



**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.

# 30 DAY FOOD STORAGE EMERGENCY ALL-IN-ONE

Serving suggestions shown below.

## 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</b>                                                                                                                   | 2.5g      |                   |        | <b>4%</b>            |  |
| <b>Saturated Fat</b>                                                                                                               | 2g        |                   |        | <b>10%</b>           |  |
| <b>Trans Fat</b>                                                                                                                   | 0g        |                   |        |                      |  |
| <b>Cholesterol</b>                                                                                                                 | 0mg       |                   |        | <b>0%</b>            |  |
| <b>Sodium</b>                                                                                                                      | 120mg     |                   |        | <b>5%</b>            |  |
| <b>Total Carbohydrate</b>                                                                                                          | 10g       |                   |        | <b>3%</b>            |  |
| <b>Dietary Fiber</b>                                                                                                               | 0g        |                   |        | <b>0%</b>            |  |
| <b>Sugars</b>                                                                                                                      | 1g        |                   |        |                      |  |
| <b>Protein</b>                                                                                                                     | 3g        |                   |        |                      |  |
| <b>Vitamin A</b>                                                                                                                   | 8%        | <b>Vitamin C</b>  | 0%     |                      |  |
| <b>Calcium</b>                                                                                                                     | 10%       | <b>Iron</b>       | 0%     |                      |  |
| <b>Vitamin D</b>                                                                                                                   | 25%       | <b>Riboflavin</b> | 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    |                      |  |
| 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</b>                                                                                                                   | 11g       |                  |        | <b>17%</b>            |  |
| <b>Saturated Fat</b>                                                                                                               | 10g       |                  |        | <b>50%</b>            |  |
| <b>Trans Fat</b>                                                                                                                   | 0g        |                  |        |                       |  |
| <b>Cholesterol</b>                                                                                                                 | 0mg       |                  |        | <b>0%</b>             |  |
| <b>Sodium</b>                                                                                                                      | 0mg       |                  |        | <b>0%</b>             |  |
| <b>Total Carbohydrate</b>                                                                                                          | 19g       |                  |        | <b>6%</b>             |  |
| <b>Dietary Fiber</b>                                                                                                               | 3g        |                  |        | <b>12%</b>            |  |
| <b>Sugars</b>                                                                                                                      | 12g       |                  |        |                       |  |
| <b>Protein</b>                                                                                                                     | 1g        |                  |        |                       |  |
| <b>Vitamin A</b>                                                                                                                   | 0%        | <b>Vitamin C</b> | 4%     |                       |  |
| <b>Calcium</b>                                                                                                                     | 0%        | <b>Iron</b>      | 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                                                                                         |           |                  |        |                       |  |

### 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</b>                                                                                                                   | 8g        |                  |        | <b>12%</b>           |  |
| <b>Saturated Fat</b>                                                                                                               | 4g        |                  |        | <b>20%</b>           |  |
| <b>Trans Fat</b>                                                                                                                   | 0g        |                  |        |                      |  |
| <b>Cholesterol</b>                                                                                                                 | 0mg       |                  |        | <b>0%</b>            |  |
| <b>Sodium</b>                                                                                                                      | 350mg     |                  |        | <b>15%</b>           |  |
| <b>Total Carbohydrate</b>                                                                                                          | 33g       |                  |        | <b>11%</b>           |  |
| <b>Dietary Fiber</b>                                                                                                               | 2g        |                  |        | <b>8%</b>            |  |
| <b>Sugars</b>                                                                                                                      | 3g        |                  |        |                      |  |
| <b>Protein</b>                                                                                                                     | 4g        |                  |        |                      |  |
| <b>Vitamin A</b>                                                                                                                   | 0%        | <b>Vitamin C</b> | 15%    |                      |  |
| <b>Calcium</b>                                                                                                                     | 2%        | <b>Iron</b>      | 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                                                                                         |           |                  |        |                      |  |

### 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</b>                                                                                                                   | 0g        |                  |        | <b>0%</b>           |  |
| <b>Saturated Fat</b>                                                                                                               | 0g        |                  |        | <b>0%</b>           |  |
| <b>Trans Fat</b>                                                                                                                   | 0g        |                  |        |                     |  |
| <b>Cholesterol</b>                                                                                                                 | 0mg       |                  |        | <b>0%</b>           |  |
| <b>Sodium</b>                                                                                                                      | 590mg     |                  |        | <b>25%</b>          |  |
| <b>Total Carbohydrate</b>                                                                                                          | 40g       |                  |        | <b>13%</b>          |  |
| <b>Dietary Fiber</b>                                                                                                               | 6g        |                  |        | <b>24%</b>          |  |
| <b>Sugars</b>                                                                                                                      | 3g        |                  |        |                     |  |
| <b>Protein</b>                                                                                                                     | 7g        |                  |        |                     |  |
| <b>Vitamin A</b>                                                                                                                   | 70%       | <b>Vitamin C</b> | 6%     |                     |  |
| <b>Calcium</b>                                                                                                                     | 4%        | <b>Iron</b>      | 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                                                                                         |           |                  |        |                     |  |

### 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 discs, 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</b>                                                                                                                   | 4.5g      |                  |        | <b>7%</b>            |  |
| <b>Saturated Fat</b>                                                                                                               | 2.5g      |                  |        | <b>13%</b>           |  |
| <b>Trans Fat</b>                                                                                                                   | 0g        |                  |        |                      |  |
| <b>Cholesterol</b>                                                                                                                 | 10mg      |                  |        | <b>3%</b>            |  |
| <b>Sodium</b>                                                                                                                      | 690mg     |                  |        | <b>29%</b>           |  |
| <b>Total Carbohydrate</b>                                                                                                          | 46g       |                  |        | <b>15%</b>           |  |
| <b>Dietary Fiber</b>                                                                                                               | 0g        |                  |        | <b>0%</b>            |  |
| <b>Sugars</b>                                                                                                                      | 9g        |                  |        |                      |  |
| <b>Protein</b>                                                                                                                     | 6g        |                  |        |                      |  |
| <b>Vitamin A</b>                                                                                                                   | 4%        | <b>Vitamin C</b> | 10%    |                      |  |
| <b>Calcium</b>                                                                                                                     | 10%       | <b>Iron</b>      | 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                                                                                         |           |                  |        |                      |  |

### 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</b>                                                                                                                   | 0.5g      |                  |        | <b>1%</b>           |  |
| <b>Saturated Fat</b>                                                                                                               | 0g        |                  |        | <b>0%</b>           |  |
| <b>Trans Fat</b>                                                                                                                   | 0g        |                  |        |                     |  |
| <b>Cholesterol</b>                                                                                                                 | 0mg       |                  |        | <b>0%</b>           |  |
| <b>Sodium</b>                                                                                                                      | 350mg     |                  |        | <b>15%</b>          |  |
| <b>Total Carbohydrate</b>                                                                                                          | 27g       |                  |        | <b>9%</b>           |  |
| <b>Dietary Fiber</b>                                                                                                               | 2g        |                  |        | <b>8%</b>           |  |
| <b>Sugars</b>                                                                                                                      | 1g        |                  |        |                     |  |
| <b>Protein</b>                                                                                                                     | 2g        |                  |        |                     |  |
| <b>Vitamin A</b>                                                                                                                   | 0%        | <b>Vitamin C</b> | 15%    |                     |  |
| <b>Calcium</b>                                                                                                                     | 2%        | <b>Iron</b>      | 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                                                                                         |           |                  |        |                     |  |

### 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</b>                                                                                                                   | 2.5g      |                  |        | <b>4%</b>            |  |
| <b>Saturated Fat</b>                                                                                                               | 1g        |                  |        | <b>5%</b>            |  |
| <b>Trans Fat</b>                                                                                                                   | 0g        |                  |        |                      |  |
| <b>Cholesterol</b>                                                                                                                 | 0mg       |                  |        | <b>0%</b>            |  |
| <b>Sodium</b>                                                                                                                      | 35mg      |                  |        | <b>1%</b>            |  |
| <b>Total Carbohydrate</b>                                                                                                          | 20g       |                  |        | <b>7%</b>            |  |
| <b>Dietary Fiber</b>                                                                                                               | 3g        |                  |        | <b>12%</b>           |  |
| <b>Sugars</b>                                                                                                                      | 3g        |                  |        |                      |  |
| <b>Protein</b>                                                                                                                     | 4g        |                  |        |                      |  |
| <b>Vitamin A</b>                                                                                                                   | 0%        | <b>Vitamin C</b> | 0%     |                      |  |
| <b>Calcium</b>                                                                                                                     | 2%        | <b>Iron</b>      | 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                                                                                         |           |                  |        |                      |  |

### 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: