

# 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%

\* 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.

# 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



## 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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## CHEESY BROCCOLI AND RICE 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 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.

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

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Contains a biologically engineered food ingredient.

# 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.

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.

# 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.**

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# CREAMY ALFREDO PASTA

## Nutrition Facts

4 servings per container

Serving size 1/2 Cup (71g) Dry  
(about 1 Cup prepared)

Amount per serving

**Calories** **300**

% Daily Value\*

Total Fat 11g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	2%
Sodium 490mg	21%
Total Carbohydrate 45g	16%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 2mg	10%
Potassium 466mg	10%

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READY  HOUR

## CREAMY ALFREDO PASTA



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

**1**

Open pouch and remove oxygen absorber.

**2**

Bring 4 cups water to a boil.

**3**

Whisk in contents of pouch, reduce heat to medium.

**4**

Continue cooking 15 to 20 minutes, stirring occasionally.

**5**

Remove from heat and let stand 3 to 5 minutes.

**INGREDIENTS:** Lasagna noodles (durum wheat semolina, 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), whey, natural cheddar cheese flavor, corn starch, salt, garlic, yeast extract, black pepper, parsley.

**Contains Milk, Wheat.**

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# SPAGHETTI

## Nutrition Facts

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

Amount per serving  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 500mg	22%
<b>Total Carbohydrate</b> 32g	12%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 1g Added Sugars	2%
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 1mg	6%
Potassium 399mg	6%

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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 7 cups water.
- 3 Bring to a boil, stirring occasionally.
- 4 Reduce heat to medium and continue cooking for 15 to 20 minutes, stirring occasionally.
- 5 Remove from heat and let stand 5 to 6 minutes.

**INGREDIENTS:** Spaghetti (durum wheat semolina, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), tomato powder, corn starch, natural cheddar cheese flavor, onions, sugar, salt, onion powder, garlic, basil, oregano, rosemary, thyme. **Contains: Milk, Wheat.**

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# HONEY WHEAT BREAD MIX



## HONEY WHEAT BREAD MIX

### Nutrition Facts

12 servings per pouch  
Serving size 1/3 Cup (46g) Dry  
(about 1/12 loaf prepared)

Amount per serving  
**Calories** **160**

% Daily Value\*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	22%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 1mg	6%
Potassium 85mg	2%

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

1

Open pouch and remove oxygen absorber.

2

Add 1 Cup of water to entire pouch of bread mix.

3

Knead dough on floured surface until slightly tacky. Add small amount of additional water if needed.

4

Preheat oven to medium heat or 375°F. Bake 25 - 35 minutes or until thermometer reads 190°F.

5

Cool 5 to 10 minutes before transferring to wire rack.

**FOR ROLLS:** Shape dough into 1" to 2" balls and place on nonstick baking sheet. Bake 12 to 15 minutes.

**INGREDIENTS:** Whole Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Enzyme [improves yeast baking]), Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Enzyme), Honey Powder (Cane Sugar, Honey), Sugar, Leavening Agent (Sodium Acid Pyrophosphate), Non-Iodized Salt, Baking Soda. **Contains: Wheat.**

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Contains a bioengineered food ingredient.

# 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*
<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 11g	<b>55%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 64g	<b>23%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 23mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 524mg	<b>10%</b>

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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%
<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).

# MASHED POTATOES

## Nutrition Facts

8 servings per container

Serving size 1/2 Cup (34g) Dry  
(about 1 cup prepared)

Amount per serving

**Calories** **130**

% Daily Value\*

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 540mg 23%

Total Carbohydrate 24g 9%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 14mg 2%

Iron 1mg 6%

Potassium 447mg 10%

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## MASHED POTATOES



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

YIELD	Potato Flakes	Water
1 Cup	1/2 Cup	3/4 Cup
4 Cups	2 Cups	3 Cups
8 Cups	Entire Pouch	6 Cups

**1**

Open pouch and remove oxygen absorber.

**2**

Using chart above, bring water to a near boil. Remove from heat.

**3**

Whisk in potato flakes.

**4**

Let stand 1 minute, fluff with a fork, and serve.

**INGREDIENTS:** Potato Flakes (Potato, Mono and Diglycerides, Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, BHA), 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 Butter Flavor, Salt, Yeast Extract, Onion Powder, Garlic. **Contains: Milk.**

# 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%

\* 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.

# 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%

*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.



# POWDERED WHEY MILK

## Nutrition Facts

16 servings per container  
Serving size 2 Tbsp (21g) Dry  
(about 1 cup prepared)

Amount per serving  
**Calories 90**

% Daily Value\*

Total Fat 2.5g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 14g 5%

Dietary Fiber 0g 0%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 3mcg 15%

Calcium 128mg 10%

Iron 0mg 0%

Potassium 317mg 6%

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[www.ReadyHour.com](http://www.ReadyHour.com) | 888.579.7559

Contains a bioengineered food ingredient.

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

## POWDERED WHEY MILK



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

YIELD	Powdered Whey	Warm Water	Cold Water
1 Cup	2 Tbsp	1/4 Cup	3/4 Cup
1 Quart	1/2 Cup	1 Cup	3 Cups
2 Quarts	1 Cup	2 Cups	6 Cups
1 Gallon	2 Cups	1 Quart	3 Quarts

1

Open pouch and remove oxygen absorber.

2

Using chart above, dissolve indicated amount of Powdered Whey in corresponding volume of warm water. Best when mixed in a mixing pitcher or blender. Mix until powder is dissolved.

3

Add indicated amount of cold water. Mix well.

**INGREDIENTS:** Whey, Creamer (Maltodextrin, Palm Oil, contain 2% or less of each of the following: Sodium Caseinate (a milk derivative), Dipotassium Phosphate, Mono and Diglycerides (with Tocopherols, Ascorbic Acid, Citric Acid to preserve freshness), Sodium Aluminosilicate, Natural Flavor, Annatto Extract (color), Sodium Hexametaphosphate.), Nonfat Dry Milk, Xanthan Gum, Vitamin D3. **Contains: Milk.**

# RICE PUDDING

## Nutrition Facts

8 servings per container  
Serving size 1/4 Cup (58g) Dry  
(about 1/2 Cup prepared)

Amount per serving

**Calories** **260**

% Daily Value\*

<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 5g	<b>25%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 14g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 14mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 199mg	<b>4%</b>

\* 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.

# READY HOUR



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

**1**

Open pouch and remove oxygen absorber.

**2**

Add entire contents of pouch to 3 cups boiling water.  
Reduce to a simmer, stirring regularly.

**3**

Simmer for 15 minutes. Remove from heat; let stand for  
2 minutes to cool.

**4**

**SINGLE SERVING:** Boil 1/4 cup + 2 tbsp. of water and  
add 1/4 cup of dry ingredients.

**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), Sugar, Corn Starch, Natural and Artificial Flavor, Cinnamon. **Contains: Milk.**

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

# 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%**

\* 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.

## 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%

\* 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.

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.**