

# CHEESY BROCCOLI AND RICE SOUP



## CHEESY BROCCOLI AND RICE SOUP

### Nutrition Facts

4 servings per container

**Serving size** 1/3 Cup (71g) Dry  
(about 1 Cup prepared)

Amount per serving

**Calories** 270

% Daily Value\*

**Total Fat** 4.5g 6%

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 630mg 27%

**Total Carbohydrate** 51g 19%

Dietary Fiber 1g 4%

Total Sugars 12g

Includes 0g Added Sugars 0%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 144mg 10%

Iron 2mg 10%

Potassium 505mg 10%

\* The % Daily Value 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.



This convenient pouch contains an oxygen absorber. Discard the absorber immediately upon opening.

1

Open pouch and remove oxygen absorber.

2

Bring 4 1/2 cups of water to a boil.

3

Whisk contents of pouch into water.

4

Reduce heat to medium and continue cooking for 12 to 15 minutes, stirring frequently.

5

Remove from heat and let stand for 2 to 3 minutes to thicken before serving.

**INGREDIENTS:** Parboiled rice, whey, corn starch, creamer (palm oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, contains 2% or less of each of the following: mono and diglycerides, sodium aluminosilicate), natural cheddar cheese flavor, nonfat dry milk, broccoli, onions, yeast extract, onion powder, garlic, salt, annatto. **Contains: Milk.**

Manufactured in a facility that processes eggs, milk, peanuts, soy, tree nuts, and wheat.

Contains a bioengineered food ingredient.

Distributed by Ready Hour, LLC  
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Salt Lake City, UT 84104  
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# STRAWBERRY FLAVORED CREAMY WHEAT

## Nutrition Facts

8 servings per container

Serving size 1/4 Cup (46g) Dry  
(about 1 Cup prepared)

Amount per serving

**Calories** 180

% Daily Value\*

Total Fat 2.5g 3%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 36g 13%

Dietary Fiber 1g 4%

Total Sugars 10g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 0mg 0%

Potassium 71mg 2%

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# READY HOUR



This convenient pouch contains an oxygen absorber.  
Discard the absorber immediately upon opening.

**1**

Open pouch and remove oxygen absorber.

**2**

Boil 8 Cups of water.

**3**

Slowly add contents of entire pouch, stirring constantly.

**4**

Reduce heat to medium and cook 10 minutes or until thickened, stirring frequently.

**INGREDIENTS:** Farina (wheat), sugar, coconut creamer (hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono & diglycerides, silicon dioxide, soy lecithin), natural and artificial strawberry flavor (maltodextrin, sugar, natural and artificial flavor, modified corn starch, potassium benzoate [preservative], sulfites), non-iodized salt, natural red coloring (carmine, caramel color, and maltodextrin).  
**Contains:** Milk, Soy, Wheat.

# ORANGE ENERGY DRINK MIX

## Nutrition Facts

8 servings per container

**Serving size** 3 Tbsp (41g) Dry  
(about 1 cup prepared)

Amount per serving

**Calories** 150

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 41g 15%

Dietary Fiber 0g 0%

Total Sugars 38g

Includes 38g Added Sugars 76%

Protein 0g

Vitamin D 3mcg 15%

Calcium 10mg 0%

Iron 0mg 0%

Potassium 21mg 0%

Vitamin A 111mg 10%

Vitamin C 95mg 110%

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| YIELD    | Drink Mix | Water  |
|----------|-----------|--------|
| 1 Glass  | 3 Tbsp    | 1 Cup  |
| 1 Quart  | 3/4 Cup   | 4 Cups |
| 2 Quarts | 1 Pouch   | 8 Cups |

**1**

Open pouch and remove oxygen absorber.

**2**

Before each use, shake re-sealed pouch well.

**3**

Mix drink mix with water according to chart above until powder is dissolved.

**4**

Chill 3 to 4 hours before serving (optional).

**INGREDIENTS:** Sugar, citric acid, whey, natural and artificial orange flavor (maltodextrin; natural and artificial flavors, propylene glycol, ammoniated glycyrrhizin, and dl-alpha-tocopherol), sodium citrate, ascorbic acid, nonfat dry milk, yellow #6, vitamin A palmitate, silicon dioxide, vitamin D3, red #40. **Contains: Milk.**

# MAPLE GROVE OATMEAL

## Nutrition Facts

8 servings per container

Serving size 1/2 Cup (58g) Dry  
(about 2/3 Cup prepared)

Amount per serving

**Calories** **230**

% Daily Value\*

|                           |     |
|---------------------------|-----|
| Total Fat 4g              | 5%  |
| Saturated Fat 2g          | 10% |
| <i>Trans</i> Fat 0g       |     |
| Cholesterol 0mg           | 0%  |
| Sodium 130mg              | 6%  |
| Total Carbohydrate 42g    | 15% |
| Dietary Fiber 4g          | 14% |
| Total Sugars 14g          |     |
| Includes 14g Added Sugars | 28% |
| Protein 7g                |     |
| Vitamin D 0mcg            | 0%  |
| Calcium 24mg              | 2%  |
| Iron 2mg                  | 10% |
| Potassium 200mg           | 4%  |

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# READY HOUR



This convenient pouch contains an oxygen absorber.  
Discard the absorber immediately upon opening.

**1**

Open pouch and remove oxygen absorber.

**2**

Whisk contents of pouch into 8 Cups boiling water.  
**Single serving:** use 1/2 cup of oatmeal for every 1 cup of boiling water.

**3**

Cook 2 to 3 minutes, stirring occasionally.

**4**

Remove from heat and let stand 2-3 minutes to thicken before serving.

**INGREDIENTS:** Quick oats, sugar, creamer (hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono & diglycerides, silicon dioxide, soy lecithin), natural and artificial maple flavor (dextrose, maltodextrin, less than 2% silicon dioxide added to prevent caking), brown sugar, non-iodized salt. **Contains:** Milk, Soy.



# LONG GRAIN WHITE RICE

## Nutrition Facts

10 servings per container

Serving size **1/4 Cup (47g) Dry**  
(about 3/4 Cup prepared)

Amount per serving

**Calories 170**

% Daily Value\*

|                          |     |
|--------------------------|-----|
| Total Fat 0g             | 0%  |
| Saturated Fat 0g         | 0%  |
| <i>Trans</i> Fat 0g      |     |
| Cholesterol 0mg          | 0%  |
| Sodium 0mg               | 0%  |
| Total Carbohydrate 38g   | 14% |
| Dietary Fiber 0g         | 0%  |
| Total Sugars 0g          |     |
| Includes 0g Added Sugars | 0%  |
| Protein 3g               |     |
| Vitamin D 0mcg           | 0%  |
| Calcium 0mg              | 0%  |
| Iron 1mg                 | 6%  |
| Potassium 120mg          | 2%  |

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# READY HOUR



This convenient pouch contains an oxygen absorber.  
Discard the absorber immediately upon opening.

**1**

Open pouch and remove oxygen absorber.

**2**

For every 1/4 Cup of rice, add 1/2 Cup of water. If desired, add salt and butter or margarine (not included).

**3**

Bring to boil, cover, and cook on low heat for 15 to 20 minutes or until rice reaches desired tenderness.

**4**

Fluff with fork before serving.

**INGREDIENTS:** White rice (long grain rice, iron phosphate, niacin, thiamin mononitrate, and folic acid).

# MAC & CHEESE

## Nutrition Facts

4 servings per container

Serving size 1/3 Cup (85g) Dry  
(about 1 Cup prepared)

Amount per serving

**Calories** 320

% Daily Value\*

Total Fat 4.5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 790mg 34%

Total Carbohydrate 57g 21%

Dietary Fiber 2g 7%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 175mg 15%

Iron 2mg 10%

Potassium 369mg 8%

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# READY HOUR



This convenient pouch contains an oxygen absorber.  
Discard the absorber immediately upon opening.

**1**

Open pouch and remove oxygen absorber.

**2**

Whisk contents of pouch into 4 1/2 cups water.

**3**

Bring to boil, stirring occasionally.

**4**

Reduce heat to medium and continue cooking for 15-20 minutes, stirring frequently.

**5**

Remove from heat and let stand for 3 to 4 minutes to thicken before serving.

**INGREDIENTS:** Elbow macaroni (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate, riboflavin, folic acid), cheddar cheese seasoning (cheddar cheese [cultured pasteurized milk, salt, enzyme], whey, dry buttermilk, salt, citric acid, paprika, extractives of annato and turmeric), whey, modified food starch, non-iodized salt, sugar, lactic acid.

**Contains Milk, Wheat.**

# CREAMY CHICKEN FLAVORED RICE

## Nutrition Facts

4 servings per container  
**Serving size 2/3 Cup (106g) Dry**  
(about 1 Cup prepared)

Amount per serving  
**Calories 490**

% Daily Value\*

**Total Fat** 23g 29%

Saturated Fat 11g 55%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 550mg 24%

**Total Carbohydrate** 64g 23%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 1g Added Sugars 2%

**Protein** 7g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 2mg 10%

Potassium 524mg 10%

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## CREAMY CHICKEN FLAVORED RICE



This convenient pouch contains an oxygen absorber.  
Discard the absorber immediately upon opening.

**1**

Open pouch and remove oxygen absorber.

**2**

Bring 5 Cups of water to a boil.

**3**

Whisk in entire contents of the pouch.

**4**

Reduce heat to medium and continue cooking for 20 minutes, stirring frequently.

**5**

Remove from heat and let stand for 2 to 3 minutes to thicken before serving.

**INGREDIENTS:** Parboiled Rice, Creamer (Palm Oil, Corn Syrup Solids, Sodium Caseinate [a milk derivative], Dipotassium Phosphate, Contains 2% or less of each of the following: Mono and Diglycerides, Sodium Aluminosilicate), Corn Starch, Yeast Extract, Natural Butter Flavor, Salt, Onion Powder, Garlic, Celery Seed, Parsley, Turmeric. **Contains: Milk.**

# HOMESTYLE POTATO SOUP

## Nutrition Facts

4 servings per container  
Serving size 1/2 Cup (65g) Dry  
(about 1 cup prepared)

| Amount per serving            |                       |
|-------------------------------|-----------------------|
| <b>Calories</b>               | <b>290</b>            |
|                               | <b>% Daily Value*</b> |
| <b>Total Fat</b> 12g          | 15%                   |
| Saturated Fat 6g              | 30%                   |
| <i>Trans Fat</i> 0g           |                       |
| <b>Cholesterol</b> 0mg        | 0%                    |
| <b>Sodium</b> 540mg           | 23%                   |
| <b>Total Carbohydrate</b> 42g | 15%                   |
| Dietary Fiber 1g              | 4%                    |
| Total Sugars 5g               |                       |
| Includes 1g Added Sugars      | 2%                    |
| <b>Protein</b> 4g             |                       |
| Vitamin D 0mcg                | 0%                    |
| Calcium 57mg                  | 4%                    |
| Iron 1mg                      | 6%                    |
| Potassium 641mg               | 15%                   |

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## HOMESTYLE POTATO SOUP



This convenient pouch contains an oxygen absorber.  
Discard the absorber immediately upon opening.

**1**

Open pouch and remove oxygen absorber.

**2**

Bring 4 1/2 Cups of water to a boil.

**3**

Whisk in entire contents of pouch.

**4**

Reduce heat to medium and continue cooking for 15-20 minutes, stirring frequently.

**5**

Remove from heat and let stand for 2 to 3 minutes to thicken before serving.

**INGREDIENTS:** Potatoes, Creamer (Palm Oil, Corn Syrup Solids, Sodium Caseinate [a milk derivative] Dipotassium Phosphate, Contains 2% or less of each of the following: Mono and Diglycerides, Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, BHA), Corn Starch, Whey, Sugar, Onions, Natural Butter Flavor, Yeast Extract, Salt, Onion Powder, Garlic, Celery Seed, Parsley. **Contains: Milk.**