

BROWN SUGAR OATMEAL (3 POUCHES) INGREDIENTS: Oats, creamer (palm or coconut oil, corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, contains 2% or less of each of the following: mono & diglycerides, silicon dioxide), brown sugar, salt CONTAINS: Milk

CREAM OF WHEAT (2 POUCHES) INGREDIENTS: Farina CONTAINS: Wheat
SPANISH RICE (2 POUCHES) INGREDIENTS: Long grain rice, onion, tomato powder, salt, green & red bell pepper, garlic, tomato flake, cumin, dehydrated jalapeno

CHICKEN FLAV RICE ORZO PILAF (2 POUCHES) INGREDIENTS: Rice, white, long-grain, parboiled, unenriched, dry, orzo pasta, natural flavor (hydrolyzed corn protein & safflower oil) CONTAINS: Wheat

CHEDDAR CHEESE GRITS (2 POUCHES) INGREDIENTS: Corn grits, creamer (palm or coconut oil, corn syrup solids, sodium caseinate (a milk derivative)), dipotassium phosphate, contains 2% or less of each of the following: mono & diglycerides, silicon dioxide, cheddar cheese powder (whey (from milk), maltodextrin, cheddar cheese (milk, cheese culture, salt, enzymes), sunflower oil, salt, sodium phosphate, contains less than 2% of: blue cheese (milk, cheese culture, salt enzymes), citric acid, lactic acid. Salt, natural flavor (hydrolyzed corn protein & safflower oil), diced green chiles, ground black pepper CONTAINS: Milk

CHEDDAR BROCCOLI RICE (2 POUCHES) INGREDIENTS: Long grain rice, cheddar cheese powder (whey (from milk), maltodextrin, cheddar cheese (milk, cheese culture, salt, enzymes), sunflower oil, salt, sodium phosphate, contains less than 2% of: blue cheese (milk, cheese culture, salt enzymes), citric acid, lactic acid. Corn starch, creamer (palm or coconut oil, corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, contains 2% or less of each of the following: mono & diglycerides, silicon dioxide), broccoli floret, natural flavor (hydrolyzed corn protein and safflower oil), onion salt, black pepper CONTAINS: Milk

CINNAMON RICE PUDDING (2 POUCHES) INGREDIENTS: Long grain rice, creamer (palm or coconut oil, corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, contains 2% or less of each of the following: mono & diglycerides, silicon dioxide), nonfat dry milk, sugar, corn starch, cinnamon, salt, natural flavor, cardamom CONTAINS: Milk

HOBO STEW (2 POUCHES) INGREDIENTS: Rice, pasta (semolina (wheat), durum wheat flour. Vitamins/minerals: Vitamin B3 (niacin), iron (ferrous sulfate), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid), bean (black, red, or pinto), tomato powder, potato, onion, corn starch, carrot, garlic, natural flavor, celery flake, black pepper CONTAINS: Wheat

BUTTERY HERB PASTA (2 POUCHES) INGREDIENTS: Pasta (semolina (wheat), durum wheat flour. Vitamins/minerals: Vitamin B3 (niacin), iron (ferrous sulfate), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid), creamer (palm or coconut oil, corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, contains 2% or less of each of the following: mono & diglycerides, silicon dioxide), corn starch, natural flavor (hydrolyzed corn protein & safflower oil), parsley, salt CONTAINS: Milk, wheat

CREAMY POTATO STEW (2 POUCHES) INGREDIENTS: Creamer (palm or coconut oil, corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, contains 2% or less of each of the following: mono & diglycerides, silicon dioxide), potato, potato flake, corn starch, natural flavor (hydrolyzed corn protein & safflower oil), onion, carrot, onion salt, celery, garlic, black pepper, rosemary, dill CONTAINS: Milk

SAVORY BEANS & RICE (2 POUCHES) INGREDIENTS: Long grain rice, black bean, onion, onion salt, carrot, cumin, garlic, black pepper, parsley flakes

INSTANT NON-FAT DRY MILK (2 POUCHES) INGREDIENTS: Nonfat dry milk CONTAINS: Milk

Nutrition Facts	Brown Sugar Oatmeal	Cream of Wheat	Spanish Rice	Cheddar Cheese Grits	Chicken Flav Rice Orzo Pilaf	Cheddar Broccoli Rice
	Serving Size	1/4 Cup (40g)	3 Tbsp (44g)	1/4 Cup (40g)	1/4 Cup (30g)	1/4 Cup (50g)
Servings Per Container	30	60	40	20	40	20
Amount Per Serving	170		160		170	
Calories	170		140		200	
	% Daily Value*		% Daily Value*		% Daily Value*	
Total Fat	7g	9%	0g	0%	7g	9%
Saturated Fat	4.5g	23%	0g	0%	6g	30%
Trans Fat	0g		0g		0g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%
Sodium	100mg	4%	0mg	0%	420mg	18%
Total Carbohydrate	26g	9%	33g	12%	17g	6%
Dietary Fiber	3g	11%	1g	4%	<1g	3%
Total Sugars	4g		1g		2g	
Includes Added Sugars	3g	6%	0g	0%	<1g	2%
Protein	4g		5g		2g	
	0mcg		0mcg		0mcg	
Vitamin D	0mcg	0%	0mcg	0%	0mcg	0%
Calcium	0mg	0%	10mg	0%	20mg	2%
Iron	1.3mg	8%	0.6mg	4%	0.6mg	4%
Potassium	90mg	2%	40mg	0%	120mg	2%

Nutrition Facts	Cinnamon Rice Pudding	Hobo Stew	Buttery Herb Pasta	Creamy Potato Stew	Savory Beans & Rice	Instant Non-fat Dry Milk
	Serving Size	1/4 Cup (40g)	1/4 Cup (40g)	1/4 Cup (40g)	1/4 Cup (40g)	4 tbsp (21g)
Servings Per Container	20	40	40	20	40	30
Amount Per Serving	170		140		170	
Calories	170		140		150	
	% Daily Value*		% Daily Value*		% Daily Value*	
Total Fat	3.5g	4%	0g	0%	3.5g	6%
Saturated Fat	3g	15%	0g	0%	5g	25%
Trans Fat	0g		0g		0g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%
Sodium	45mg	2%	95mg	4%	910mg	40%
Total Carbohydrate	31g	11%	30g	11%	26g	9%
Dietary Fiber	0g	0%	4g	14%	2g	7%
Total Sugars	4g		3g		2g	
Includes Added Sugars	2g	4%	0g	0%	<1g	1%
Protein	4g		5g		10g	
	0.5mcg		0mcg		0mcg	
Vitamin D	0.5mcg	2%	0mcg	0%	0mcg	0%
Calcium	70mg	6%	40mg	2%	20mg	2%
Iron	0.9mg	4%	1.9mg	10%	0.6mg	4%
Potassium	180mg	4%	270mg	6%	0.6mg	4%
Vitamin A	0mcg	0%	0mcg	0%	0mcg	0%
Vitamin C	0mcg	0%	0mcg	0%	0mcg	0%



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For optimal shelf life, store product in a cool and dry place. Shelf life of sealed pouches ranges from 10 to 25 years depending on food type. Once pouch seal is broken, food should be used within one year. Pail may be opened without compromising the shelf life of sealed pouches.
 *Contains bioengineered food ingredients.

LBL400102V1.1 SKU400100