

BUTTERMILK PANCAKES

Nutrition Facts

10 servings per container

Serving size 1/3 Cup (46g) Dry
(about 3, 4" pancakes)

Amount per serving

Calories 160

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 111mg	8%
Iron 3mg	15%
Potassium 112mg	2%

* 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.

YIELD 4" Pancakes	Pancake Mix	Cold Water
3 Pancakes	1/3 Cup	1/4 Cup
9 Pancakes	1 Cup	3/4 Cup
18 Pancakes	2 Cups	1 1/2 Cups
30 Pancakes	Entire Pouch	2 1/2 Cups

1

Open pouch and remove oxygen absorber.

2

Preheat oiled skillet to medium-high heat.

3

Using the chart, whisk pancake mix with water. Batter will be slightly lumpy, do not over mix.

4

Cook pancakes 1 to 1 1/2 minutes per side or until golden brown, turning once.

FOR WAFFLES: Add 2 1/4 Cups pancake mix with 2 Cups water, mix in 2 Tbsp vegetable oil. Batter will be slightly lumpy, do not over mix. Cook waffles until steaming stops. Yield: 8, 7" waffles.

INGREDIENTS: Cake flour (bleached wheat flour, niacin, iron [reduced iron], thiamin mononitrate, riboflavin, folic acid), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), egg substitute (soy flour, wheat gluten, corn syrup solids, sodium alginate). **Contains: Milk, Soy, Wheat.**

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.**

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%
<i>Trans</i> 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.

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 STROGANOFF

Nutrition Facts

4 servings per container

Serving size 1/2 Cup (77g) Dry
(about 1 Cup prepared)

Amount per serving

Calories 350

% Daily Value*

Total Fat 13g 17%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 510mg 22%

Total Carbohydrate 46g 17%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 57mg 4%

Iron 2mg 10%

Potassium 468mg 10%

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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

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 20 minutes, stirring frequently.

5

Remove from heat and let stand 2-3 minutes until desired thickness is reached.

INGREDIENTS: Egg noodles (durum wheat semolina, durum wheat flour, eggs, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), 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, sour cream powder, cultured cream [cream, nonfat milk, culture, enzymes] salt, lactic acid, vitamin E, vitamin C added to preserve freshness), mushroom powder, natural butter flavor, yeast extract, whey, onions, salt, onion powder, garlic, mushrooms. **Contains Egg, Milk, Wheat.**

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Contains a bioengineered food ingredient.

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

HOMESTYLE POTATO SOUP

Nutrition Facts

4 servings per container

Serving size 1/2 Cup (65g) Dry
(about 1 cup prepared)

Amount per serving

Calories 290

% Daily Value*

Total Fat 12g 15%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 540mg 23%

Total Carbohydrate 42g 15%

Dietary Fiber 1g 4%

Total Sugars 5g

Includes 1g Added Sugars 2%

Protein 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.**

CHEESY BROCCOLI & 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%**

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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.

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CHILI MAC

Nutrition Facts

8 servings per container
Serving size 2/3 Cup (56g) Dry
(about 1 Cup prepared)

Amount per serving
Calories **200**
% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 590mg 26%

Total Carbohydrate 39g 14%

Dietary Fiber 5g 18%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 35mg 2%

Iron 2mg 10%

Potassium 459mg 10%

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CHILI MAC



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

1

Open pouch and remove oxygen absorber.

2

Whisk contents of entire pouch into 8 Cups boiling water.

3

Reduce heat to medium and continue cooking for 20 to 30 minutes, stirring frequently.

4

Remove from heat and let stand 5 minutes before serving.

INGREDIENTS: Elbow Macaroni (Durum Wheat Semolina, Niacin, Iron [Ferrous Sulfate], Thiamin Mononitrate, Riboflavin, Folic Acid), Pinto Beans (Pinto Beans, Interesterified Soybean Oil [with TBHQ to preserve freshness], Salt), Corn Starch, Tomato Powder, Chili Powder (Chili Pepper, Spices, Salt, Silicon Dioxide, Garlic), Onion Powder, Garlic, Salt, Onions, Bell Peppers, Yeast Extract, Paprika, Cumin.
Contains: 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.**

SOUTHWEST RICE

Nutrition Facts

8 servings per container
Serving size 1/4 Cup (63g) Dry
(about 1 cup prepared)

Amount per serving
Calories 220

% Daily Value*

Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 580mg	25%
Total Carbohydrate 46g	17%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 3mg	15%
Potassium 273mg	6%

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SOUTHWEST RICE



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

1

Open pouch and remove oxygen absorber.

2

Combine 5 Cups of water with contents of pouch and bring to a boil.

3

Cover with lid and reduce heat to low.

4

Continue cooking for 20 to 25 minutes.

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), yeast extract, corn starch, onion powder, garlic, chili powder (chili peppers, spices, salt, silicon dioxide, garlic), parsley.
Contains: Milk.

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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%

Trans 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).

MUSHROOM RICE PILAF

Nutrition Facts

8 servings per container
Serving size 1/4 Cup (43g) Dry
(about 3/4 cup prepared)

Amount per serving
Calories 210

% Daily Value*

Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 43g	16%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 2mg	10%
Potassium 259mg	6%

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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 6 Cups cold water.

3

Bring to a boil, cover, reduce heat and cook for 20 minutes.

4

Let stand 3 to 5 minutes.

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, natural cheddar cheese flavor, mushroom powder, onions, salt, sugar, onion powder, garlic, mushrooms, parsley. **Contains: Milk.**

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

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Contains a bioengineered food ingredient.

IT'S BEST TO STORE THIS EMERGENCY FOOD IN A DRY, COOL LOCATION A DARK AREA, IF POSSIBLE — AT TEMPERATURES BETWEEN 55°F AND 70°F. ACTUAL SHELF LIFE MAY VARY BASED ON INDIVIDUAL STORAGE CONDITIONS.

BANANA CHIPS

Nutrition Facts

8 servings per container
Serving size 1/2 Cup (37g) Dry

Amount per serving
Calories 190

% Daily Value*

Total Fat 10g 13%

Saturated Fat 9g 45%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 24g 9%

Dietary Fiber 0g 0%

Total Sugars 8g

Includes 7g Added Sugars 14%

Protein 1g

Vitamin D 0mcg 0%

Calcium 6mg 0%

Iron 0mg 0%

Potassium 160mg 4%

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BANANA CHIPS



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

1

Open pouch and remove oxygen absorber.

2

Eat as a snack, add to cereals, granolas,
or desserts.

INGREDIENTS: Dehydrated Banana Slices (Bananas, Coconut Oil, Sugar, Banana Flavor).

CHOCOLATE PUDDING

Nutrition Facts

10 servings per container

Serving size 1/4 Cup (58g) Dry
(about 1/2 Cup prepared)

Amount per serving

Calories 240

% Daily Value*

Total Fat 8g 10%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 45g 16%

Dietary Fiber 0g 0%

Total Sugars 30g

Includes 30g Added Sugars 60%

Protein 2g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 24mg 0%

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CHOCOLATE PUDDING



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

YIELD	Pudding Mix	Water
1/2 Cup	1/3 Cup	1/2 Cup
2 Cups	1 1/3 Cups	2 Cups
5 Cups	Entire Pouch	5 Cups

1

Open pouch and remove oxygen absorber.

2

Using above chart, whisk pudding mix and cold water until creamy, about 5 to 7 minutes.

3

Pour into serving bowls. If possible for best results, chill for 30 minutes before serving.

INGREDIENTS: Sugar, Modified Food Starch, Creamer (Palm Oil, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Mono and Di-Glycerides, Sodium Silicoaluminate, Dipotassium Phosphate), Cocoa Powder, Natural Flavor, Salt. **Contains: Milk.**

Contains a bioengineered food ingredient.

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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.**