Augason Farms

Premium One Year One Person

126 Total #10 Cans

MORNING MOO'S®
LOW FAT MILK ALTERNATIVE
(8 cans & 3 pouches)

Nutrition Facts	
Serving Size: 2 Tbsp (17g) Dry	
Servings Per Container: 93	
Amount Per Serving	
Calories 70	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 3g	
Vitamin A 8%	Vitamin C 0%
Vitamin D 25%	Riboflavin 4%
Calcium 10%	Iron 0%

*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
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Sweet whey, 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 milk, sugar, guar gum, vitamin A, vitamin D.

Contains allergens: Milk and soy.

HARD WHITE WHEAT
(6 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (43g) Dry	
Servings Per Container: 51	
Amount Per Serving	
Calories 140	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	23%
Sugars 2g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Hard white wheat berries.

Contains allergens: Wheat.

ELBOW MACARONI
(6 cans)

Nutrition Facts	
Serving Size: 1/2 Cup (54g) Dry	
Servings Per Container: 26	
Amount Per Serving	
Calories 200	Calories from Fat 10
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 40g	13%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 50%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid.

Contains allergens: Wheat.

LONG GRAIN WHITE RICE
(6 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (47g) Dry	
Servings Per Container: 47	
Amount Per Serving	
Calories 170	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 37g	12%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 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.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Long grain white rice.

COUNTRY FRESH®
100% INSTANT NONFAT DRY MILK
(6 cans)

Nutrition Facts	
Serving Size: 5 Tbsp (21g) Dry	
Servings Per Container: 39	
Amount Per Serving	
Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 7g	
Vitamin A 10%	Vitamin C 4%
Vitamin D 25%	Riboflavin 20%
Calcium 35%	Iron 0%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Nonfat dry milk, vitamin A palmitate, vitamin D3.

Contains allergens: Milk.

HONEY WHITE BREAD, SCONE & ROLL MIX
(5 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (33g) Dry	
Servings Per Container: 49	
Amount Per Serving	
Calories 120	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 270mg	11%
Total Carbohydrate 23g	8%
Dietary Fiber less than 1g	3%
Sugars 2g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Flour (bleached wheat flour, malted barley flour, niacin, iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, nonfat dry milk, salt, refinery syrup, honey, whole eggs (whole eggs, sodium silicoaluminate [as an anitcaking agent]), dough enhancer (flour [bleached wheat flour, malted barley flour, niacin, iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid], PBR-200DF [yeast, enzymes, soybean oil], PBR-FD [wheat flour, ascorbic acid, wheat gluten, enzymes], lecithin powder [liquid lecithin, soy flour, dolomite]).

Contains allergens: Soy, milk, eggs, and wheat.

WHOLE EGGS
(4 cans)

Nutrition Facts	
Serving Size: 2 1/2 Tbsp (13g) Dry	
Servings Per Container: 71	
Amount Per Serving	
Calories 70	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 215mg	72%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 6%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Whole eggs, sodium silicoaluminate (as an anticaking agent).

Contains allergens: Eggs.

FREEZE DRIED SWEET CORN
(4 cans)

Nutrition Facts	
Serving Size: 1/2 Cup (19g) Dry	
Servings Per Container: 23	
Amount Per Serving	
Calories 70	Calories from Fat 5
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 2%	Vitamin C 8%
Calcium 0%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Freeze-dried corn.

PINTO BEANS
(4 cans)

Nutrition Facts	
Serving Size: 1/2 Cup (86g) Dry	
Servings Per Container: 26	
Amount Per Serving	
Calories 300	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 54g	18%
Dietary Fiber 20g	80%
Sugars 4g	
Protein 18g	
Vitamin A 0%	Vitamin C 10%
Calcium 10%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Pinto Beans.

BUTTERMILK PANCAKE MIX
(3 cans)

Nutrition Facts	
Serving Size: 1/3 Cup (50g) Dry	
Servings Per Container: 29	
Amount Per Serving	
Calories 170	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 670mg	28%
Total Carbohydrate 36g	12%
Dietary Fiber less than 1g	4%
Sugars 5g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 15%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Cake flour (wheat flour, niacin, reduced iron, 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 agent), soybean oil.

Contains allergens: Milk, egg, soy and wheat.

CHOCOLATE MORNING MOO'S®
LOW FAT MILK ALTERNATIVE
(4 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	6%
Saturated Fat 3.5g	16%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber less than 1g	3%
Sugars 21g	
Protein 2g	
Vitamin A 10%	Vitamin C 0%
Vitamin D 25%	Riboflavin 2%
Calcium 6%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
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.

Contains allergens: Milk and soy.

CREAMY POTATO SOUP MIX
(3 cans & 3 pouches)

Nutrition Facts	
Serving Size: 1/3 Cup (49g) Dry	
Servings Per Container: 33	
Amount Per Serving	
Calories 200	Calories from Fat 70
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1010mg	42%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 3g	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Creamer (maltodextrin, palm oil), enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), potato dices, chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), onion chopped, onion powder, parsley flakes.

Contains allergens: Wheat, dairy, and soy..

APPLE DELIGHT DRINK MIX
(4 cans)

Nutrition Facts	
Serving Size: 2 Tbsp (25g) Dry	
Servings Per Container: 103	
Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 24g	
Protein 0g	
Vitamin A 0%	Vitamin C 150%
Calcium 0%	Iron 0%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Sugar, apple juice powder (maltodextrin, natural flavors [apple juice solids and natural flavors], caramel color, sodium benzoate), citric acid, sodium citrate BB, xanthan gum, ascorbic acid, artificial apple flavor (maltodextrin, artificial flavors), malic acid, caramel color.

BEEF FLAVORED
VEGETARIAN MEAT SUBSTITUTE
(2 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (26g) Dry	
Servings Per Container: 40	
Amount Per Serving	
Calories 90	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 11g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

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

Contains allergens: Soy.

POTATO GEMS
(2 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (30g) Dry	
Servings Per Container: 45	
Amount Per Serving	
Calories 110	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 15%
Calcium 2%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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.

QUICK ROLLED OATS
(3 cans)

Nutrition Facts	
Serving Size: 1/2 Cup (50g) Dry	
Servings Per Container: 22	
Amount Per Serving	
Calories 190	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Quick rolled oats.

DEHYDRATED POTATO SHREDS
(2 cans)

Nutrition Facts	
Serving Size: 1/2 Cup (31g) Dry	
Servings Per Container: 21	
Amount Per Serving	
Calories 110	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 20%
Calcium 2%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Potato shreds (potato, salt, dextrose). Freshness preserved with sodium bisulfite and BHT.

BLUEBERRY MUFFIN MIX
(3 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (39g) Dry	
Servings Per Container: 40	
Amount Per Serving	
Calories 150	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0.5g	
Cholesterol 25mg	8%
Sodium 200mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	2%
Sugars 15g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Bleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, cake flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), shortening (partially hydrogenated soybean oil), blueberry nuggets (dextrose, partially hydrogenated vegetable oil [soy bean and cottonseed], bleached enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], citric acid, cellulose gum, maltodextrin, artificial flavors and colors [FD&C Red #40, Blue #1, Blue #2]), powdered sugar, buttermilk solids, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), sodium acid pyrophosphate, salt, baking soda, egg yolks, vanilla (natural and artificial flavor), xanthan gum, blueberry flavor.

Contains allergens: Wheat, milk, eggs, and soy.

SCRAMBLED EGG MIX
(2 cans)

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 0g	
Cholesterol 165mg	54%
Sodium 85mg	4%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Whole eggs, nonfat dry milk, vegetable oil.

Contains allergens: Milk and eggs.

FREEZE DRIED PEAS
(3 cans)

Nutrition Facts	
Serving Size: 1/2 Cup (23g) Dry	
Servings Per Container: 19	
Amount Per Serving	
Calories 80	Calories from Fat 5
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	21%
Sugars 6g	
Protein 6g	
Vitamin A 15%	Vitamin C 70%
Calcium 2%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Peas.

HONEY CORNBREAD MUFFIN MIX
(3 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (37g) Dry	
Servings Per Container: 42	
Amount Per Serving	
Calories 150	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 240mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	Iron 6%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Enriched bleached all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, yellow corn meal, soybean oil, nonfat dry milk, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), sodium aluminum phosphate, baking soda, salt, honey powder (refinery syrup, honey), xanthan gum, natural and artificial flavor (butter and vanilla).

Contains allergens: Wheat, soy, milk, and eggs.

BACON FLAVORED BITS
VEGETARIAN MEAT SUBSTITUTE
(1 can)

Nutrition Facts	
Serving Size: 1 Tbsp (5g) Dry	
Servings Per Container: 192	
Amount Per Serving	
Calories 15	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber less than 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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 flavoring.

Contains allergens: Soy.

FREEZE DRIED SLICED STRAWBERRIES
(1 can)

Nutrition Facts	
Serving Size: 1/2 Cup (10g) Dry	
Servings Per Container: 18	
Amount Per Serving	
Calories 35	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Vitamin A 0%	Vitamin C 110%
Calcium 2%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Sliced freeze-dried strawberries.

HONEY COATED BANANA SLICES
(2 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	23%
Saturated Fat 14g	68%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 210mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	6%
Sugars 12g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 0%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Bananas, coconut/vegetable oil, sugar/honey, natural flavoring.

DEHYDRATED POTATO SLICES
(2 cans)

Nutrition Facts	
Serving Size: 1/2 Cup (20g) Dry	
Servings Per Container: 28	
Amount Per Serving	
Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	6%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Potato slices preserved with sodium bisulfite.

TACO FLAVORED
VEGETARIAN MEAT SUBSTITUTE
(2 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (37g) Dry	
Servings Per Container: 30	
Amount Per Serving	
Calories 140	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 850mg	36%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	19%
Sugars 3g	
Protein 14g	
Vitamin A 2%	Vitamin C 0%
Calcium 8%	Iron 15%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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.

FREEZE DRIED WHOLE RASPBERRIES
(2 can)

Nutrition Facts	
Serving Size: 1/2 Cup (10g) Dry	
Servings Per Container: 22	
Amount Per Serving	
Calories 35	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	9%
Sugars 4g	
Protein 1g	
Vitamin A 2%	Vitamin C 20%
Calcium 2%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Freeze dried raspberries.

DEHYDRATED DICED CARROTS
(2 cans)

Nutrition Facts	
Serving Size: 1/3 Cup (36g) Dry	
Servings Per Container: 29	
Amount Per Serving	
Calories 120	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Diced dehydrated carrots.

VEGETABLE STEW BLEND
(2 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (23g) Dry	
Servings Per Container: 40	
Amount Per Serving	
Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 2g	
Vitamin A 50%	Vitamin C 70%
Calcium 6%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Potato dices, cabbage flakes, chopped onion, carrot dices, celery slices, red and green bell peppers.

Contains allergens: Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

CHOCOLATE FUDGE BROWNIE MIX
(2 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (39g) Dry	
Servings Per Container: 45	
Amount Per Serving	
Calories 150	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 18g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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 pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda.

Contains allergens: Egg and wheat.

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
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 38g	13%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Farina (Wheat).

Contains allergens: Wheat.

CHICKEN BOULLION
(2 cans)

Nutrition Facts	
Serving Size: 1/2 Tsp (2g) Dry	
Servings Per Container: 921	
Amount Per Serving	
Calories 5	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Soy, milk.

SOUTHWEST CHILI MIX
(2 cans)

Nutrition Facts	
Serving Size: 1/3 Cup (49g) Dry	
Servings Per Container: 34	
Amount Per Serving	
Calories 160	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 950mg	40%
Total Carbohydrate 31g	10%
Dietary Fiber 8g	34%
Sugars 4g	
Protein 8g	
Vitamin A 10%	Vitamin C 60%
Calcium 6%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Pinto beans, red beans (small precooked), modified food starch, chopped onion, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), red and green bell peppers, dehydrated tomato paste, salt, chili pepper powder, sugar, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), xanthan gum, garlic powder, cumin, caramel color.

Contains allergen: Soy.

BLACK TURTLE BEANS
(2 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*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 10g	40%
Sugars 0g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Black Turtle Beans.

CHICKEN GRAVY MIX
(2 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (30g) Dry	
Servings Per Container: 38	
Amount Per Serving	
Calories 100	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 710mg	30%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Corn starch, maltodextrin, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), yeast extract, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anticaking agent]), creamer (maltodextrin, palm oil), parsley, dehydrated onion, salt, white pepper.

Contains allergens: Soy and milk.

ORANGE DELIGHT DRINK MIX
(2 cans)

Nutrition Facts	
Serving Size: 2 Tbsp (26g) Dry	
Servings Per Container: 99	
Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 24g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 0%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Sugar, citric acid, natural and artificial orange flavors, sodium citrate, ascorbic acid, FD&C Yellow #6, FD&C Red #40.

BLUEBERRY PANCAKE MIX
(2 cans)

Nutrition Facts	
Serving Size: 1/2 Cup (79g) Dry	
Servings Per Container: 19	
Amount Per Serving	
Calories 290	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 700mg	29%
Total Carbohydrate 56g	19%
Dietary Fiber 2g	6%
Sugars 11g	
Protein 7g	
Vitamin A 0%	Vitamin C 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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Cake flour (bleached wheat flour, niacin, 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.

HONEY WHEAT BREAD & ROLL MIX
(2 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (34g) Dry	
Servings Per Container: 48	
Amount Per Serving	
Calories 120	Calories from Fat 10
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 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.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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..

CHEESY BROCCOLI SOUP MIX
(2 cans & 2 pouches)

Nutrition Facts	
Serving Size: 1/3 Cup (46g) Dry	
Servings Per Container: 33	
Amount Per Serving	
Calories 190	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 980mg	41%
Total Carbohydrate 28g	9%
Dietary Fiber less than 1g	3%
Sugars 8g	
Protein 4g	
Vitamin A 2%	Vitamin C 50%
Calcium 10%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Creamer (maltodextrin, palm oil), cheese base (whey, buttermilk solids, cheeses [granular and cheddar {pasteurized milk, cheese culture, salt, enzymes}], whey protein concentrate, salt, sodium phosphate, citric acid, FD&C Yellow #5, FD&C Yellow #6, lactic acid, enzyme), modified food starch, broccoli, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), maltodextrin, chopped onion, celery, salt, yeast extract, onion powder, parsley flakes, sweet whey.

Contains allergens: Soy and milk.

CREAM OF CHICKEN SOUP MIX
(2 cans)

Nutrition Facts	
Serving Size: 1/3 Cup (46g) Dry	
Servings Per Container: 32	
Amount Per Serving	
Calories 210	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 990mg	41%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	
Vitamin A 8%	Vitamin C 4%
Calcium 2%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Creamer (maltodxtrin, palm oil, contains 2% or less of the following: sodium caseinate, dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor, annatto extract, sodium hexmetaphosphate), modified food starch, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), chopped onion, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anticaking agent]), celery slices, non-iodized salt, carrot shreds, natural flavoring, onion powder, parsley flakes.

Contains allergens: Soy and milk.

CHEESE BLEND POWDER
(1 can)

Nutrition Facts	
Serving Size: 1/4 Cup (34g) Dry	
Servings Per Container: 43	
Amount Per Serving	
Calories 120	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 820mg	34%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	1%
Sugars 11g	
Protein 5g	
Vitamin A 2%	Vitamin C 0%
Calcium 15%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Cheese powder (whey, buttermilk solids, cheeses [granular and cheddar {pasteurized milk, cheese culture, salt, enzymes}], whey protein concentrate, salt, sodium phosphate, citric acid, FD&C yellow #5, FD&C yellow #6, lactic acid, enzymes), modified corn starch, creamer (maltodextrin, palm oil), silicon dioxide.

Contains allergens: Milk.

CHICKEN FLAVORED
VEGETARIAN MEAT SUBSTITUTE
(1 can)

Nutrition Facts	
Serving Size: 1/4 Cup (26g) Dry	
Servings Per Container: 41	
Amount Per Serving	
Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	14%
Sugars 2g	
Protein 11g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate.

Contains allergens: Soy.

DEHYDRATED CHOPPED ONIONS
(1 can)

Nutrition Facts	
Serving Size: 1 Tsp (3g) Dry	
Servings Per Container: 217	
Amount Per Serving	
Calories 10	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 0%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Dehydrated onions.

DEHYDRATED APPLE SLICES
(1 can)

Nutrition Facts	
Serving Size: 1/2 Cup (17g) Dry	
Servings Per Container: 32	
Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Dehydrated apple slices and sodium sulfite.

FD BROCCOLI FLORETS & STEMS
(1 can)

Nutrition Facts	
Serving Size: 1/2 Cup (7g) Dry	
Servings Per Container: 28	
Amount Per Serving	
Calories 20	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	
Vitamin A 20%	Vitamin C 110%
Calcium 4%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Freeze dried broccoli florets & stems.

DEHYDRATED DICED BELL PEPPERS (RED & GREEN)
(1 can)

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 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 1g	
Vitamin A 20%	Vitamin C 160%
Calcium 0%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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.

SHORTENING POWDER
(1 can)

Nutrition Facts	
Serving Size: 1 Tbsp (7g) Dry	
Servings Per Container: 178	
Amount Per Serving	
Calories 50	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide).

Contains allergens: Milk.

HONEY POWDER
(1 can)

Nutrition Facts	
Serving Size: 1 Tsp (4g) Dry	
Servings Per Container: 340	
Amount Per Serving	
Calories 15	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Honey powder (refinery syrup, honey), fructose.

SUPER NUTTY GRANOLA
(1 can)

Nutrition Facts	
Serving Size: 1/2 Cup (55g) Dry	
Servings Per Container: 24	
Amount Per Serving	
Calories 250	Calories from Fat 90
	% Daily Value*
Total Fat 10g	16%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	18%
Sugars 6g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Whole rolled oats, milled cane sugar, vegetable oil (canola and/or safflower and/or sunflower oil), molasses, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, salt, natural flavor, cardamom seed, fennel seed, fenugreek seed, nutmeg.

Contains allergens: Coconut, cashews, walnuts and almonds. May contain other tree nuts, wheat, and soy.

BUTTER POWDER
(1 can)

Nutrition Facts	
Serving Size: 1 Tbsp (5g) Dry	
Servings Per Container: 204	
Amount Per Serving	
Calories 35	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 0%

*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	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
Butter (cream, water, salt), nonfat milk, tocopherols, ascorbyl palmitate.

Contains allergens: Milk.

Each can contains an oxygen absorber.
Discard immediately upon opening.

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