



# Mountain House® 1 Year Food Supply

## Nutritional Information

### Rice & Chicken

#### Nutrition Facts

Serving Size 1 cup (60g) dry mix  
(Makes 1 cup prepared)

Amount Per Serving	
Calories 270	
Calories From Fat 80	
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 750mg	31%
Total Carbohydrate 41g	14%
Dietary Fiber 1g	4%
Sugars 0g	
Vitamin A 6% • Vitamin C 6%	

\*Percent Daily Values (DV) 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 Carb.	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

#### INGREDIENTS:

Precooked Enriched Rice (rice, niacinamide, ferric orthophosphate, thiamine mononitrate, folic acid) • Cooked Chicken (chicken meat, salt) • Corn Oil with Spice Extract • Pimientos (pimiento, citric acid)

Less than 1% of: Modified Corn Starch • Hydrolyzed Vegetable Protein (corn, soy, wheat gluten, soybean oil) • Sea Salt • Chicken Fat • Sugar • Onion Powder • Seasoning (maltodextrin, natural flavor) • Spice • Turmeric

CONTAINS: Soy, Wheat

### Spaghetti w/ Meat Sauce

#### Nutrition Facts

Serving Size 1 cup (54g) dry mix  
(Makes 1 cup prepared)

Amount Per Serving	
Calories 230	
Calories From Fat 45	
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 600mg	25%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 5g	
Vitamin A 10% • Vitamin C 30%	

\*Percent Daily Values (DV) 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 Carb.	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

#### INGREDIENTS:

Enriched Spaghetti (durum [wheat] semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) • Tomato Paste • Cooked Beef (beef, flavoring, salt)

Less than 2% of: Textured Soy Flour (soy flour, caramel color) • Dehydrated Cheese (cheddar cheese [milk, cheese culture, salt, enzymes], cream, salt, sodium phosphate, lactic acid) • Sugar • Sea Salt • Hydrolyzed Vegetable Protein (corn, yeast, wheat gluten, soy protein, soybean oil) • Spice • Onion Powder • Garlic Powder

CONTAINS: Milk, Soy, Wheat

### Chili Mac w/ Beef

#### Nutrition Facts

Serving Size 1 cup (54g) dry mix  
(Makes 1 cup prepared)

Amount Per Serving	
Calories 230	
Calories From Fat 50	
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 780mg	33%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	20%
Sugars 3g	
Vitamin A 15% • Vitamin C 15%	

\*Percent Daily Values (DV) 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 Carb.	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

#### INGREDIENTS:

Cooked Beef (beef, flavoring, salt) • Enriched Macaroni (durum [wheat] semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) • Kidney Beans (kidney bean, salt) • Tomato Paste • Chili Seasoning (chili pepper & other spices, dehydrated onion & garlic, salt, hydrolyzed soy protein, potassium chloride, paprika, sugar, maltodextrin, beef extract, disodium inosinate, disodium guanylate, autolyzed yeast extract, caramel color, natural flavors, citric acid) • Modified Corn Starch • Dehydrated Onion • Spice

CONTAINS: Soy, Wheat

### Noodles & Chicken

#### Nutrition Facts

Serving Size 1 cup (54g) dry mix  
(Makes 1 cup prepared)

Amount Per Serving	
Calories 220	
Calories From Fat 45	
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 590mg	25%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	4%
Sugars 1g	
Vitamin A 4% • Vitamin C 8%	

\*Percent Daily Values (DV) 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 Carb.	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

#### INGREDIENTS:

Precooked Noodles: Durum [wheat] Semolina • Whole Egg • Salt

Noodles & Chicken Sauce: Cooked Chicken (chicken meat, salt) • Red Pepper • Modified Corn Starch • Chicken Fat

Less than 2% of: Chicken Base (chicken meat, salt, maltodextrin, sugar, chicken fat, yeast extract, onion powder, garlic powder, turmeric, spice extract) • Sugar • Hydrolyzed Vegetable Protein (corn, soy, wheat gluten protein, soybean oil) • Flavoring (yeast extract, safflower oil, natural flavoring) • Onion Powder • Spice • Turmeric

CONTAINS: Soy, Wheat, Egg

Serving sizes are based on USDA/FDA 'Reference Amounts Customarily Consumed' and are for comparison purposes. Your mileage will vary based on your metabolism and activity level. We recommend determining your caloric needs and basing your purchasing decisions on calories rather than 'servings'.



# Mountain House® 1 Year Food Supply

## Nutritional Information

### Chicken Stew

### Macaroni & Cheese

### Granola w/ Milk & Blueberries

### Breakfast Skillet

#### Nutrition Facts

Serving Size 1 cup (54g) dry mix  
(Makes 1 cup prepared)

Amount Per Serving	
Calories 230	
Calories From Fat 80	
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 1170mg	49%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 12g	24%
Vitamin A 20% • Vitamin C 15%	

\*Percent Daily Values (DV) 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 Carb.	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

#### INGREDIENTS:

Potatoes (potato, sodium acid pyrophosphate [color retention]) • Cooked Chicken (chicken meat, salt) • Carrots • Green Peas (peas, salt) • Corn Oil with Spice Extract

Less than 2% of: Nonfat Dry Milk • Modified Corn Starch • Salt • Hydrolyzed Vegetable Protein (corn, soy, wheat gluten, soybean oil) • Dehydrated Onion • Chicken Fat • Sugar • Spice • Garlic Powder

CONTAINS: Milk, Soy, Wheat

#### Nutrition Facts

Serving Size 1 1/4 cup (64g) dry mix  
(Makes 1 cup prepared)

Amount Per Serving	
Calories 320	
Calories From Fat 130	
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 7g	35%
Trans Fat 0.5g	
Cholesterol 35mg	12%
Sodium 680mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 5g	
Vitamin A 10% • Vitamin C 2%	

\*Percent Daily Values (DV) 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 Carb.	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

#### INGREDIENTS:

Enriched Macaroni (durum [wheat] semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) • Dehydrated Cheddar Cheese Blend (cheddar cheese [milk, cheese culture, salt, enzymes], cream, salt, sodium phosphate, lactic acid) • Cheddar Cheese (cultured milk, salt, enzymes, annatto [color], natamycin [mold inhibitor]) • Nonfat Dry Milk • Modified Corn Starch • Dehydrated Cheddar Cheese Blend (cheddar cheese [milk, cheese culture, salt, enzymes], cream, salt, sodium phosphate, lactic acid, yellow 5, yellow 6) • Corn Oil with Spice Extract • Sea Salt • Spice

CONTAINS: Milk, Wheat

#### Nutrition Facts

Serving Size 1/2 cup (57g) dry mix  
(Makes 1/2 cup prepared)

Amount Per Serving	
Calories 250	
Calories From Fat 80	
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 16g	
Vitamin A 6% • Vitamin C 2%	

\*Percent Daily Values (DV) 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 Carb.	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

#### INGREDIENTS:

Granola (oats, brown sugar, coconut, soybean oil, wheat germ, sesame seed, natural vanilla flavoring) • Nonfat Dry Milk • Freeze Dried Blueberries • Dry Cream (cream, lecithin, tocopherols and ascorbyl palmitate [to protect flavor]) • Vanilla Flavor (cane sugar, cornstarch, natural and artificial flavor, dextrose, tricalcium phosphate)

CONTAINS: Milk, Soy, Wheat, Coconut

#### Nutrition Facts

Serving Size 1 cup (70g) dry mix  
(Makes 1 cup prepared)

Amount Per Serving	
Calories 400	
Calories From Fat 220	
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 245mg	82%
Sodium 920mg	38%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 5g	
Vitamin A 10% • Vitamin C 15%	

\*Percent Daily Values (DV) 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 Carb.	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

#### INGREDIENTS:

Hash Browns\*: Potato • Vegetable Oil (may contain: canola, sunflower, cottonseed, palm, corn, soybean, hydrogenated soybean, hydrogenated cottonseed oils) • Salt • Dehydrated Potato • Enriched Bleached Flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid) • Potassium Sorbate (to maintain freshness) • Natural Flavoring • Disodium Dihydrogen Pyrophosphate (color retention) • Dextrose

Precooked Eggs\*: Whole Egg (glucose removed for stability) • Egg Yolk • Nonfat Dry Milk • Modified Corn Starch • Corn Oil • Salt • Yeast Extract • Sunflower Oil • Smoke Flavor • Xanthan Gum

Pork Sausage Patty\*: Sausage (pork, salt, spice, sugar) • Textured Vegetable Protein (soy flour, salt)

Red and Green Bell Pepper\* • Dehydrated Onion

\*Freeze Dried

CONTAINS: Egg, Milk, Wheat, Soy

Serving sizes are based on USDA/FDA 'Reference Amounts Customarily Consumed' and are for comparison purposes. Your mileage will vary based on your metabolism and activity level. We recommend determining your caloric needs and basing your purchasing decisions on calories rather than 'servings'.



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## Nutritional Information

### Pilot Crackers

Nutrition Facts		
Serving Size 1 Cracker (14g)		
Servings Per Container About		
Amount Per Serving		
Calories 60		
Calories From Fat 15		
% Daily Value*		
Total Fat 2g		3%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 55mg		2%
Total Carbohydrate 10g		3%
Dietary Fiber 0g		0%
Sugars 1g		
Protein 1g		2%
Vitamin A 0% •		
Vitamin C 0%		
*Percent Daily Values (DV) 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 Carb.	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

#### INGREDIENTS:

Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) • Palm Oil • Sugar

Less than 2% of: Corn Syrup • Salt • Baking Soda • Monocalcium Phosphate • Enzymes • Soy Lecithin

CONTAINS: Soy, Wheat

### Easy Meal® Peanut Butter Powder

Nutrition Facts		
Serving Size 1/4 cup (28g)		
(Makes 2 tbsp prepared)		
Servings Per Container About		
Amount Per Serving		
Calories 130		
Calories From Fat 70		
% Daily Value*		
Total Fat 8g		13%
Saturated Fat 3.5g		17%
Trans Fat 0g		
Cholesterol 0mg		3%
Sodium 0mg		3%
Total Carbohydrate 10g		3%
Dietary Fiber 2g		9%
Sugars 6g		
Protein 8g		16%
Vitamin A 0% • Calcium 2%		
Vitamin C 0% • Iron 0%		
*Percent Daily Values (DV) 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 Carb.	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

#### INGREDIENTS:

Peanut Flour, Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Dipotassium Phosphate, Mono and Diglycerides, Soy Lecithin, Sugar.

CONTAINS: Milk, Soy, Peanuts\*

\*This product is produced on equipment that processes products containing Milk, Soy, Wheat, Egg, Peanut, and Treenuts.

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