



30-DAY | 108-SERVING EMERGENCY FOOD VAULT

Spanish Rice

Directions:

1. Remove oxygen absorber and discard.
2. Bring 4 1/2 Cups water to a boil and mix in entire contents of pouch.
3. Cover with lid and reduce heat to low.
4. Cook for 15 to 20 minutes.

INGREDIENTS: White rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), 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, parsley, silicon dioxide), red and green diced bell peppers, onion powder, tomato powder, cumin, non-iodized salt.

Contains allergen: Soy.

Nutrition Facts

Serving Size: 1/4 Cup (57g) Dry
Servings Per Container: 8

Amount Per Serving

Calories 200 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 730mg **30%**

Total Carbohydrate 43g **14%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 4g

Vitamin A 10% • **Vitamin C 60%**

Calcium 2% • **Iron 8%**

*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

Banana Chips

Directions:

1. Remove oxygen absorber and discard.
2. Eat as a snack; add to cereals, granolas, or desserts.

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

Contains allergens: Tree nuts (coconut).

Nutrition Facts

Serving Size: 1/2 Cup (33g) Dry
Servings Per Container: 8

Amount Per Serving

Calories 170 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 10g **50%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Potassium 180mg **5%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 12g

Protein 1g

Vitamin A 0% • **Vitamin C 4%**

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 2400mg 2400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 Carbs 4 Protein 4

Maple Brown Sugar Oatmeal

Directions:

1. Remove oxygen absorber and discard.
2. Shake bag well to evenly distribute contents.
3. Stir entire contents of pouch into 5 Cups boiling water.
4. Cook 1 minute, stirring frequently.
5. Remove from heat and let stand 2 minutes.

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 allergen: Milk, soy and tree nuts (coconut).

Nutrition Facts

Serving Size: 1/3 Cup (30g) Dry
Servings Per Container: 10

Amount Per Serving

Calories 120 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 4g

Vitamin A 0% • **Vitamin 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 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

Buttermilk Pancakes

Directions:

1. Remove oxygen absorber and discard.
2. Whisk entire contents of pouch into 2 Cups cold water.
3. Preheat oiled skillet/griddle to 375°F.
4. Cook pancakes 1 to 1 1/2 minutes per side or until golden brown; turning only once.
5. For thicker pancakes, add less water as desired.

INGREDIENTS: Cake flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), egg substitute (potato starch, tapioca starch, calcium lactate, calcium carbonate, citric acid, cellulose gum, xanthan gum).

Contains allergens: Milk, soy and wheat.

Nutrition Facts

Serving Size: 1/3 Cup (46g) Dry
Servings Per Container: 6

Amount Per Serving

Calories 160 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 620mg **26%**

Total Carbohydrate 34g **11%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 4g

Vitamin A 0% • **Vitamin C 0%**

Calcium 10% • **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.

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

Instant Potatoes

Directions:

1. Remove oxygen absorber and discard.
2. Whisk entire contents of pouch into 6 Cups boiling water.
3. Stir until creamy, approximately 1 minute.
4. Remove from heat, let stand until desired thickness is reached, stirring frequently.

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), onions, natural chicken flavor, parsley flakes.

Contains allergen: Soy.

Nutrition Facts

Serving Size: 1/3 Cup (34g) Dry
Servings Per Container: 8

Amount Per Serving

Calories 120 **Calories from Fat 5**

% Daily Value*

Total Fat .5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 350mg **15%**

Total Carbohydrate 27g **9%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 2g

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.

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

Creamy Chicken Rice

Directions:

1. Remove oxygen absorber and discard.
2. Whisk entire contents of pouch into 5 Cups boiling water.
3. Simmer on low heat for 20 minutes, or until rice reaches desired level of firmness, stirring frequently.

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 allergen: Milk and soy.

Nutrition Facts

Serving Size: 1/3 Cup (52g) Dry
Servings Per Container: 8

Amount Per Serving

Calories 240 **Calories from Fat 100**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 330mg **14%**

Total Carbohydrate 30g **10%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 4g

Vitamin A 0% • **Vitamin C 2%**

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 2400mg 2400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 Carbs 4 Protein 4

Creamy Potato Soup

Directions:

1. Remove oxygen absorber and discard.
2. Whisk entire contents of pouch into 8 1/2 Cups boiling water.
3. Simmer on low heat for 10 to 15 minutes, stirring frequently.

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, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergen: Milk, soy, and wheat.

Nutrition Facts

Serving Size: 1/3 Cup (50g) Dry
Servings Per Container: 8

| Amount Per Serving | | Calories from Fat 70 | |
|-------------------------------------|--------------|----------------------|--|
| | | % Daily Value* | |
| Calories | 220 | | |
| Total Fat | 8g | 12% | |
| Saturated Fat | 4g | 20% | |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | 0% | |
| Sodium | 350mg | 15% | |
| Total Carbohydrate | 33g | 11% | |
| Dietary Fiber | 2g | 8% | |
| Sugars | 3g | | |
| Protein | 4g | | |
| Vitamin A 0% • Vitamin C 15% | | | |
| Calcium 2% • 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 | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram: Fat 9 Carbs 4 Protein 4

Cheesy Broccoli Rice

Directions:

1. Remove oxygen absorber and discard.
2. Stir entire contents of pouch into 8 1/4 Cups boiling water.
3. Simmer on low heat for 15 to 20 minutes, stirring frequently.

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 allergen: Milk and soy.

Nutrition Facts

Serving Size: 1/2 Cup (65g) Dry
Servings Per Container: 8

| Amount Per Serving | | Calories from Fat 40 | |
|-------------------------------------|--------------|----------------------|--|
| | | % Daily Value* | |
| Calories | 250 | | |
| Total Fat | 4.5g | 7% | |
| Saturated Fat | 2.5g | 13% | |
| Trans Fat | 0g | | |
| Cholesterol | 10mg | 3% | |
| Sodium | 690mg | 29% | |
| Total Carbohydrate | 46g | 15% | |
| Dietary Fiber | 0g | 0% | |
| Sugars | 9g | | |
| Protein | 6g | | |
| Vitamin A 4% • Vitamin C 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.

| | 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

Hearty Vegetable Chicken Soup

Directions:

1. Remove oxygen absorber and discard.
2. Whisk entire contents of pouch into 10 2/3 Cups boiling water.
3. Simmer on low heat for 25 minutes.

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.

Nutrition Facts

Serving Size: 1/3 Cup (57g) Dry
Servings Per Container: 8

| Amount Per Serving | | Calories from Fat 5 | |
|-------------------------------------|--------------|---------------------|--|
| | | % Daily Value* | |
| Calories | 180 | | |
| Total Fat | 0g | 0% | |
| Saturated Fat | 0g | 0% | |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | 0% | |
| Sodium | 590mg | 25% | |
| Total Carbohydrate | 40g | 13% | |
| Dietary Fiber | 6g | 24% | |
| Sugars | 3g | | |
| Protein | 7g | | |
| Vitamin A 70% • Vitamin 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.

| | 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

Fettuccine Alfredo

Directions:

1. Remove oxygen absorber and discard.
2. Whisk entire contents of pouch into 4 1/2 Cups boiling water.
3. Simmer on low heat for 15 minutes, stirring frequently.
4. Remove from heat and let stand for 2 to 3 minutes to thicken before serving.

INGREDIENTS: Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono-and diglycerides, silicon dioxide and soy lecithin), white cheese (cheddar cheese, [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt and natural flavors), modified food starch, non-iodized salt, whey, sauteed mushroom stock (shitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion and modified corn starch), sauteed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor [contains milk], sunflower oil, salt, chili pepper, less than 2% silicon dioxide for anti-caking), lactic acid, garlic powder, natural flavoring, parsley flakes, xanthan gum, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking).

Contains allergens: Egg, milk, soy, tree nuts (coconut) and wheat.

Nutrition Facts

Serving Size: 1/2 Cup (69g) Dry
Servings Per Container: 4

| Amount Per Serving | | Calories from Fat 100 | |
|------------------------------------|--------------|-----------------------|--|
| | | % Daily Value* | |
| Calories | 300 | | |
| Total Fat | 11g | 17% | |
| Saturated Fat | 9g | 45% | |
| Trans Fat | 0g | | |
| Cholesterol | 35mg | 12% | |
| Sodium | 890mg | 37% | |
| Total Carbohydrate | 41g | 14% | |
| Dietary Fiber | 2g | 8% | |
| Sugars | 4g | | |
| Protein | 10g | | |
| Vitamin A 0% • Vitamin C 2% | | | |
| Calcium 10% • Iron 8% | | | |

*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