

## FREEZE DRIED SLICED STRAWBERRIES

(1 pouch)

### Nutrition Facts

Serving Size: 1/4 Cup (4g) Dry  
Servings Per Container: 20

Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 2g **1%**

  Dietary Fiber 1g **4%**

  Sugars 2g

**Protein** 0g

Vitamin A 0% • Vitamin C 45%

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
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Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## BANANA CHIPS

(1 pouch)

### Nutrition Facts

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

Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	

<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 10g	<b>50%</b>
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
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Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## FREEZE DRIED APPLE DICED

(1 pouch)

### Nutrition Facts

Serving Size: 1/4 Cup (6g) Dry  
Servings Per Container: 16

Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 6g **2%**

  Dietary Fiber 1g **4%**

  Sugars 4g

**Protein** 0g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 0%

\*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
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Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## FREEZE DRIED WHOLE RASPBERRIES

(1 pouch)

### Nutrition Facts

Serving Size: 1/4 Cup (5g) Dry  
Servings Per Container: 20

Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 4g **1%**

  Dietary Fiber 2g **8%**

  Sugars 2g

**Protein** 0g

Vitamin A 0% • Vitamin C 10%

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
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Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## INGREDIENTS:

Sliced freeze-dried strawberries.

## INGREDIENTS:

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

## INGREDIENTS:

freeze-dried apple dices (apple, ascorbic acid, citric acid, calcium chloride).

## INGREDIENTS:

Freeze dried raspberries.

## FREEZE DRIED WHOLE BLUEBERRIES

(1 pouch)

### Nutrition Facts

Serving Size: 1/4 Cup (7g) Dry  
Servings Per Container: 22

Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 6g **2%**

  Dietary Fiber 1g **4%**

  Sugars 4g

**Protein** 0g

Vitamin A 0% • Vitamin C 2%

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
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Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## INGREDIENTS:

Freeze dried blueberries.

## SPIFF-E-WHIP

(1 can)

### Nutrition Facts

Serving Size: 1 Tsp (5g) Dry  
Servings Per Container: 113

Amount Per Serving	
Calories 25	Calories from Fat 10
% Daily Value*	

<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 3g **1%**

  Dietary Fiber 0g **0%**

  Sugars 3g

**Protein** 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

\*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
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Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## INGREDIENTS:

Sugar, creamer (partially hydrogenated palm kernel oil, corn syrup solids, lactose, sugar, glyceryl lacto esters of fatty acids, sodium caseinate [a milk derivative], contains 2% or less of each of the following: mono and diglycerides, sodium aluminosilicate, dipotassium phosphate, artificial flavor), creamer (partially hydrogenated palm kernel oil, corn syrup solids, sugar, propylene glycol esters of fats and fatty acids, sodium caseinate [a milk derivative], acetylated monoglycerides, contains 2% or less of each of the following: mono and diglycerides, sodium aluminosilicate), dextrose, vanilla flavor (dextrose, corn starch, water, alcohol).

Contains allergens: Milk.

## DEHYDRATED POTATO DICES

(1 pouch)

### Nutrition Facts

Serving Size: 1/3 Cup (10g) Dry  
Servings Per Container: 15

Amount Per Serving	
<b>Calories 40</b>	<b>Calories from Fat 0</b>
% Daily Value*	

<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	

**Cholesterol 0mg** **0%**

**Sodium 20mg** **1%**

**Total Carbohydrate 8g** **3%**

  Dietary Fiber 2g **8%**

  Sugars 0g

**Protein 1g**

Vitamin A 2% • Vitamin C 15%

Calcium 0% • Iron 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.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## INGREDIENTS:

Freeze-dried potatoes.

## FREEZE DRIED PEAS

(1 pouch)

### Nutrition Facts

Serving Size: 1/3 Cup (13g) Dry  
Servings Per Container: 15

Amount Per Serving	
<b>Calories 45</b>	<b>Calories from Fat 0</b>
% Daily Value*	

<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	

**Cholesterol 0mg** **0%**

**Sodium 0mg** **0%**

**Total Carbohydrate 6g** **2%**

  Dietary Fiber 2g **8%**

  Sugars 0g

**Protein 3g**

Vitamin A 8% • Vitamin C 40%

Calcium 2% • Iron 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.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## INGREDIENTS:

Freeze-dried peas.

## FREEZE-DRIED BROCCOLI

(1 pouch)

### Nutrition Facts

Serving Size: 1/3 Cup (4g) Dry  
Servings Per Container: 15

Amount Per Serving	
<b>Calories 10</b>	<b>Calories from Fat 0</b>
% Daily Value*	

<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	

**Cholesterol 0mg** **0%**

**Sodium 0mg** **0%**

**Total Carbohydrate 2g** **1%**

  Dietary Fiber 1g **4%**

  Sugars 1g

**Protein 1g**

Vitamin A 15% • Vitamin C 60%

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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## INGREDIENTS:

Freeze-dried broccoli.

## FREEZE DRIED SWEET CORN

(1 pouch)

### Nutrition Facts

Serving Size: 1/4 Cup (10g) Dry  
Servings Per Container: 20

Amount Per Serving	
<b>Calories 40</b>	<b>Calories from Fat 5</b>
% Daily Value*	

<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	

**Cholesterol 0mg** **0%**

**Sodium 0mg** **0%**

**Total Carbohydrate 7g** **2%**

  Dietary Fiber 1g **4%**

  Sugars 4g

**Protein 1g**

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 0%

\*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## INGREDIENTS:

Freeze-dried corn.

## FREEZE-DRIED GREEN BEANS

(1 pouch)

### Nutrition Facts

Serving Size: 1/4 Cup (3g) Dry  
Servings Per Container: 20

Amount Per Serving	
<b>Calories 10</b>	<b>Calories from Fat 0</b>
% Daily Value*	

<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	

**Cholesterol 0mg** **0%**

**Sodium 0mg** **0%**

**Total Carbohydrate 1g** **0%**

  Dietary Fiber 1g **4%**

  Sugars 1g

**Protein 1g**

Vitamin A 4% • Vitamin C 8%

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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## INGREDIENTS:

Freeze-dried green beans.

## DEHYDRATED CHOPPED ONIONS

(1 pouch)

### Nutrition Facts

Serving Size: 1 Tsp (3g) Dry  
Servings Per Container: 24

Amount Per Serving	
<b>Calories 10</b>	<b>Calories from Fat 0</b>
% Daily Value*	

<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	

**Cholesterol 0mg** **0%**

**Sodium 0mg** **0%**

**Total Carbohydrate 2g** **1%**

  Dietary Fiber 0g **0%**

  Sugars 1g

**Protein 0g**

Vitamin A 0% • Vitamin C 4%

Calcium 0% • Iron 0%

\*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## INGREDIENTS:

Onions.