(6 cans)

Calories 140 Calories from Fat 5 Total Fat 0.5g Saturated Fat Og Trans Fat Og Cholesterol Omg Sodium 15mg Total Carbohydrate 31g Dietary Fiber 6g

Sugars 2g

Protein 6g

Vitamin A

Calcium

Amount Per Serving

Nutrition Facts

Serving Size: 1/4 Cup (43g) Dry

Servings Per Container: 51

Dietary Fiber less than 1g Sugars Og Protein 2g Vitamin A Calcium *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or

Total Fat

1%

0%

0%

1%

10%

23%

0%

10%

80g

25g

Nutrition Facts Serving Size: 1 Tbsp (5g) Dry Servings Per Container: 192 Calories 15 Calories from Fat 5 Total Fat 0.5g Saturated Fat Og Trans Fat Og Cholesterol Omg Sodium 115mg Total Carbohydrate 1g

0% •

2% •

lower depending on your calorie needs

Calories

Less than

Saturated Fat Less than

Vitamin C

2,000

65g

20g

300mg

300g

2,500

80g

25g

300mg

375g

Iron

1% 0% 0% 5% 0% 4% Sugars 2g Protein 7g 0% Vitamin A 2% Calcium

Nutrition Facts Serving Size: 1/2 Cup (54g) Dry Servings Per Container: 26 Calories 200 Calories from Fat 10 Total Fat 1g 1% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium Omg 0% Total Carbohydrate 40g 13% Dietary Fiber 2g 8%

Sugars 5g Protein 1g Vitamin A Calcium *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Sodium

Six Months One Person

Servings Per Container: 18 Calories 35 Calories from Fat 5 Total Fat Og 0% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium Omg 0% 2% Total Carbohydrate 5g Dietary Fiber 2g 8%

0% • Vitamin C

Iron

2,000

65g

20g

300mg

300g

2% •

Calories

110%

2,500

80g

25g

300mg

375g

30g

Nutrition Facts

Serving Size: 1/2 Cup (10g) Dry

*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 Saturated Fat Less than 20g 300mg 300mg Cholesterol Less than Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g 30g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** Contains allergens: Wheat

0% •

2%

Vitamin C

Iron

Cholesterol Less than Sodium Less than 2,400mg 2,400mg Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Textured vegetable protein (soy flour, caramel color, FD&C Red #3), soybean oil, salt, natural Contains allergens: Soy.

25g 30g Contains allergens: Wheat.

Vitamin C 0% • 0% 0% 50% Iron *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 Total Fat 65g 80g Saturated Fat Less than 20g 25g 300mg 300mg Cholesterol Less than Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300g 375g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** Semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid.

Less than Total Fat Saturated Fat Less than Cholesterol Less than Less than 2,400mg 2,400mg Total Carbohydrate Dietary Fiber **INGREDIENTS:**

PINTO BEANS

Nutrition Facts

Calories 300 Calories from Fat 0

0% • Vitamin C

10% •

% Daily Value*

0%

0%

0%

0%

18%

80%

10%

80g

300mg

Serving Size: 1/2 Cup (86g) Dry

Servings Per Container: 26

Amount Per Serving

Total Fat Og

Saturated Fat Og

Total Carbohydrate 54g

Dietary Fiber 20g

Trans Fat Og Cholesterol Omg

Sodium Omg

25g Calories per gram: Fat 9 · Carbs 4 · Protein 4

FREEZE DRIED SWEET CORN Nutrition Facts Serving Size: 1/2 Cup (19g) Dry Servings Per Container: 23 Amount Per Serving

Calories from Fat 5

% Daily Value*

2%

0%

0%

0%

4%

8%

8%

80g

300mg

300mg

25g

Less than 2,400mg 2,400mg

(2 cans)

Calories 70

Total Fat 1g

Saturated Fat Og

Total Carbohydrate 13g

2% • Vitamin C

0% •

lower depending on your calorie needs

Less than

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

Less than

*Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Dietary Fiber 2g

Saturated Fat Less than

INGREDIENTS:

Trans Fat Og

Cholesterol Omg

Sodium Omg

Sugars Og

Protein 2g

Vitamin A

Total Fat

Sodium

Cholesterol

Total Carbohydrate

Dietary Fiber

Nutrition Facts Serving Size: 1/4 Cup (26g) Dry Servings Per Container: 40 Amount Per Serving Total Fat 4g Saturated Fat 0.5g Trans Fat Og Cholesterol Omg Sodium 480mg Total Carbohydrate 7g Dietary Fiber 3g

Sugars 2g

Protein 11g

Vitamin A

Total Fat

Sodium

Cholesterol

Total Carbohydrate

Contains allergens: Soy.

Dietary Fiber

Less than

Less than

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

Textured vegetable protein (soy flour, caramel color, red 3, soybean oil, salt, natural flavoring).

Saturated Fat Less than

INGREDIENTS:

POTATO GEMS

Nutrition Facts

Calories 110 Calories from Fat 15

% Daily Value*

2%

0%

22%

7%

8%

15%

2%

80g

Serving Size: 1/4 Cup (30g) Dry

Servings Per Container: 45

Amount Per Serving

Total Fat 1.5g

Trans Fat Og

Sodium 520mg

Sugars 1g

Protein 2g

Cholesterol Omg

Saturated Fat Og

Total Carbohydrate 22g

Dietary Fiber 2g

(2 cans)

23%

68%

0%

0%

6%

6%

6%

0%

0%

80g

25g

BEEF FLAVORED

VEGETARIAN MEAT SUBSTITUTE (1 can)

Servings Per Container: 48 Amount Per Serving Calories 90 Calories from Fat 35 Calories 100 Calories from Fat 0 % Daily Value* 6% Total Fat Og **3**% Saturated Fat Og 0% 20% 2% 12% 0% • Vitamin C 6% • Iron Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

80g

300mg

65g

25g

300mg

Less than 2,400mg 2,400mg

Trans Fat Og Cholesterol Omg Sodium 5mg Total Carbohydrate 28g Dietary Fiber 13g Sugars Og Protein 12g Total Fat Saturated Fat Less than Cholesterol Sodium Total Carbohydrate Dietary Fiber **INGREDIENTS:**

DEHYDRATED

(2 cans)

POTATO SLICES

Nutrition Facts

Calories from Fat 0

% Daily Value*

0%

0%

1%

5%

6%

10%

Serving Size: 1/2 Cup (20g) Dry

Servings Per Container: 28

Amount Per Serving

Calories 70

Total Fat Og

Trans Fat Og

Sodium 15mg

Sugars 1g

Protein Og

Cholesterol Omg

Saturated Fat Og

Total Carbohydrate 16g

Vitamin A 0% • Vitamin C

0% •

lower depending on your calorie needs

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Iron

Dietary Fiber 2g

LENTILS

Nutrition Facts

Serving Size: 1/4 Cup (47g) Dry

Sugars 4g Protein 18g Vitamin A 0% • Vitamin C Vitamin A 0% • Iron Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs Less than 80g 300mg Less than 300mg Less than 2,400mg 2,400mg 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4

% Daily Value*

0%

0%

0%

0%

9%

52%

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Total Fat Less than Saturated Fat Less than 300mg Cholesterol Less than Sodium Less than 2,400mg 2,400mg Total Carbohydrate 25g Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:**

LONG GRAIN

WHITE RICE

Amount Per Serving

Total Fat Og

Saturated Fat Og

Total Carbohydrate 37g

Vitamin A 0% • Vitamin C

lower depending on your calorie needs.

Calories

Less than

0% • Iron

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

2,000

Less than 2,400mg 2,400mg

300g

25g

65a

Dietary Fiber Og

Trans Fat Og

Cholesterol Omg

Sodium Omg

Sugars Og

Protein 3g

Calcium

Nutrition Facts

Calories 170 Calories from Fat 0

% Daily Value*

0%

0%

0%

12%

0%

0%

80g

300mg

Serving Size: 1/4 Cup (47g) Dry

Servings Per Container: 47

(2 cans)

HONEY COATED BANANA SLICES (3 cans) **Nutrition Facts** Serving Size: 1/2 Cup (42g) Dry Servings Per Container: 22 Amount Per Serving Calories 230 Calories from Fat 140 % Daily Value* Total Fat 15g Saturated Fat 14g Trans Fat Og Cholesterol Omg Sodium Omg Potassium 210mg Total Carbohydrate 18g Dietary Fiber 2g Sugars 12g

Calcium

Sodium

Protein Og Vitamin A 0% · Vitamin C 10% • Iron Percent Daily values are based a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs Calories 2,000 Less than 65g Saturated Fat Less than 20g Cholesterol Less than 300mg 300mg Less than 2,400mg 2,400mg Total Carbohydrate 300g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** Bananas, coconut/vegetable oil, sugar/honey. natural flavoring.

TACO FLAVORED

Nutrition Facts

Calories 140 Calories from Fat 50

% Daily Value*

9%

0%

36%

3%

19%

0%

15%

80a

Serving Size: 1/4 Cup (37g) Dry

Servings Per Container: 30

Amount Per Serving

Total Fat 6g

Saturated Fat 1g

Total Carbohydrate 10g

Vitamin A 2% • Vitamin C

lower depending on your calorie needs

8% • Iron

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

2,000

65g

Calories

Less than

Dietary Fiber 5g

Trans Fat Og

Cholesterol Omg

Sodium 850mg

Sugars 3g

Protein 14g

Calcium

Vitamin A 0% • Vitamin C 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 Less than 65g Saturated Fat Less than 300mg 300mg Cholesterol Less than Less than 2,400mg 2,400mg Sodium 300g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 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.

CHICKEN FLAVORED VEGETARIAN MEAT SUBSTITUTE VEGETARIAN MEAT SUBSTITUTE

Nutrition Facts

Calories 90 Calories from Fat 30

% Daily Value*

5%

0%

23%

2%

14%

0%

10%

80g

300mg

Serving Size: 1/4 Cup (26g) Dry

Servings Per Container: 41

Amount Per Serving

Total Fat 3g

Saturated Fat Og

Total Carbohydrate 7g

Vitamin A 0% • Vitamin C

lower depending on your calorie needs

Cholesterol Less than 300mg

6% • Iron

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

2,000

65g

Less than 2,400mg 2,400mg

300g

25g

Calories

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

Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose,

disodium inosinate, disodium guanylate.

DICED CARROTS

Nutrition Facts

Calories 120 Calories from Fat 5

% Daily Value*

Serving Size: 1/3 Cup (36g) Dry

Servings Per Container: 29

Amount Per Serving

(3 cans)

Less than

Dietary Fiber 4g

Saturated Fat Less than

INGREDIENTS:

Total Carbohydrate

Contains allergens: Sov

Dietary Fiber

Trans Fat Og

Cholesterol Omg

Sodium 550mg

Sugars 2g

Protein 11g

Calcium

Sodium

(1 can)

Calories 2,000 65g 80a Less than Saturated Fat Less than Cholesterol 300mg Less than 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300g 25g Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Potato slices preserved with sodium bisulfite. **BUTTERMILK PANCAKE MIX**

Nutrition Facts Serving Size: 1/3 Cup (50g) Dry

Calories 170 Calories from Fat 5

% Daily Value*

1%

3%

28%

12%

0%

15%

80a

300mg

Calcium

Total Fat

Sodium

FD BROCCOLI

(2 cans)

FLORETS & STEMS

Nutrition Facts

Calories 20 Calories from Fat 0

% Daily Value*

Iron

2,000

65a

300g

25g

0%

0%

1%

1%

110%

4%

80g

30g

300mg

Serving Size: 1/2 Cup (7g) Dry

Servings Per Container: 28

Amount Per Serving

Total Fat Og

Servings Per Container: 29

Amount Per Serving

Total Fat 0.5g

Trans Fat Og

Sodium 670mg

Sugars 5g

Protein 5g

Cholesterol 10mg

Total Carbohydrate 36g

Dietary Fiber less than 1g

Vitamin A 0% • Vitamin C

lower depending on your calorie needs

Saturated Fat Less than

Cholesterol Less than

INGREDIENTS:

DEHYDRATED

(1 can)

POTATO SHREDS

Nutrition Facts

Calories 110 Calories from Fat 5

0% • Vitamin C

Percent Daily values are based on a 2,000

% Daily Value*

0%

0%

19%

8%

20%

2%

Serving Size: 1/2 Cup (31g) Dry

Servings Per Container: 21

Amount Per Serving

Total Fat Og

Saturated Fat Og

Total Carbohydrate 24g

2% . Iron

Dietary Fiber 2g

Trans Fat Og

Sodium 450mg

Sugars 1g

Vitamin A

Calcium

Cholesterol Omg

Total Carbohydrate

Dietary Fiber

agent), soybean oil.

Sodium

10% • Iron

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Calories

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

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

Contains allergens: Milk, egg, soy and wheat.

Cake flour (wheat flour, niacin, reduced iron,

Less than

2,000

300mg

Less than 2,400mg 2,400mg

65g

25g

Saturated Fat Og

Saturated Fat Less than Cholesterol Less than 300mg Sodium Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Amount Per Serving Calories 80 Total Fat Og

COUNTRY FRESH® 100% INSTANT NONFAT DRY MILK **Nutrition Facts** Serving Size: 5 Tbsp (21a) Dry Servings Per Container: 39 Calories from Fat 0 % Daily Value* Saturated Fat Og Trans Fat Og Cholesterol Omg Sodium 115mg Total Carbohydrate 11g Dietary Fiber Og Sugars 10g Protein 7g Vitamin A 10% • Vitamin C Vitamin D 25% • Riboflavin 35% Iron *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 Less than 65g Saturated Fat Less than 20g 300mg 300mg Cholesterol Less than Less than 2,400mg 2,400mg Total Carbohydrate 300g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** Nonfat milk (nonfat dry milk, vitamin A palmitate and vitamin D3). Contains allergens: Milk.

0%

0%

5%

4%

0%

4%

0%

0%

80g

25g

375g

Saturated Fat Less than 300mg Cholesterol Less than 300mg Sodium Less than 2,400mg 2,400mg 300g Total Carbohydrate Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** Textured vegetable protein (soy flour, caramel color), soybean oil, salt, autolyzed yeast, spices, dextrose, onion, garlic, paprika. Contains allergens: Soy. CHOCOLATE MORNING MOO'S® DEHYDRATED LOW FAT MILK ALTERNATIVE (2 cans) **Nutrition Facts** Serving Size: 3 1/2 Tbsp (35g) Dry Servings Per Container: 57 Amount Per Serving Calories 140 Calories from Fat 35 % Daily Value* Total Fat 3.5g Saturated Fat 3.5g Trans Fat Og

Cholesterol Omg

Total Carbohydrate 26g

25%

6%

Calories

Less than

Less than

Saturated Fat Less than

INGREDIENTS:

Contains allergens: Milk and soy.

Iron

Sodium 170mg

Sugars 21g

Protein 2g

Vitamin D

Total Fat

Cholesterol

Total Carbohydrate

Dietary Fiber

Sodium

6% 16% 0% **7**% 9% Dietary Fiber less than 1g Vitamin A 10% • Vitamin C 0% Riboflavin 2% 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 2,500 65g 80g 20g 25g 300mg 300mg Less than 2,400mg 2,400mg 375a 300g Calories per gram: Fat 9 • Carbs 4 • Protein 4 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

(2 cans)

Servings Per Container: 45

Amount Per Serving

Total Fat 1.5g

Trans Fat Og

Cholesterol Omg

Sodium 150mg

Saturated Fat Og

Total Fat 0.5g 1% Saturated Fat Og Trans Fat Og Cholesterol Omg 0% Sodium 100mg 4% Total Carbohydrate 28g 9% Dietary Fiber 3g Sugars 19g Protein 3g Vitamin A 780% • Vitamin C 45% Calcium 8% 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 65g 80g Less than Saturated Fat Less than 300mg 300mg Cholesterol Less than Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300g 25g 30g Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS:

CHOCOLATE FUDGE Nutrition Facts Serving Size: 1/4 Cup (39g) Dry Calories 150 Calories from Fat 15 % Daily Value* 2% 0% 6% 11%

calorie diet. Your daily values may be higher or lower depending on your calorie needs Calories 2,000 65g Less than 80a Saturated Fat Less than 300mg Cholesterol 300mg Less than Less than 2,400mg 2,400mg Sodium Total Carbohydrate 25g Dietary Fiber 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Potato shreds (potato, salt, dextrose). Freshness preserved with sodium bisulfite and BHT. **CREAMY WHEAT** CEREAL (1 can) **Nutrition Facts** Serving Size: 1/4 Cup (50g) Dry Servings Per Container: 36 Amount Per Serving Calories 180 Calories from Fat 5

Saturated Fat Og Trans Fat Og Cholesterol Omg Sodium 20mg Total Carbohydrate 4g Dietary Fiber 2g Sugars 1g Vitamin A 20% • Vitamin C Calcium 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 Less than Saturated Fat Less than Cholesterol Less than 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Freeze dried broccoli florets & stems.

SCRAMBLED EGG MIX **Nutrition Facts** Serving Size: 2 Tbsp (11g) Dry Servings Per Container: 92 Amount Per Serving Calories 60 Calories from Fat 35 % Daily Value* Total Fat 4g 6% Saturated Fat 1g 5% Trans Fat Og Cholesterol 165mg 54% Sodium 85mg 4% Total Carbohydrate 2g 1% Dietary Fiber Og 0% Sugars Og Protein 4g Vitamin A 0% • Vitamin C 0% 6% • Iron Calcium 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 80g Less than 65a 300mg Less than 300mg Less than 2,400mg 2,400mg 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Whole eggs, nonfat dry milk, vegetable oil. Contains allergens: Milk and eggs.

DEHYDRATED DICED BELL PEPPERS (RED & GREEN) BROWNIE MIX **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 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% 0% • Iron 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 80a Saturated Fat Less than 300mg 300mg Cholesterol Less than Sodium Less than 2,400mg 2,400mg Total Carbohydrate 25g Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** 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.

Total Carbohydrate 32g Dietary Fiber 1g Sugars 18g Protein 3g 0% • Vitamin C Vitamin A 0% 0% • 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 80g 65g Less than Saturated Fat Less than Less than 300mg 300mg Cholesterol Less than 2,400mg 2,400mg Sodium Total Carbohydrate Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: 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 pyrophosph sodium bicarbonate, corn starch, monocalcium phosphate), baking soda. Contains allergens: Egg and wheat.

BLUEBERRY

Amount Per Serving

PANCAKE MIX

Nutrition Facts

Serving Size: 1/2 Cup (79g) Dry

Servings Per Container: 19

Total Fat 0.5g 1% Saturated Fat Og Trans Fat Og Cholesterol Omg 0% 0% Sodium Omg Total Carbohydrate 38g 13% Dietary Fiber 1g 4% Sugars 1g Protein 6g Vitamin A 0% • Vitamin C 0% 0% • Iron 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 2,000 80g 65g Less than Cholesterol 300mg Less than 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** Farina (Wheat) Contains allergens: Wheat.

% Daily Value*

Saturated Fat Less than Cholesterol Sodium Total Carbohydrate Dietary Fiber **HONEY WHEAT BREAD & ROLL MIX**

0% 11% Total Carbohydrate 24g 8% 8% 0% · Vitamin C 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. 2,000 65a 80g 20g 25g 300mg 300g 25g

% Daily Value*

BLACK TURTLE DEHYDRATED BEANS SPINACH FLAKES (3 cans) (3 cans) **Nutrition Facts** Serving Size: 1/4 Cup (46g) Dry Servings Per Container: 49 Amount Per Serving Calories 150 Calories from Fat 0 % Daily Value*

0%

0%

0%

0%

10%

40%

0%

10%

80a

25g

30g

300mg

Total Fat Og

Saturated Fat Og

Total Carbohydrate 29g

0% • Vitamin C

Iron

2,000

65g

20g

300mg

300g

25g

Less than 2,400mg 2,400mg

2% •

lower depending on your calorie needs

Calories

Less than

Less than

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

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Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Dietary Fiber 10g

Saturated Fat Less than

INGREDIENTS:

Trans Fat Og

Cholesterol Oma

Sodium Omg

Sugars Og

Protein 10g

Vitamin A

Calcium

Total Fat

Cholesterol

Total Carbohydrate

Dietary Fiber

Sodium

Nutrition Facts Serving Size: 1/4 Cup (5g) Dry Servings Per Container: 45 Amount Per Serving Calories 10 Calories from Fat 0 % Daily Value* Total Fat Og Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% 2% Sodium 45ma Total Carbohydrate 2g 1% Dietary Fiber less than 1g Sugars Og Protein 2g Vitamin A 10% • Vitamin C 25% Calcium 6% • 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 80g Total Fat Less than 65g Saturated Fat Less than 300mg Cholesterol 300mg Less than Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300g 25g Dietary Fiber 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS:

Each can contains an oxygen absorber.

Discard immediately upon opening

Calories 290 Calories from Fat 20 % Daily Value* Total Fat 2.5g Saturated Fat 1.5g 8% Trans Fat Og Cholesterol 15mg 4% Sodium 700mg 29% Total Carbohydrate 56g 19% Dietary Fiber 2g 6% Sugars 11g Protein 7g 0% • Vitamin C Vitamin A 0% Calcium 15% • 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 Total Fat Less than 65g 80a Saturated Fat Less than 20g Less than 300mg Cholesterol 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300g 25g Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Cake flour (bleached wheat flour piacin, 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]), soybean oil natural and artificial flavor Contains allergens: Milk, eggs, soy and wheat.

Less than Saturated Fat Less than 300mg Cholesterol Less than Less than 2,400mg 2,400mg Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 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...

Nutrition Facts

Calories 120 Calories from Fat 10

Serving Size: 1/4 Cup (34g) Dry

Servings Per Container: 48

Amount Per Serving

Total Fat 1g Saturated Fat Og

Trans Fat Og

Cholesterol Omg

Dietary Fiber 2g

0% •

Calories

Sodium 270mg

Sugars 2g

Protein 4g

Vitamin A

Calcium

Total Fat

Sodium