



## 4 Person Ultimate Food Kit

### Strawberries, Freeze-Dried

Nutrition Facts		
Serving Size About ¼ Cup (4g)		
Servings Per Container About 40		
Amount Per Serving		
Calories 15	Calories from Fat 0	
% Daily Value*		
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 0mg		<b>0%</b>
<b>Total Carbohydrate</b> 3g		<b>1%</b>
Dietary Fiber 1g		<b>3%</b>
Sugars 2g		
<b>Protein</b> 0g		
Vitamin A 0% • Vitamin C 45%		
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
Sat 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 • Carbohydrate 4 • Protein 4		

**Ingredients:** Freeze-dried Strawberries.

### Peaches, Freeze-Dried

Nutrition Facts		
Serving Size About ¼ Cup (7g)		
Servings Per Container About 40		
Amount Per Serving		
Calories	25	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	0mg	<b>0%</b>
<b>Total Carbohydrate</b>	6g	<b>2%</b>
Dietary Fiber	1g	<b>4%</b>
Sugars	5g	
<b>Protein</b>	0g	
Vitamin A	4%	• 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
Sat 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 • Carbohydrate 4 • Protein 4		

**Ingredients:** Freeze-dried Peaches.

### Bananas, Freeze-Dried

Nutrition Facts		
Serving Size About ¼ Cup (12g)		
Servings Per Container About 40		
Amount Per Serving		
Calories	40	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	0mg	<b>0%</b>
<b>Total Carbohydrate</b>	11g	<b>4%</b>
Dietary Fiber	1g	<b>5%</b>
Sugars	6g	
<b>Protein</b>	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
Sat 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	• Carbohydrate 4 • Protein 4

**Ingredients:** Freeze-dried Bananas, Citric Acid, Ascorbic Acid.



## 4 Person Ultimate Food Kit

### Apples, Dehydrated

# Nutrition Facts

Serving Size About ¼ Cup (11g)

Servings Per Container About 40

Amount Per Serving		
Calories	40	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	10mg	<b>0%</b>
<b>Total Carbohydrate</b>	10g	<b>3%</b>
Dietary Fiber	2g	<b>7%</b>
Sugars	7g	
<b>Protein</b>	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
Sat 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 · Carbohydrate 4 · Protein 4

Ingredients: Apples.

### Corn, Freeze-Dried

Nutrition Facts		
Serving Size About ¼ Cup (11g)		
Servings Per Container About 40		
Amount Per Serving		
Calories	40	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	8g	3%
Dietary Fiber	1g	4%
Sugars	3g	
Protein	1g	
Vitamin A	2%	• Vitamin C 6%
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
Sat 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	• Carbohydrate 4 • Protein 4

Ingredients: Freeze-dried Super Sweet Corn.

### Green Beans, Freeze-Dried

# Nutrition Facts

Serving Size About ¼ Cup (5g)

Servings Per Container About 40

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Amount Per Serving

Calories 20

Calories from Fat 0

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% Daily Value\*

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Total Fat 0g

0%

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Saturated Fat 0g

0%

---

Trans Fat 0g

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Cholesterol 0mg

0%

---

Sodium 0mg

0%

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Total Carbohydrate 4g

1%

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Dietary Fiber 1g

4%

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Sugars 2g

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Protein 1g

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Vitamin A 0%

•

Vitamin C 10%

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Calcium 0%

•

Iron 2%

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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Calories:

2,000

2,500

---

Total Fat

Less than: 65g

80g

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Sat Fat

Less than: 20g

25g

---

Cholesterol

Less than: 300mg

300mg

---

Sodium

Less than: 2,400mg

2,400mg

---

Total Carbohydrate

300g

375g

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Dietary Fiber

25g

30g

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Calories per gram

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Fat 9

•

Carbohydrate 4

•

Protein 4

Ingredients: Freeze-dried Green Beans.



## 4 Person Ultimate Food Kit

### Onions, Freeze-Dried

# Nutrition Facts

Serving Size About ¼ Cup (7g)

Servings Per Container About 40

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**Amount Per Serving**

Calories	25	Calories from Fat	0
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		% Daily Value*
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	0mg	<b>0%</b>
<b>Total Carbohydrate</b>	6g	<b>2%</b>
Dietary Fiber	1g	<b>4%</b>
Sugars	4g	
<b>Protein</b>	1g	

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Vitamin A	0%	•	Vitamin C	6%
Calcium	2%	•	Iron	0%

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\*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
Sat 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

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Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Freeze Dried Onions.

### Carrots, Dehydrated

# Nutrition Facts

Serving Size About ¼ Cup (20g)

Servings Per Container About 40

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Amount Per Serving

Calories 70

Calories from Fat 0

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% Daily Value\*

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Total Fat 0g

0%

---

Saturated Fat 0g

0%

---

Trans Fat 0g

---

Cholesterol 0mg

0%

---

Sodium 55mg

2%

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Total Carbohydrate 16g

5%

---

Dietary Fiber 2g

6%

---

Sugars 10g

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Protein 2g

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Vitamin A 90%

•

Vitamin C 25%

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Calcium 4%

•

Iron 4%

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\*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

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Total Fat

Less than:

65g

80g

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Sat Fat

Less than:

20g

25g

---

Cholesterol

Less than:

300mg

300mg

---

Sodium

Less than:

2,400mg

2,400mg

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Total Carbohydrate

300g

375g

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Dietary Fiber

25g

30g

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Calories per gram

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Fat 9

•

Carbohydrate 4

•

Protein 4

**Ingredients:** Dehydrated Carrots.

### Potatoes, Dehydrated

Nutrition Facts		
Serving Size About ¼ Cup (21g)		
Servings Per Container About 46		
Amount Per Serving		
Calories	70	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	15mg	<b>1%</b>
<b>Total Carbohydrate</b>	16g	<b>5%</b>
Dietary Fiber	1g	<b>5%</b>
Sugars	1g	
<b>Protein</b>	2g	
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
Sat 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 • Carbohydrate 4 • Protein 4		

**Ingredients:** Potatoes and Sodium Bisulfite.

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## 4 Person Ultimate Food Kit

### Sausage TVP

# Nutrition Facts

Serving Size About ¼ Cup (25g)

Servings Per Container About 46

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**Amount Per Serving**

Calories 90      Calories from Fat 25

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		% Daily Value*
<b>Total Fat</b>	3g	<b>5%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	260mg	<b>11%</b>
<b>Total Carbohydrate</b>	8g	<b>3%</b>
Dietary Fiber	4g	<b>16%</b>
Sugars	2g	
<b>Protein</b>	11g	

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Vitamin A	0%	•	Vitamin C	0%
Calcium	6%	•	Iron	20%

\*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
Sat 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

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Calories per gram

Fat 9    •    Carbohydrate 4    •    Protein 4

**Ingredients:** Textured vegetable protein (soy flour, caramel color), soybean oil, salt, hydrolyzed soy protein, sugar, spices, autolyzed yeast, garlic powder, paprika, vitamins and minerals (ferrous sulfate, niacinamide, zinc oxide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin B12), modified corn starch, onion powder, torula yeast, spice extractives.

**Contains Soy.**

### Chicken TVP

Nutrition Facts		
Serving Size About ¼ Cup (25g)		
Servings Per Container About 44		
Amount Per Serving		
Calories	80	Calories from Fat 25
% Daily Value*		
<b>Total Fat</b>	3g	<b>5%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	520mg	<b>22%</b>
<b>Total Carbohydrate</b>	7g	<b>2%</b>
Dietary Fiber	3g	<b>12%</b>
Sugars	2g	
<b>Protein</b>	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
Sat 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 • Carbohydrate 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 Soy.**

### Salt

Nutrition Facts		
Serving Size About ¼ tsp. (1.8g)		
Servings Per Container About 2,015		
Amount Per Serving		
Calories 0	Calories from Fat 0	
% Daily Value*		
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 710mg		<b>29%</b>
<b>Total Carbohydrate</b> 0g		<b>0%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 0g		
<b>Protein</b> 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
Sat 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 • Carbohydrate 4 • Protein 4		

**Ingredients:** Iodized Salt.

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## 4 Person Ultimate Food Kit

### White Sugar

Nutrition Facts		
Serving Size About 1 Tsp (4g)		
Servings Per Container About 640		
Amount Per Serving		
Calories 15	Calories from Fat 0	
% Daily Value*		
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 0mg		<b>0%</b>
<b>Total Carbohydrate</b> 4g		<b>1%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 4g		
<b>Protein</b> 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
Sat 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 • Carbohydrate 4 • Protein 4		

**Ingredients:** Sugar.

### Brown Sugar

Nutrition Facts		
Serving Size About 1 tsp (4g)		
Servings Per Container About 500		
Amount Per Serving		
Calories 15	Calories from Fat 0	
% Daily Value*		
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 0mg		<b>0%</b>
<b>Total Carbohydrate</b> 4g		<b>1%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 4g		
<b>Protein</b> 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
Sat 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 • Carbohydrate 4 • Protein 4		

**Ingredients:** Sugar, Invert Sugar, Cane Molasses.

### Instant Milk

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**Ingredients:** Nonfat Milk Solids, Vitamin A Palmitate, and Vitamin D3.



## 4 Person Ultimate Food Kit

### Shortening Powder

Nutrition Facts		
Serving Size About 1 Tbsp (6g)		
Servings Per Container About 200		
Amount Per Serving		
Calories	50	Calories from Fat 45
% Daily Value*		
<b>Total Fat</b>	5g	<b>8%</b>
Saturated Fat	1.5g	<b>8%</b>
Trans Fat	2.5g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	10mg	<b>0%</b>
<b>Total Carbohydrate</b>	2g	<b>1%</b>
Dietary Fiber	0g	<b>0%</b>
Sugars	0g	
<b>Protein</b>	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
Sat 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 • Carbohydrate 4 • Protein 4		

**Ingredients:** Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono & Diglycerides.

**Contains Milk and Soy.**

### Butter Powder

Nutrition Facts		
Serving Size About 1 tsp (2g)		
Servings Per Container About 535		
Amount Per Serving		
Calories	15	Calories from Fat 15
% Daily Value*		
<b>Total Fat</b>	1.5g	<b>2%</b>
Saturated Fat	1g	<b>5%</b>
Trans Fat	0g	
<b>Cholesterol</b>	5mg	<b>2%</b>
<b>Sodium</b>	15mg	<b>1%</b>
<b>Total Carbohydrate</b>	0g	<b>0%</b>
Dietary Fiber	0g	<b>0%</b>
Sugars	0g	
<b>Protein</b>	0g	
Vitamin A	2%	• 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
Sat 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 • Carbohydrate 4 • Protein 4		

**Ingredients:** Butter (cream, salt), Nonfat Milk, Tocopherols, and Ascorbyl Palmitate (to preserve freshness).

**Contains Milk**

### Baking Soda

Nutrition Facts		
Serving Size About 1/8 tsp (0.6g)		
Servings Per Container About 5435		
Amount Per Serving		
Calories	0	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	160mg	<b>7%</b>
<b>Total Carbohydrate</b>	0g	<b>0%</b>
Dietary Fiber	0g	<b>0%</b>
Sugars	0g	
<b>Protein</b>	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
Sat 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 • Carbohydrate 4 • Protein 4		

**Ingredients:** Sodium Bicarbonate U.S.P.

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## 4 Person Ultimate Food Kit

### Baking Powder

# Nutrition Facts

Serving Size About 1/8 tsp (0.6g)

Servings Per Container About 4260

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**Amount Per Serving**

Calories 0      Calories from Fat 0

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**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 90mg **4%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

**Protein** 0g

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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
Sat 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

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Calories per gram

Fat 9      •      Carbohydrate 4      •      Protein 4

**Ingredients:** Sodium Acid Pyrophosphate, Encapsulated Sodium Bicarbonate (Sodium Bicarbonate, Proprietary Blend of Oils), Sodium Bicarbonate, Cornstarch, Dicalcium Phosphate, Monocalcium Phosphate.

### Chicken Bouillon

Nutrition Facts		
Serving Size About 1 tsp (4g)		
Servings Per Container About 580		
Amount Per Serving		
Calories	10	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	700mg	<b>29%</b>
<b>Total Carbohydrate</b>	2g	<b>1%</b>
Dietary Fiber	0g	<b>0%</b>
Sugars	0g	
<b>Protein</b>	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
Sat 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	● Carbohydrate 4 ● Protein 4

**Ingredients:** Maltodextrin, Salt, Autolyzed Yeast Extract, Vegetable (Carrot, Celery, Garlic, Onion), Natural Flavor, Turmeric Extract, and Spices.

### Elbow Macaroni

**Ingredients:** Durum Wheat Semolina, Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid).



## 4 Person Ultimate Food Kit

### Hard White Wheat

Nutrition Facts		
Serving Size About ¼ Cup (45g)		
Servings Per Container About 47		
Amount Per Serving		
Calories	150	Calories from Fat 5
% Daily Value*		
<b>Total Fat</b>	0.5g	<b>1%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	0mg	<b>0%</b>
<b>Total Carbohydrate</b>	34g	<b>11%</b>
Dietary Fiber	6g	<b>25%</b>
Sugars	0g	
<b>Protein</b>	6g	
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
Sat 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 • Carbohydrate 4 • Protein 4		

**Ingredients:** Hard White Wheat.

**Contains Wheat.**

### White Rice

Nutrition Facts		
Serving Size About ¼ Cup (50g)		
Servings Per Container About 45		
Amount Per Serving		
Calories	160	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	0mg	<b>0%</b>
<b>Total Carbohydrate</b>	36g	<b>12%</b>
Dietary Fiber	0g	<b>0%</b>
Sugars	0g	
<b>Protein</b>	3g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• 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
Sat 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 • Carbohydrate 4 • Protein 4		

**Ingredients:** Long Grain Rice Enriched with Niacin, Ferric Phosphate, Thiamin Mononitrate, and Folic Acid.

### Lentils

Nutrition Facts		
Serving Size About ¼ Cup (48g)		
Servings Per Container About 45		
Amount Per Serving		
Calories	110	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	10mg	<b>0%</b>
<b>Total Carbohydrate</b>	29g	<b>10%</b>
Dietary Fiber	14g	<b>54%</b>
Sugars	0g	
<b>Protein</b>	12g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• 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
Sat 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 • Carbohydrate 4 • Protein 4		

**Ingredients:** Lentils.





## 4 Person Ultimate Food Kit

### Pinto Beans

Nutrition Facts		
Serving Size About ¼ Cup (45g)		
Servings Per Container About 45		
Amount Per Serving		
Calories	80	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	20mg	<b>1%</b>
<b>Total Carbohydrate</b>	28g	<b>9%</b>
Dietary Fiber	18g	<b>70%</b>
Sugars	1g	
<b>Protein</b>	9g	
Vitamin A	0%	• Vitamin C 0%
Calcium	6%	• Iron 20%
*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
Sat 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 • Carbohydrate 4 • Protein 4		

**Ingredients:** Pinto Beans.