og	g			0%	
Saturated	Fat	0g		0%	
Trans Fat	0g				
Cholesterol	Om	a		0%	
Sodium Omg 0					
Total Carbo	5	-	Fa	2%	
	-		59		
Dietary Fil		2g		8%	
Sugars 5g					
Protein 1g					
Vitamin A	0%	•	Vitamin 0	110%	
Calcium	2%	•	Iron	4%	
*Percent Daily calorie diet. Yo lower dependir	ur dai	ly val	ues may be	higher or	
	Cal	ories	2,000	2,500	
Total Fat	Less		65g	-	
Saturated Fat			20g	25g	
Cholesterol Sodium	Less		300mg 2,400mg	5	
Total Carbohyd		criari	2,400mg		
Dietary Fiber			25g	30g	
Calories per gra	m: En	+ 0 -	Carbs 4	Protein 4	

#### **BANANA SLICES** (2 cans)

(2 60115)				
Nutri	tic	on	Fa	cts
Serving Size Servings Pe				Dry
Amount Per Ser	ving			
Calories 23	0 Ca	lorie	es from	Fat 140
			% D	aily Value*
Total Fat 15	g			23%
Saturated	Fat	14a		68%
Trans Fat	0a			
Cholesterol				0%
	-	9		0%
Sodium Om	-			
Potassium 2	-	5		6%
Total Carbo	hydi	rate	18g	6%
Dietary Fil	ber 2	2g		6%
Sugars 12g	9			
Protein Og				
Vitamin A	0%	•	Vitamin (	C 0%
Calcium	10%	•	Iron	0%
*Percent Daily calorie diet. Yo lower dependir	ur dai	ly val	ues may be	e higher or
	Cal	ories	2,000	2,500
Total Fat		than	65g	-
Saturated Fat Cholesterol	Less		20g 300mg	-
Sodium			2,400mg	-
Total Carbohyd			300g	
Dietary Fiber			25g	30g
Calories per gra	m: Fa	t 9 •	Carbs 4 •	Protein 4

**INGREDIENTS:** Bananas, coconut/vegetable oil, sugar/honey,

natural flavoring.

# **POTATO SLICES Nutrition Facts** Serving Size: 1/2 Cup (20g) Dry Servings Per Container: 28

Calories 70	)	Cal	ories from	n Fat O
			% Da	ily Value*
Total Fat C	)g			0%
Saturated	l Fat	0g		0%
Trans Fat	0g			
Cholestero	l On	ng		0%
Sodium 15	ng			1%
Total Carbo	ohyd	Irate	e 16g	5%
Dietary F	iber	2g		6%
Sugars 1g	J			
Protein Og				
Vitamin A	0%	•	Vitamin C	: 10%
Calcium	0%	•	Iron	2%
*Percent Daily calorie diet. Yo lower depend	our da	aily va	lues may be	higher or
	Ca	alories	2,000	2,500
Total Fat	Les	s thar	n 65g	80g

Nutr	itic	on	Fac	ts
Serving Si Servings P	ze: 1/4	4 Cu	ıp (37g) Dı	
Amount Per S	erving			
Calories 1	40 C	alor	ies from F	at 50
			% Daily	v Value
Total Fat	6g			9%
Saturate	d Fat	1g		4%
Trans Fa	t Og			
Cholester	ol Omg	g		0%
Sodium 8	50mg	-		36%
Total Carb	ohydr	rate	10g	3%
Dietary F	iber !	5g		19%
Sugars 3	g			
Protein 14	g			
Vitamin A	2%	•	Vitamin C	09
Calcium	8%	•	Iron	15%
*Percent Dail			e based on a ues may be hi	
calorie diet. \			calorie needs	
calorie diet. \	ding on			2,50

**TACO FLAVORED** 

CTITUT

Serving Size: 1/2 Cup (10g) Dry Servings Per Container: 22 Amount Per Serving Calories 35 Calories from Fa	
Calories 35 Calories from Fa	
	t 0
% Daily Va	alue*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	

\*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

Less than

2,000

65g

Less than 2,400mg 2,400mg

20g

2,500

80g

300mg

375g

30g

25g

**DEHYDRATED DICED CARROTS** cans) 

_				
Nutri	iti	on	i Fac	:ts
Serving Siz Servings Pe				Dry
Amount Per Se	rving			
Calories 12	0	Cal	ories from	Fat 5
			% Dai	ly Value*
Total Fat C	).5g			1%
Saturated	l Fat	0g		0%
Trans Fat	0g			
Cholestero	I Om	ng		0%
Sodium 10	0mg			4%
Total Carbo	ohyd	Irate	28g	9%
Dietary F	iber	3g		12%
Sugars 19	)g			
Protein 3g				
Vitamin A	780%	•	Vitamin C	45%
Calcium	8%	•	Iron	8%
*Percent Daily calorie diet. Yo lower depend	our da	aily va	lues may be l	higher or
	Ca	alories	2,000	2,500
Total Fat Saturated Fat		s than s than	5	80g 25g

# **INGREDIENTS:** Sliced freeze-dried strawberries

#### Less than 2,400mg 2,400mg Sodium Sodium Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4

20g

25g

Cholesterol

300mg



Less than 300mg

Less than 2,400mg 2,400mg

Total Carbohydrate 300g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** Freeze dried raspberries

Cholesterol Less than 300mg

Saturated Fat Less than

Total Fat

Sodium

300mg

Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4

**INGREDIENTS:** 

Diced dehydrated carrots

#### **INGREDIENTS:** Potato slices preserved with sodium bisulfite.

Saturated Fat Less than

Cholesterol Less than 300mg

**VEGETABLE STEW BLEND** 

**Nutrition Facts** Serving Size: 1/4 Cup (23g) Dry Servings Per Container: 40

Calories 70 Calories from Fat 0

% Daily Value\*

0%

0%

0%

2%

6%

8%

70%

2,500

80g

25g

300mg

375g 30g

4%

(2 cans)

Amount Per Serving

Total Fat Og

Saturated Fat Og

Total Carbohydrate 18g

Vitamin A 50% • Vitamin C

6% ·

Less than

Less than

Potato dices, cabbage flakes, chopped onion, carrot dices, celery slices, red and green bell

Contains allergens: Processed in a plant that

handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

Calories per gram: Fat 9 • Carbs 4 • Protein 4

\*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

Iron

2,000

65g

20g

300mg

300g

25g

Less than 2,400mg 2,400mg

Dietary Fiber 2g

Saturated Fat Less than

**INGREDIENTS:** 

Trans Fat Og Cholesterol Omg

Sodium 50mg

Sugars 5g Protein 2g

Calcium

Total Fat

Cholesterol

Dietary Fiber

Sodium Total Carbohydrate

peppers.

#### CHOCOLATE FUDGE **BROWNIE MIX** (2 cans)

Nutri	itic	<b>o</b> n	Fa	cts
Serving Siz	e: 1/4	Cu	p (39g)	Dry
Servings P	er Co	ntai	ner: 45	
Amount Per Se	erving			
Calories 15	-	alo	ries from	Fat 15
			% Da	aily Value*
Total Fat 1	.5a			2%
Saturated	. 0	0 a		0%
Trans Fat		Ug		070
	5			0%
Cholestero		9		0%
Sodium 15				6%
Total Carb	ohydr	ate	32g	11%
Dietary F	iber 1	g		4%
Sugars 18	3g			
Protein 3g				
Vitamin A	0%	•	Vitamin 0	0%
Calcium	0%	•	Iron	10%
*Percent Daily calorie diet. Y lower depend	our dail ling on	y val your	ues may be calorie nee	higher or ds.
		ories	2,000	2,500
Total Fat Saturated Fa	Less		65g 20g	80g 25g
Cholesterol	Less		-	-
Sodium			2,400mg	-
Total Carbohy	drate		300g	375g
Distant Cilere			25g	
Dietary Fiber				Protein 4

## Sugar, unbleached pastry flour (wheat flour,

niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), corn syrup solids, dextrose, dutched cocoa (cocoa [processed with alkali]), egg whites (egg whites and less than 0.1 percent sodium lauryl sulfate added as a whipping agent), shortening (partially hydrogenated soybean and cottonseed oil), cocoa, non-iodized salt, powdered shortening (mono and diglycerides [from partially hydrogenated soybean oil] with mixed tocopherols, ascorbic acid and citric acid [antioxidants]), wheat starch, vanilla flavor (dextrose, corn starch, water, alcohol), egg yolks, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda. Contains allergens: Egg and wheat.

#### **CREAMY WHEAT** CEREAL

(1 can)

ng		ner: 36 pries from % Da	n Fat s
g	Calc		
g			
-			,
-			1%
au	0~		0%
~	Jy		07
g			
)ազ	1		0%
			0%
ydr	ate	38g	13%
er 1	g		4%
	-		
	•		
	•		4%
dail	y val	ues may be	higher o
Calc	ories	2,000	2,500
		. 5	
		5	
		25g	
	ydr er 1 0% 0% 0% Calc .ess 1 .ess 1 .ess 1	ydrate er 1g 0% • 0% • alues arer daily val on your Calories .ess than .ess than .ess than	ydrate 38g er 1g 0% • Vitamin 0 0% • Iron alues are based or daily values may be on your calorie nee Calories 2,000 .ess than 65g .ess than 20g .ess than 20g .ess than 300mg te 300g

**INGREDIENTS:** Farina (Wheat)

Contains allergens: Wheat.

#### CHICKEN BOULLION (2 cans)

Amount Per Serv		Itan	ner: 921	ry
	ing			
Calories 5	(	Calo	ries fror	n Fat O
			% Da	aily Value*
Total Fat Og	I			0%
Saturated I	-at	0g		0%
Trans Fat (	Ŋg			
Cholesterol	Omg	9		0%
Sodium 400	ma	-		17%
Total Carbol		ato	10	0%
	-		ig	
Dietary Fib	er	Jg		0%
Sugars Og				
Protein Og				
Vitamin A	0%	•	Vitamin O	C 0%
Calcium	0%	•	Iron	0%
*Percent Daily v calorie diet. You lower depending	r dail g on	y val	ues may be	higher or
Total Fat	Less	than	_,	
Saturated Fat			20g	-
Cholesterol	Less	than	300mg	300mg
		than	2,400mg	-
Total Carbohydra	ate		300g	-
Dietary Fiber			25g	
Calories per gran	n: Fa	t9•	Carbs 4 •	Protein 4

Chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion. Contains allergens: Soy, milk.

#### SOUTHWEST CHILI MIX (2 cans)

#### **Nutrition Facts** Serving Size: 1/3 Cup (49g) Dry Servings Per Container: 34 Amount Per Serving Calories 160 Calories from Fat 0 % Daily Value\* Total Fat Og 0% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium 950mg 40% Total Carbohydrate 31g 10% Dietary Fiber 8g 34% Sugars 4g Protein 8g Vitamin A 10% • 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 20g Saturated Fat Less than 25g Cholesterol Less than 300mg 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300g 375g

## **INGREDIENTS:**

Dietary Fiber

Pinto beans, red beans (small precooked), modified food starch, chopped onion, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), red and green bell peppers, dehydrated tomato paste, salt, chili pepper powder, sugar, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), xanthan gum, garlic powder, cumin, caramel color Contains allergen: Soy.

Calories per gram: Fat 9 • Carbs 4 • Protein 4

#### **BLACK TURTLE BEANS**

(2 cans)

Nutri	tic	on	Fa	cts	
Serving Size Servings Pe				Dry	
Amount Per Ser	ving				
Calories 150	) (	Calc	ries fron	n Fat O	
			% Da	aily Value*	
Total Fat 0	g			0%	
Saturated	Fat	0g		0%	
Trans Fat					
Cholesterol	0m	n		0%	
	-			0%	
Total Carbo			29g	10%	
Dietary Fil	oer 1	l0g		40%	
Sugars Og	1				
Protein 10g					
Vitamin A	0%	•	Vitamin C	0%	
Calcium	2%	•	Iron	10%	
*Percent Daily calorie diet. Yo lower dependir	ur dai ng on	ly val	ues may be calorie nee	higher or ds.	
			2,000	2,500	
Total Fat Saturated Fat	Less		65g 20g	80g 25g	
	-000	criari	209		
	Less	than	300ma	300mg	
			300mg 2,400mg		
Cholesterol	Less			-	
Cholesterol Sodium	Less		2,400mg	2,400mg	

**INGREDIENTS:** Black Turtle Bean

30g

25g

#### **CHICKEN GRAVY MIX** (2 cans)

<b>Nutrition Facts</b>
Serving Size: 1/4 Cup (30g) Dry Servings Per Container: 38
Amount Per Serving

Amount Per Ser	ving				
Calories 100	2	Calc	ories fror	n Fat 5	
% Daily Value*					
Total Fat 0.	5g			1%	
Saturated	Fat	0g		0%	
Trans Fat	0g				
Cholesterol	Om	g		0%	
Sodium 710	mg			30%	
Total Carbo	hydı	ate	23g	8%	
Dietary Fil	oer (	Эg		0%	
Sugars 2g					
Protein 1g					
Vitamin A	0%	•	Vitamin C	2%	
Calcium	0%	•	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.					
	Cal	ories	2,000	2,500	
Total Fat	Less	than	65g	80g	
Saturated Fat	Less	than	20g	25g	
outuratou i at					
Cholesterol	Less			300mg	
Cholesterol Sodium	Less		2,400mg	2,400mg	
Cholesterol	Less			2,400mg 375g	
Cholesterol Sodium	Less		2,400mg	2,400mg 375g	

**INGREDIENTS:** Corn starch, maltodextrin, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), yeast extract, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anticaking agent]), creamer (maltodextrin, palm oil), parsley, dehydrated onion, salt, white pepper Contains allergens: Soy and milk.

#### **ORANGE DELIGHT DRINK MIX** (2 cans)

Nutri	tic	<b>&gt;n</b>	Fa	cts
Serving Size	e: 2 1	bsp	(26g) [	Dry
Servings Pe	r Co	ntai	ner: 99	
Amount Day Car	!			
Amount Per Ser	5	~ .		
Calories 100	0 (	Calo	ries fror	n ⊢at 0
			% Da	aily Value*
Total Fat 0	g			0%
Saturated	Fat	0g		0%
Trans Fat	0g			
Cholesterol	Om	g		0%
Sodium Om	g			0%
Total Carbo	hydi	ate	25g	8%
Dietary Fil	ber (	Ŋg		0%
Sugars 24	a			
Protein Og	5			
Vitamin A	0%		Vitamin (	100%
Calcium	0%	•	Iron	0%
*Percent Daily calorie diet. Yo lower dependir	ur dai ng on	ly val	ues may be	higher or
Total Fat	Less	than	65a	80a
Saturated Fat			20g	25g
Cholesterol	Less	than	-	300mg
Sodium	Less	than	2,400mg	2,400mg
Total Carbohyd	rate		300g	375g
Dietary Fiber			25g	30g
				Protein 4

INGREDIENTS:

Sugar, citric acid, natural and artificial orange flavors, sodium citrate, ascorbic acid, FD&C Yellow #6, FD&C Red #40.

#### BLUEBERRY **PANCAKE MIX**

(2 cans)	(2 cans)
<b>Nutrition Facts</b>	Nutrition Facts
Serving Size: 1/2 Cup (79g) Dry	Serving Size: 1/4 Cup (34g) Dry
Servings Per Container: 19	Servings Per Container: 48
Amount Per Serving	Amount Per Serving
Calories 290 Calories from Fat 20	
% Daily Value*	
Total Fat 2.5g 4%	·     ································
Saturated Fat 1.5g 8%	Saturated Fat Og 0%
Trans Fat Og	Trans Fat Og
Cholesterol 15mg 4%	Cholesterol Omg 0%
Sodium 700mg 29%	Sodium 270mg 11%
Total Carbohydrate 56g 19%	Total Carbohydrate 24g 8%
Dietary Fiber 2g 6%	
Sugars 11g	Sugars 2g
Protein 7g	Protein 4g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 15% • Iron 25%	Calcium 0% • 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	Calories 2,000 2,500
Total Fat Less than 65g 80g	Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g	
Cholesterol Less than 300mg 300mg	
Sodium Less than 2,400mg 2,400mg	
Total Carbohydrate 300g 375g	
Dietary Fiber 25g 30g	
Calories per gram: Fat 9 • Carbs 4 • Protein 4	Calories per gram: Fat 9 • Carbs 4 • Protein 4

## **INGREDIENTS:**

soybean oil, natural and artificial flavor. Contains allergens: Milk, eggs, soy and wheat.

Cake flour (bleached wheat flour, niacin, iron [reduced iron], thiamine mononitrate, riboflavin, folic acid), artificial blueberry bits (dextrose, hydrogenated palm oil, corn flour, artificial flavor, blue #2 lake, red #40 lake), sugar, soy flour, dextrose, buttermilk powder, corn starch, baking soda, sodium acid pyrophosphate, salt, monocalcium phosphate, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]),

#### HONEY WHEAT **BREAD & ROLL MIX** (2 cans)

Amount Per Servi	ng
Calories 120	Calories from Fat 10
	% Daily Value*
Total Eat 1g	1%

Total Fat 1	g		1%
Saturated	Fat Og		0%
Trans Fat	0g		
Cholestero	l Omg		0%
Sodium 27	Omg		11%
Total Carbo	ohydrate	24g	8%
Dietary Fi	iber 2g		8%
Sugars 2g	3		
Protein 4g			
Vitamin A	0% •	Vitamin C	: 0%
Vitamin A Calcium	0% • 0% •	Vitamin C Iron	C 0%
	0% • values are our daily val	Iron based on ues may be	8% a 2,000 higher o
*Percent Daily calorie diet. Yo	0% • values are our daily val	based on ues may be calorie nee	8% a 2,000 higher o
Calcium *Percent Daily calorie diet. Yo lower dependi Total Fat	0% • values are our daily val ing on your Calories Less than	lron based on ues may be calorie nee 2,000 65g	8% a 2,000 higher of ds. 2,500 80g
Calcium *Percent Daily calorie diet. Yo lower dependi	0% • values are our daily val ing on your Calories Less than Less than Less than	Iron based on ues may be calorie nee 2,000 65g 20g 300mg	8% a a 2,000 higher or ds. 2,500 80g 25g 300mg
Calcium *Percent Daily calorie diet. Yo lower dependi Total Fat Saturated Fat	0% • values are our daily val ing on your Calories Less than Less than Less than Less than	Iron based on ues may be calorie nee 2,000 65g 20g	8% a 2,000 higher or ds. 2,500 25g 300mg 2,400mg
Calcium *Percent Daily calorie diet. Y lower dependi Total Fat Saturated Fat Cholesterol Sodium	0% • values are our daily val ing on your Calories Less than Less than Less than Less than	Iron based on ues may be calorie nee 2,000 65g 20g 300mg 2,400mg	8% a 2,000 higher o ds. 2,500 250 300mg 2,400mg

## **INGREDIENTS:**

Unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), whole wheat flour, wheat bran, brown sugar, vital wheat gluten, salt, sugar, soybean oil, nonfat dry milk, honey powder (refinery syrup, honey), dough enhancer (bleached wheat flour, malted barley flour, niacin, iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid), whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), lecithin powder (liquid lecithin, defatted soy flour, dolomite).

Contains allergens: Milk, eggs, soy and wheat..

#### **CHEESY BROCCOLI** SOUP MIX (2 cans & 2 pouches)

**Nutrition Facts** Serving Size: 1/3 Cup (46g) Dry Servings Per Container: 33

Amount Per Servin	ng	
Calories 190	Calories from Fat	t 60

Calories 1	90 C	alor	ies from Fa	at 60
			% Daily	Value*
Total Fat	7g			11%
Saturate	d Fat	4g		19%
Trans Fa	t Og			
Cholester	ol 5mg	g		2%
Sodium 9	80mg			41%
Total Carbohydrate 28g 9%			9%	
Dietary Fiber less than 1g 39			3%	
Sugars 8	}g			
Protein 4	9			
Vitamin A	2%	•	Vitamin C	50%
Calcium	10%	•	Iron	4%
*Percent Dail		c ard	based on a	2 000

*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	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydrate 300g 375g					
Dietary Fiber		25g	30a		

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## INGREDIENTS:

Contains allergens: Soy and milk.

DEHYDRATED

Creamer (maltodextrin, palm oil), cheese base (whey, buttermilk solids, cheeses [granular and cheddar {pasteurized milk, cheese culture, salt, enzymes}], whey protein concentrate, salt, sodium phosphate, citric acid, FD&C Yellow #5, FD&C Yellow #6, lactic acid, enzyme), modified food starch, broccoli, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), maltodextrin, chopped onion, celery, salt, yeast

extract, onion powder, parsley flakes, sweet whey.

#### **CREAM OF CHICKEN** SOUP MIX (2 cans)

Nutrition <b>F</b>	<b>Facts</b>
Serving Size: 1/3 Cup (4 Servings Per Container:	•••••
Amount Per Serving	
Calories 210 Calories	from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat Og	
Cholesterol Omg	0%
-	

Cholesterol	Unig					0%
Sodium 99	0mg					41%
Total Carbo	hydra	ate	29g			10%
Dietary Fi	ber 0	g				0%
Sugars 2g	J					
Protein 1g						
Vitamin A	8%	•	Vitami	n C		4%
Calcium	2%	•	Iron			2%
*Percent Daily	values	are	based	on	а	2,000

Calcium	2% •	Iron	2%
*Percent Daily calorie diet. Yo lower dependir	ur daily val	ues may be	higher or
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohyd	rate	300g	375g
Dietary Fiber		25g	30g
Calories per gra	m: Fat 9 •	Carbs 4 •	Protein 4

# INGREDIENTS:

parsley flakes.

Creamer (maltodxtrin, palm oil, contains 2% or less of the following: sodium caseinate, dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor, annatto extract, sodium hexmetaphosphate), modified food starch, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices,

turmeric, dehydrated parsley, silicon dioxide), chopped onion, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken

stock, natural flavor, chicken fat, silicon dioxide [anticaking agent]), celery slices, non-iodized salt, carrot shreds, natural flavoring, onion powder,

Contains allergens: Soy and milk.

#### POWDER (1 can) Nutrition Facts Serving Size: 1/4 Cup (34g) Dry Servings Per Container: 43 Amount Per Serving Calories 120 Calories from Fat 25 % Daily Value\* Total Fat 2.5g Saturated Fat 1.5g Trans Fat Og Cholesterol 15mg Sodium 820mg 34% Total Carbohydrate 21g Dietary Fiber Og Sugars 11g Protein 5g

4%

8%

4%

7%

1%

CHEESE BLEND

2% • Vitamin C Vitamin A 0% Calcium 15% • Iron 2% \*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 Less than 300mg 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300g 375g 30g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4

#### **INGREDIENTS:** Cheese powder (whey, buttermilk solids, cheeses [granular and cheddar {pasteurized milk, cheese culture, salt, enzymes}], whey protein concentrate, socke flavoring, thiamine hydrochloride, dextrose, salt, sodium phosphate, citric acid, FD&C yellow #5, FD&C yellow #6, lactic acid, enzymes),

modified corn starch, creamer (maltodextrin, palm Contains allergens: Soy.

Contains allergens: Milk.

oil) silicon dioxide

**CHICKEN FLAVORED** VEGETARIAN MEAT SUBSTITUTE (1 can)

	ving	Amount Per Serving						
Calories 90 Calories from Fat 30								
			% Da	aily Value				
Total Fat 3	9			5%				
Saturated	Fat	0g		0%				
Trans Fat	0g							
Cholesterol	Omo	a		0%				
Sodium 550	)ma	-		23%				
Total Carbo		ate	70	2%				
Dietary Fil			<i>,</i> 9	14%				
		<b>T</b> 9		1470				
	Sugars 2g							
Protein 11g								
Vitamin A	0%	•	Vitamin C	: 0%				
Calcium	6%	•	Iron	10%				
*Percent Daily calorie diet. Yo lower dependir	ur dail ng on	y val	ues may be	higher o				
Total Fat	Less	than	65g	809				
	Less	than	20g	259				
Saturated Fat		than	300mg	300mg				
Cholesterol								
Cholesterol Sodium	Less	than	2,400mg					
Cholesterol	Less	than	2,400mg 300g 25g	2,400mg 375g 30g				

disodium inosinate, disodium guanylate.

**CHOPPED ONIONS** (1 can) Nutrition Facts Serving Size: 1 Tsp (3g) Dry Servings Per Container: 217 Amount Per Serving Calories 10 Calories from Fat 0 % Daily Value\* Total Fat Og 0% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium Omg 0% Total Carbohydrate 2g 1% Dietary Fiber Og 1% Sugars 1g Protein Og Vitamin A 0% • Vitamin C 4% Calcium 0% • 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 Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300g 375g 30g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4

**INGREDIENTS:** Dehvdrated onions

#### DEHYDRATED **APPLE SLICES** (1 can)

Nutri	tio	on	Fa	cts			
Serving Size: 1/2 Cup (17g) Dry							
Servings Pe	Servings Per Container: 32						
Amount Per Ser							
Calories 60	Calories 60 Calories from Fat 0						
			% E	Daily Value*			
Total Fat 0	g			0%			
Saturated	Fat	0g		0%			
Trans Fat	0g						
Cholesterol	0m	g		0%			
Sodium 65r	ng			3%			
Total Carbo	hyd	rate	16g	5%			
Dietary Fiber 2g 8%			8%				
Sugars 9g							
Protein Og							
Vitamin A	0%		Vitamin	C 2%			
Calcium	0%	•	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.							
-	Ca	lories	2,000	2,500			
Total Fat		than	659				
Saturated Fat			209				
Cholesterol		than	300mg	,			
Sodium		than	2,400mg				
Total Carbohyd	rate		300g	,,			
	Dietary Fiber 25g 30g						
Calories per gra	m: Fa	at 9 •	Carbs 4	Protein 4			

INGREDIENTS: Dehydrated apple slices and sodium sulfite.

#### **FD BROCCOLI FLORETS & STEMS**

(1 can)
<b>Nutrition Facts</b>
Serving Size: 1/2 Cup (7g) Dry Servings Per Container: 28

Amount Per Serving						
Calories 20	C	Calo	ries fror	n Fat O		
% Daily Value*						
Total Fat Og 0%						
Saturated Fat Og 09						
Trans Fat	0g					
Cholesterol	0mg	9		0%		
Sodium 20	mg			1%		
Total Carbo	hydr	ate	4g	1%		
Dietary Fil	ber 2	g	-	9%		
Sugars 1g	<u></u>					
Protein 2g						
Protein 2g	20%	•	Vitamin (	C 110%		
Protein 2g	20% 4%	•	Vitamin ( Iron	C 110% 4%		
Protein 2g Vitamin A	4% values ur daily	y val	lron based or ues may be	4% a 2,000 e higher or		
Protein 2g Vitamin A Calcium *Percent Daily calorie diet. Yo	4% values ur daily	y val /our	lron based or ues may be	4% a 2,000 e higher or		
Protein 2g Vitamin A Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat	4% values our daily ng on y Calc Less t	y val /our ories :han	Iron based or ues may be calorie nee 2,000 65g	4% a a 2,000 e higher or eds. 2,500 80g		
Protein 2g Vitamin A Calcium *Percent Daily calorie diet. Yo lower dependir	4% values our daily ng on y Calc Less t	y val /our ories :han	Iron based or ues may be calorie nee 2,000	4% a a 2,000 e higher or eds. 2,500 80g		
Protein 2g Vitamin A Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat	4% values our daily ng on y Calc Less t Less t	y val /our ories than than	Iron based or ues may be calorie nee 2,000 65g	4% a a 2,000 a higher or ads. 2,500 80g 25g		
Protein 2g Vitamin A Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat	4% values our daily ng on y Calc Less t Less t	y val /our cries :han :han :han	Iron based or ues may be calorie nee 2,000 65g 20g	4% a a 2,000 a higher or eds. 2,500 80g 25g 300mg		
Protein 2g Vitamin A Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol	4% values ur daily ng on y Calc Less t Less t Less t	y val /our cries :han :han :han	Iron based or ues may be calorie nee 2,000 65g 20g 300mg	4% a 2,000 e higher or eds. 2,500 80g 25g 300mg 2,400mg		
Protein 2g Vitamin A Calcium *Percent Daily calorie diet. Yo lower dependin Total Fat Saturated Fat Cholesterol Sodium	4% values ur daily ng on y Calc Less t Less t Less t	y val /our cries :han :han :han	Iron based or ues may be calorie nee 2,000 65g 20g 300mg 2,400mg	4% a 2,000 e higher or eds. 2,500 80g 25g 300mg 2,400mg		

**INGREDIENTS:** Freeze dried broccoli florets & stems.

#### DEHYDRATED DICED BELL PEPPERS (RED & GREEN) POWDER (1 can)

Nutrition Facts Serving Size: 1 Tbsp (5g) Dry Servings Per Container: 113 Amount Per Serving Calories 15 Calories from Fat 0 % Daily Value\* Total Fat Og 0% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% 0% Sodium 5mg Total Carbohydrate 4g 1% Dietary Fiber 1g 3% Sugars 1g Protein 1g Vitamin A 20% • Vitamin C 160% Calcium 0% • Iron 2% \*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs 2,000 Calories 2,500

Saturated Fat Less than 25g Less than 300mg Cholesterol 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300g 375g 30g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** 

Less than

65g

20g

80g

Total Fat

Red and green diced bell peppers, dehydrated. Contains allergens: Processed in a plant that handles wheat, egg, milk, soybean, peanut, cashew, walnut, and almond products.

## SHORTENING (1 can)

Nutrition Facts Serving Size: 1 Tbsp (7g) Dry Servings Per Container: 178 Amount Per Serving Calories 50 Calories from Fat 45 % Daily Value\* Total Fat 5g 8% Saturated Fat 2.5g 13% Trans Fat Og Cholesterol Omg 0% Sodium 15mg 1% Total Carbohydrate 1g 0% Dietary Fiber Og 0% Sugars Og Protein Og Vitamin A 0% • Vitamin C 0% Calcium 0% • 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 2,000 Calories 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Less than 2.400mg 2.400mg Sodium Total Carbohydrate 300g 375g 25g Dietary Fiber 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** 

Creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide). Contains allergens: Milk.

#### HONEY POWDER (1 can)

Nutri	tic	<b>on</b>	Fa	cts		
Serving Size: 1 Tsp (4g) Dry						
Servings Per Container: 340						
Amount Per Serving						
Calories 15	(	Calc	ries fron	n Fat O		
			% Da	ily Value*		
Total Fat O	g			0%		
Saturated	Fat	0g		0%		
Trans Fat	0q					
Cholesterol	- 5	~		0%		
		9				
Sodium Om	-			0%		
Total Carbo	hydı	ate	4g	1%		
Dietary Fiber Og 0%						
Sugars 4g						
Protein Og						
Vitamin A	0%	•	Vitamin C			
Calcium	0%	•	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.						
	Cal	ories	2,000	2,500		
Total Fat	Less		65g	80g		
Saturated Fat			20g	25g		
	Less					
Sodium		than	2,400mg			
Total Carbohyd	rate		300g			
Dietary Fiber	-		25g	30g		
Calories per gra	m: Fa	t 9 •	Carbs 4 •	Protein 4		

INGREDIENTS: Honey powder (refinery syrup, honey), fructose

#### SUPER NUTTY GRANOLA

BUTTER	POWDER
(1 can)	

(1 can)						
Nutri	tic	on	Fa	cts		
Serving Size: 1/2 Cup (55g) Dry Servings Per Container: 24						
Amount Per Serving						
Calories 25	0 C	alor	ies from	Fat 90		
			% Da	ily Value*		
Total Fat 10	)g			16%		
Saturated	Fat	2g		10%		
Trans Fat	0g					
Cholesterol	0m	a		0%		
Sodium 55r	-	5		2%		
	-		750			
Total Carbohydrate 35g 12%						
Dietary Fil		49		18%		
Sugars 6g						
Protein 6g						
Vitamin A	0%	•	Vitamin C	: 0%		
Calcium	2%	•	Iron	10%		
*Percent Daily calorie diet. Yo lower dependir	ur dai ng on	ly val your	ues may be calorie nee	higher or ds.		
	Cal	ories	2,000	2,500		
Total Fat		than	65g	80g		
Saturated Fat Cholesterol			20g 300mg	25g 300ma		
Sodium			2,400mg			
Total Carbohyd			2,400mg	375a		
Dietary Fiber			25g	30g		
Calories per gra	m: Fa	at 9 •	Carbs 4 •	Protein 4		

**INGREDIENTS:** 

#### Whole rolled oats, milled cane sugar, vegetable oil (canola and/or safflower and/or sunflower oil), molasses, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, salt, natural flavor, cardamom seed, fennel seed, fenugreek seed, nutmeg.

Contains allergens: Coconut, cashews, walnuts and almonds. May contain other tree nuts, wheat, and soy.

#### **Nutrition Facts** Serving Size: 1 Tbsp (5g) Dry Servings Per Container: 204 Amount Per Serving Calories 35 Calories from Fat 30 % Daily Value\* Total Fat 3.5g 5% Saturated Fat 2g 11% Trans Fat Og Cholesterol 10mg 3% Sodium 45mg 2% Total Carbohydrate 1g 0% Dietary Fiber Og 0% Sugars 1g Protein 1g Vitamin A 4% • Vitamin C 0% Calcium 2% • 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 Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300g 375g 30g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:**

Butter (cream, water, salt), nonfat milk, tocopherols, ascorbyl palmitate. Contains allergens: Milk.