

Organic Old Fashioned Oatmeal

Nutrition Facts10 servings per container
Serving size 1/2 cup (45g)Amount per serving
Calories 170

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	16%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 2mg	2%
Iron 1.9mg	10%
Potassium 160mg	4%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Rolled Oats.

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT,

NET WT. 15.9 oz (450 g)
3 Pouches

Preparation Instructions for each serving: Bring 1 cup water to a boil. Stir in 1/2 cup Organic Old Fashioned Oatmeal and simmer 5 minutes. Remove from heat and allow to cool 2-3 minutes before

For Optimal Shelf Life

Store product in a dry, cool, and dark location. Optimal storage temperature is 55°F (12.7°C).

Organic White Cheddar Broccoli Soup

Nutrition Facts4 servings per container
Serving size 1/3 cup (33g)Amount per serving
Calories 170

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 7g	33%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 760mg	33%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 0.2mg	2%
Potassium 530mg	10%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Non-dairy Creamer (Organic Palm Oil, Organic Skim Milk Solids, Organic Rice Syrup Solids, Sodium Citrate, Tricalcium Phosphate, Organic Soy Lecithin), Organic Cornstarch, Organic Sweet Whey, Organic Cheddar Cheese (Pasteurized Organic Milk, Salt, Cheese Culture, Enzymes), Sea Salt, Organic Onions, Organic Broccoli, Xanthan Gum, Organic Parsley, Organic Cane Sugar, Organic Black Pepper, Organic Paprika.

CONTAINS: MILK

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT,

NET WT. 4.66 oz (132 g)
5 Pouches

Preparation Instructions: Bring 4 cups water to a boil. Stir in contents of pouch and simmer 10-12 minutes, stirring often. Remove from heat and allow to cool 2-3 minutes before serving.

Organic Pasta Primavera

Nutrition Facts4 servings per container
Serving size 2/3 cup (74g)Amount per serving
Calories 350

	% Daily Value*
Total Fat 18g	23%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 750mg	33%
Total Carbohydrate 38g	14%
Dietary Fiber 5g	19%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 230mg	20%
Iron 2.1mg	10%
Potassium 500mg	10%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Pasta (Organic Whole Durum Wheat Flour, Organic Milled Flaxseed), Organic Non-dairy Creamer (Organic Palm Oil, Organic Skim Milk Solids, Organic Rice Syrup Solids, Sodium Citrate, Tricalcium Phosphate, Organic Soy Lecithin), Organic Cornstarch, Organic White Cheddar Cheese (Pasteurized Organic Milk, Salt, Cheese Culture, Enzymes), Organic Crimini Mushroom Powder, Organic Dehydrated Vegetables (Peas, Broccoli, Tomatoes), Sea Salt, Organic Garlic, Organic Spices.

CONTAINS: WHEAT, MILK, SOY

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT,

NET WT. 10.5 oz (299 g)
5 Pouches

Preparation Instructions: Bring 4 cups water to a boil. Stir in contents of pouch and simmer 12-15 minutes, stirring often. Remove from heat and allow to cool 2-3 minutes before serving.

Organic Pineapple Chipotle Chili

Nutrition Facts4 servings per container
Serving size 2/3 cup (61g)Amount per serving
Calories 200

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 39g	14%
Dietary Fiber 10g	37%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 5.8mg	30%
Potassium 380mg	8%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Pre-cooked Pinto and Black Beans, Organic Spray Dried Tomato Powder, Organic Cornstarch, Organic Pineapple Dices, Organic Dehydrated Vegetables (Onions, Red & Green Bell Peppers, Tomatoes), Organic Chili Powder, Organic Cane Sugar, Organic Spices, Organic Garlic Powder, Sea Salt, Organic Caramel Color, Organic Onion Powder.

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, TREE NUTS AND PEANUTS
NET WT. 8.72 oz (247 g)
5 Pouches

Preparation Instructions: Bring 4 cups water to a boil. Stir in contents of pouch and simmer 15-20 minutes, stirring often. Remove from heat and allow to cool 2-3 minutes before serving.

Distributed by: Wise Company
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