

**Shelf Life:** Product good for up to 20 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55° F and 70° F. Actual shelf life may vary

**FOOD STORAGE EMERGENCIES EVERYDAY MEALS** 

#### MORNING MOO'S® LOW BANANA CHIPS FAT MILK ALTERNATIVE (2 pouches)

**Nutrition Facts** 

Servings Per Pouch: 8

Saturated Fat 10g

**Total Carbohydrate 19g** 

Total Fat 11g

Trans Fat Og

Sodium Omg

Sugars 12g Protein 1g

Calcium

Total Fat

Sat Fat

Sodium

Dietary Fiber

Total Carbohydrate

**INGREDIENTS:** 

coconut oil, sugar, banana flavoring).

Contains allergen: Tree nuts (coconut).

Cholesterol Omg

Dietary Fiber 3g

Serving Size: 1/2 Cup (33g dry)

Calories 170 Calories from Fat 100

Vitamin A 0% • Vitamin C 4%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher

Calories 2,000

or lower depending on your calorie needs.

Calories per gram: Fat 9 Carbs 4 Protein 4

Dehydrated banana slices (bananas, refined

Iron

65g

20g

300a

25g

Less than 2400mg 2400mg

0% •

Less than

Less than

Cholesterol Less than 300mg

**17**%

50%

0%

0%

6%

1**2**%

2%

2,500

80g

25g

300mg

375a

30g





### **Nutrition Facts** Serving Size: 2 Tbsp (17g dry) Servings Per Pouch: 20

Amount Per Servin	ng	
Calories 70	Calories f	rom Fat 20
		% Daily Value*
Total Fat 2.5g	9	4%
Saturated Fa	at 2g	10%
Trans Fat Og	J	
Cholesterol C	)mg	0%
Sodium 120m	ng	5%
Total Carbohy	ydrate 10g	3%
Dietary Fiber	0g	0%
Sugars 1g	·	
Protein 3g		

١	VILAIIIIII A	0 70	_ •	Vitalilli	- 0%	
ı	Calcium	10%	•	Iron	0%	
١	Vitamin D	25%	•	Riboflavi	n 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.					
ı		Calo	ries	2,000	2,500	
ı	Total Fat	Less t	han	65g	80g	

20g

25g

Less than

#### Less than 2400mg 2400mg Total Carbohydrate Dietary Fiber 25g 30g Calories per gram: Fat 9 Carbs 4 Protein 4

Cholesterol Less than 300mg 300mg

#### **INGREDIENTS:** Whey, creamer (coconut oil, corn syrup solids,

Sat Fat

Sodium

sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, sodium silicoaluminate, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, sugar, guar gum, vitamin A, vitamin D.

Contains allergens: Milk, soy and tree nuts (coconut).

### **CREAMY POTATO** SOUP

(6 pouches)



#### **HEARTY VEGETABLE CHICKEN SOUP**



#### **Nutrition Facts** Serving Size: 1/3 Cup (50g dry)

Servings Per Pouch: 8

Amount Per	Servin	g		
Calories	220	Cal	ories from F	at 70
			% Dail	y Value*
<b>Total Fat</b>	8g			12%
Saturate	ed Fa	it 4g		20%
Trans Fa	at Og			
Choleste	rol 0	mg		0%
Sodium 350mg				15%
<b>Total Car</b>	bohy	drate	e 33g	11%
Dietary F	iber	2g		8%
Sugars 3	g			
Protein 4	g			
Vitamin A	0%	•	Vitamin C	15%
Calcium	2%	•	Iron	10%
			e based on a	

5% 0% 00 alorie diet. Your daily values may be higher or lower depending on your calorie needs Calories 2,000 2,500 Less than 65a

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Sat Fat	Less than	20g	25g	ı
Cholesterol	Less than	300mg	300mg	ı
Sodium	Less than	2400mg	2400mg	ı
Total Carbohydrate		300g	375g	ı
Dietary Fiber		25g	30g	ı
Calories per g	gram: Fat 9	Carbs 4	Protein 4	

#### **INGREDIENTS:**

**INGREDIENTS:** Diced dehydrated potatoes, creamer (palm oil maltodextrin sodium caseinate (a milk derivative), dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (Potato, monoglycerides, sodium acid pyrophosphate, citric acid. Freshness preserved with sodium bisulfite and BHA), corn starch, onions, chicken stock (corn syrup, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes, turmeric, garlic powder, caramel color, dehydrated

Contains allergens: Milk, soy and wheat.

#### **Nutrition Facts** Serving Size: 1/3 Cup (57g dry)

Servings Per Pouch: 8

Amount Per Serving	
Calories 180 Calo	ories from Fat 5
	% Daily Value
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 590mg	25%
Total Carbohydrate	40g <b>13</b> %
Dietary Fiber 6g	24%
Sugars 3g	

Dietary Fiber 6g						
Sugars 3	g					
Protein 7	g					
Vitamin A	70%	•	Vitami	n C 6%		
Calcium	4%	•	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.						
	Calor		2,000	2,500		
Total Fat	Less th		65g	80g		
Sat Fat	Less th		20g	25g		
Cholesterol	Less th	nan	300ma	300ma		

*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	2400mg	2400mg			
Total Carbohydrate		300g	375g			
Dietary Fiber		25g	30g			
Calories per g	gram: Fat 9	Carbs 4	Protein 4			

White rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), lentils, elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), carrot dices, celery slices, chicken stock (corn syrup solids, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion

Contains allergens: Milk, soy and wheat.

#### **CHEESY BROCCOLI RICE**

(5 pouches)



Nutrition	<b>Facts</b>
Serving Size: 1/2 C	up (65g dry)

Servings Per Pouch: 8

Amount Per	Servin	g				
Calories	250	Calo	ries from	Fat 40		
			% Da	ily Value*		
Total Fat	4.5g	l		<b>7</b> %		
Saturate	Saturated Fat 2.5g					
Trans Fa	it 0g					
Choleste	rol 10	mg		3%		
Sodium 6	90m	ng		29%		
Total Car	bohy	drate	46g	15%		
Dietary F	iber	0g		0%		
Sugars 9	g					
Protein 6	g					
Vitamin A	4%	•	Vitamin (	10%		
Calcium	10%	•	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.						
	Cal	ories	2,000	2,500		
Total Fat	Less	than	65g	80g		

## Calories per gram: Fat 9 Carbs 4 Protein 4 **INGREDIENTS:**

Total Carbohydrate

Dietary Fiber

Less than

Sodium Less than 2400mg 2400mg

Cholesterol Less than 300mg

25g

300mg

375g

30g

20g

300g

Sat Fat

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), cheese powder (whey, buttermilk solids, granular and cheddar cheeses [pasteurized milk,cheese culture,salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme) creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor annatto extract, sodium hexmetaphosphate). corn starch, chicken stock (corn syrup, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), dehydrated broccoli (broccoli, sucrose), onions, onion powder parsley flakes.

Contains allergens: Milk and soy.

#### **INSTANT POTATOES**

(1 pouch)



#### **Nutrition Facts** Serving Size: 1/2 Cup (34g dry)

Servings Per Pouch: 8

Amount Per	Serving	9				
Calories	120	Ca	lories fro	m Fat !		
			% D	aily Value		
Total Fat	0.5g			1%		
Saturate	ed Fa	t Og		0%		
Trans Fa	at Og					
Choleste	rol O	mg		0%		
Sodium 3	350m	g		15%		
Total Car	Total Carbohydrate 27g 99					
Dietary F	Dietary Fiber 2g 89					
Sugars 1	g					
Protein 2	g.					
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.						
	Cald	ories	2,000	2,500		
Total Fat	Less 1	than	65g	80g		

# **INGREDIENTS:**

Total Carbohydrate

Dietary Fiber

Less than

Sodium Less than 2400mg 2400mg

Calories per gram: Fat 9 Carbs 4 Protein 4

Cholesterol Less than 300mg

20g

300g

25g

25g

300mg

375g

30g

Sat Fat

Dehydrated potato flakes (potato monoglycerdrides, sodium acid pyrophosphate citric acid. Freshness preserved with sodium bisulfite and BHA), corn starch, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), dehydrated chopped onions, natural chicken

Contains allergen: Soy.

#### **MAPLE BROWN SUGAR OATMEAL**

(6 pouches)



#### **Nutrition Facts** Serving Size: 1/3 Cup (30g dry)

Servings Per Pouch: 10

Amount Per Servin	g	
Calories 120	Calories f	rom Fat 25
		% Daily Value*
Total Fat 2.5g		4%
Saturated Fa	nt 1g	5%
Trans Fat Og		
Cholesterol 0	mg	0%
Sodium 35mg	I	1%
Total Carbohy	drate 20g	7%
Dietary Fibe	r 3g	12%
Sugars 3g		
Protein 4g		

Protein 4g									
Vitamin A	0%	•	Vitam	in 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 tha		65g		30g				
Sat Fat	Less tha	ın	20g	- 2	25g				
Cholesterol	Less tha	ın	300mg	300	mg				
Sodium	Less tha	ın	2400mg	2400	mg				

300a

25g

375a

30g

## Calories per gram: Fat 9 Carbs 4 Protein 4 **INGREDIENTS:**

Total Carbohydrate

Dietary Fiber

oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono-and diglycerides, sodium silicoaluminate, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), natural and artificial maple flavor, non-

Quick rolled oats, brown sugar, creamer (coconut

Contains allergens: Milk, soy and tree nuts

#### **ELBOW MACARONI** (2 pouches)



# **Nutrition Facts**

Serving Size: 1/3 Cup (44g dry)

Servings P	er Po	uch:	7.5	
Amount Per S	Serving			
Calories 1	60	Cal	ories from	Fat 5
			% Daily	/ Value*
Total Fat	0g			0%
Saturated Fat Og				0%
Trans Fa	t 0g			
Cholesterol Omg				0%
Sodium Omg				
Total Carbohydrate 33g				11%
Dietary Fiber 2g			8%	
Sugars 19	9			
Protein 6	g			
Vitamin A	0%	•	Vitamin C	0%
Calcium	0%	•	Iron	10%

Vitamin A	0%	•	Vitam	in 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.							
	Calorie	es	2,000	2,	500		
Total Fat	Less tha	n	65g		80g		
Sat Fat	Less tha	n	20g		25g		
Cholesterol	Less tha	n	300mg	300	)mg		
Sodium	Less tha	n	2400mg	2400	)mg		

Total Carbohydrate 300a 375a Dietary Fiber 25g 30g Calories per gram: Fat 9 Carbs 4 Protein 4

# **INGREDIENTS:**

Elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic

# **CHEESE POWDER**

(1 pouch)



**CREAMY** 



### **Nutrition Facts** Serving Size: 2 Tbsp (14g dry) Servings Per Pouch: 15

Amount Per	Serving	3			
Calories	50	Ca	lories fr	om Fat 10	
			9	6 Daily Value	
Total Fat 1.5g				2%	ó
Saturate	ed Fa		5%	6	
Trans Fa	at Og				
Choleste	rol 10	mg		3%	6
Sodium 4	470m		20%	6	
Total Car	29	6			
Dietary F	iber		09	6	
Sugars 7	'g				
Protein 3	g				
Vitamin A	2%	•	Vitam	in C 0%	
Calcium	10%	•	Iron	0%	
*Percent Da calorie diet. or lower de	Your c	laily	values may	be higher	
Total Fat	Less 1	than	65g	80g	
Sat Fat	Less 1	than	20g	25g	
Cholesterol			300mg		
Sodium	Less 1	than	2400mg	2400mg	

## Calories per gram: Fat 9 **INGREDIENTS:**

Total Carbohydrate

Dietary Fiber

se powder (whey, buttermilk solids, granular culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme).

25g

Carbs 4 Protein 4

30g



#### **Nutrition Facts** Serving Size: 1/3 Cup (52g dry) Servings Per Pouch: 8

Calories 240 Calories from Fat 100 Total Fat 12g 18% 30% Saturated Fat 6g Trans Fat Og

0%

14% 10%

0%

Cholesterol Omg Sodium 330mg **Total Carbohydrate 30g** Dietary Fiber Og Sugars 1g Protein 4a Vitamin A 0% • Vitamin C 2%

0% •

Iron

Calcium

calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories 2,000 Total Fat Less than 65g 80g Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2400mg 2400mg Total Carbohydrate 375g 300g

\*Percent Daily values are based on a 2,000

# **INGREDIENTS:**

Calories per gram: Fat 9

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mono nitrate [thiamin], and folic acid [folate]), creamer (palm oil, maltodextrin, sodium caseinate (a milk derivative), dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), corn starch, natural chicken flavor, onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), onion powder, natural flavoring, parsley flakes, turmeric.

Contains allergens: Milk and soy.

Contains allergen: Wheat.

Each pouch contains an oxygen absorber.

Discard immediately upon opening.