



# 30 DAY FOOD STORAGE EMERGENCY FOOD SUPPLY

20093-111615

Serving suggestions shown below.

307 SERVINGS



SHELF LIFE UP TO 20 YEARS

**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 based on individual storage conditions.

FOOD STORAGE EMERGENCIES EVERYDAY MEALS

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



Nutrition Facts	
Serving Size: 2 Tbsp (17g dry) Servings Per Pouch: 20	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
<b>Saturated Fat 2g</b>	<b>10%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 1g</b>	
<b>Protein 3g</b>	
<b>Vitamin A 8%</b>	<b>Vitamin C 0%</b>
<b>Calcium 10%</b>	<b>Iron 0%</b>
<b>Vitamin D 25%</b>	<b>Riboflavin 4%</b>

\*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 gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

Whey, creamer (coconut oil, corn syrup solids, 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).

## BANANA CHIPS (2 pouches)



Nutrition Facts	
Serving Size: 1/2 Cup (33g dry) Servings Per Pouch: 8	
Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
<b>Saturated Fat 10g</b>	<b>50%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
<b>Sugars 12g</b>	
<b>Protein 1g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 4%</b>
<b>Calcium 0%</b>	<b>Iron 2%</b>

\*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 gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

Dehydrated banana slices (bananas, refined coconut oil, sugar, banana flavoring).

**Contains allergen:** Tree nuts (coconut).

## CREAMY POTATO SOUP (6 pouches)



Nutrition Facts	
Serving Size: 1/3 Cup (50g dry) Servings Per Pouch: 8	
Amount Per Serving	
Calories 220	Calories from Fat 70
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
<b>Saturated Fat 4g</b>	<b>20%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 350mg</b>	<b>15%</b>
<b>Total Carbohydrate 33g</b>	<b>11%</b>
<b>Dietary Fiber 2g</b>	<b>8%</b>
<b>Sugars 3g</b>	
<b>Protein 4g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 15%</b>
<b>Calcium 2%</b>	<b>Iron 10%</b>

\*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 gram: Fat 9 Carbs 4 Protein 4

### 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 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), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion.

**Contains allergens:** Milk, soy and wheat.

## HEARTY VEGETABLE CHICKEN SOUP (4 pouches)



Nutrition Facts	
Serving Size: 1/3 Cup (57g dry) Servings Per Pouch: 8	
Amount Per Serving	
Calories 180	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 590mg</b>	<b>25%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
<b>Dietary Fiber 6g</b>	<b>24%</b>
<b>Sugars 3g</b>	
<b>Protein 7g</b>	
<b>Vitamin A 70%</b>	<b>Vitamin C 6%</b>
<b>Calcium 4%</b>	<b>Iron 15%</b>

\*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 gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

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 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), 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 Facts	
Serving Size: 1/2 Cup (65g dry) Servings Per Pouch: 8	
Amount Per Serving	
Calories 250	Calories from Fat 40
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
<b>Saturated Fat 2.5g</b>	<b>13%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 690mg</b>	<b>29%</b>
<b>Total Carbohydrate 46g</b>	<b>15%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 9g</b>	
<b>Protein 6g</b>	
<b>Vitamin A 4%</b>	<b>Vitamin C 10%</b>
<b>Calcium 10%</b>	<b>Iron 6%</b>

\*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 gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

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 starch, 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	
Calories 120	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 350mg</b>	<b>15%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
<b>Dietary Fiber 2g</b>	<b>8%</b>
<b>Sugars 1g</b>	
<b>Protein 2g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 15%</b>
<b>Calcium 2%</b>	<b>Iron 2%</b>

\*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 gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

Dehydrated potato flakes (potato, monoglycerides, 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 flavor, parsley flakes.

**Contains allergen:** Soy.

## MAPLE BROWN SUGAR OATMEAL (6 pouches)



Nutrition Facts	
Serving Size: 1/3 Cup (30g dry) Servings Per Pouch: 10	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
<b>Saturated Fat 1g</b>	<b>5%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
<b>Sugars 3g</b>	
<b>Protein 4g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>
<b>Calcium 2%</b>	<b>Iron 6%</b>

\*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 gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

Quick rolled oats, brown sugar, creamer (coconut 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-iodized salt.

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

## ELBOW MACARONI (2 pouches)



Nutrition Facts	
Serving Size: 1/3 Cup (44g dry) Servings Per Pouch: 7.5	
Amount Per Serving	
Calories 160	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 33g</b>	<b>11%</b>
<b>Dietary Fiber 2g</b>	<b>8%</b>
<b>Sugars 1g</b>	
<b>Protein 6g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>
<b>Calcium 0%</b>	<b>Iron 10%</b>

\*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 gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

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

**Contains allergen:** Wheat.

## CHEESE POWDER (1 pouch)



Nutrition Facts	
Serving Size: 2 Tbsp (14g dry) Servings Per Pouch: 15	
Amount Per Serving	
Calories 50	Calories from Fat 10
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
<b>Saturated Fat 1g</b>	<b>5%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 470mg</b>	<b>20%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 7g</b>	
<b>Protein 3g</b>	
<b>Vitamin A 2%</b>	<b>Vitamin C 0%</b>
<b>Calcium 10%</b>	<b>Iron 0%</b>

\*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 gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

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).

**Contains allergen:** Milk.

## CREAMY CHICKEN RICE (6 pouches)



Nutrition Facts	
Serving Size: 1/3 Cup (52g dry) Servings Per Pouch: 8	
Amount Per Serving	
Calories 240	Calories from Fat 100
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
<b>Saturated Fat 6g</b>	<b>30%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 1g</b>	
<b>Protein 4g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 2%</b>
<b>Calcium 0%</b>	<b>Iron 6%</b>

\*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 gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [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.

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