

4 PERSON

# 72 HOUR FOOD KIT

DAY 1

**Cheddar Cheese Grits with Green Chilies, Chicken Flavored Vegetable Stew, Creamy Cinnamon Rice Pudding, Cheddar Broccoli Rice.**

DAY 2

**Creamy Cinnamon Rice Pudding, Cheddar Potatoes, Savory Black Beans & Rice, Cheddar Broccoli Rice.**

DAY 3

**Brown Sugar & Cinnamon Oatmeal, Chicken Flavored Vegetable Stew, Hearty Potato Soup, Macaroni & Cheese.**

## Brown Sugar and Cinnamon Oatmeal

### Nutrition Facts

Serving Size: 1/2 cup (66g)  
Servings Per Container: 10

**Amount Per Serving**  
**Calories: 300** Cal from Fat: 100  
% Daily Value\*

**Total Fat** 11g 21%  
Saturated Fat 10g 48%  
Trans Fat 0g  
**Cholesterol** 0mg 0%  
**Sodium** 180mg 8%  
**Potassium** 150mg 4%  
**Total Carb** 42g 14%  
Dietary Fiber 5g 19%  
Sugars 6g  
**Protein** 7g

Vitamin A 0% • Vitamin C 0%  
Calcium 2% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Chicken Flavored Vegetable Stew

### Nutrition Facts

Serving Size: 1/4 cup dry (about 29g)  
Servings Per Container: 20

**Amount Per Serving**  
**Calories: 140** Cal from Fat: 60  
% Daily Value\*

**Total Fat** 7g 11%  
Saturated Fat 7g 33%  
Trans Fat 0g  
**Cholesterol** 0mg 0%  
**Sodium** 270mg 11%  
**Potassium** 210mg 6%  
**Total Carb** 17g 6%  
Dietary Fiber 1g 3%  
Sugars 2g  
**Protein** 2g

Vitamin A 20% • Vitamin C 6%  
Calcium 2% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Hearty Potato Soup

### Nutrition Facts

Serving Size: 1/4 cup dry (about 33g)  
Servings Per Container: 10

**Amount Per Serving**  
**Calories: 140** Cal from Fat: 45  
% Daily Value\*

**Total Fat** 5g 8%  
Saturated Fat 0.5g 3%  
Trans Fat 0g  
**Cholesterol** 0mg 0%  
**Sodium** 220mg 9%  
**Potassium** 140mg 4%  
**Total Carb** 23g 8%  
Dietary Fiber 1g 5%  
Sugars 2g  
**Protein** 2g

Vitamin A 10% • Vitamin C 10%  
Calcium 4% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Cheddar Broccoli Rice

### Nutrition Facts

Serving Size: 1/3 cup dry (about 78g)  
Servings Per Container: 20

**Amount Per Serving**  
**Calories: 300** Cal from Fat: 35  
% Daily Value\*

**Total Fat** 4g 6%  
Saturated Fat 2.5g 13%  
Trans Fat 0g  
**Cholesterol** 5mg 0%  
**Sodium** 390mg 16%  
**Potassium** 110mg 3%  
**Total Carb** 55g 19%  
Dietary Fiber 1g 5%  
Sugars 1g  
**Protein** 7g

Vitamin A 0% • Vitamin C 10%  
Calcium 8% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Creamy Cinnamon Rice Pudding

### Nutrition Facts

Serving Size: 1/4 cup (48g)  
Servings Per Container: 20

**Amount Per Serving**  
**Calories: 200** Cal from Fat: 30  
% Daily Value\*

**Total Fat** 3.5g 5%  
Saturated Fat 3g 15%  
Trans Fat 0g  
**Cholesterol** 0mg 0%  
**Sodium** 10mg 0%  
**Potassium** 110mg 3%  
**Total Carb** 38g 13%  
Dietary Fiber 1g 3%  
Sugars 7g  
**Protein** 2g

Vitamin A 0% • Vitamin C 0%  
Calcium 2% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Cheddar Potatoes

### Nutrition Facts

Serving Size: 1/2 cup (48g)  
Servings Per Container: 10

**Amount Per Serving**  
**Calories: 170** Cal from Fat: 15  
% Daily Value\*

**Total Fat** 2g 3%  
Saturated Fat 0.5g 3%  
Trans Fat 0g  
**Cholesterol** 5mg 1%  
**Sodium** 990mg 41%  
**Potassium** 380mg 11%  
**Total Carb** 36g 12%  
Dietary Fiber 3g 13%  
Sugars 5g  
**Protein** 4g

Vitamin A 4% • Vitamin C 80%  
Calcium 6% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Savory Black Beans and Rice

### Nutrition Facts

Serving Size: 1/3 cup (48g)  
Servings Per Container: About 10

**Amount Per Serving**  
**Calories: 170** Cal from Fat: 5  
% Daily Value\*

**Total Fat** 0.5g 1%  
Saturated Fat 0g 0%  
Trans Fat 0g  
**Cholesterol** 0mg 0%  
**Sodium** 300mg 13%  
**Potassium** 270mg 8%  
**Total Carb** 35g 12%  
Dietary Fiber 5g 21%  
Sugars 2g  
**Protein** 7g

Vitamin A 8% • Vitamin C 0%  
Calcium 4% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Elbow Pasta

### Nutrition Facts

Serving Size: 1/2 cup (About 56g)  
Servings Per Container: About 10

**Amount Per Serving**  
**Calories: 210** Cal from Fat: 10  
% Daily Value\*

**Total Fat** 1g 2%  
Saturated Fat 0g 0%  
Trans Fat 0g  
**Cholesterol** 0mg 0%  
**Sodium** 0mg 0%  
**Potassium** 0mg 0%  
**Total Carb** 41g 14%  
Dietary Fiber 2g 9%  
Sugars 1g  
**Protein** 8g

Vitamin A 0% • Vitamin C 0%  
Calcium 0% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Cheddar Cheese Sauce

### Nutrition Facts

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

**Amount Per Serving**  
**Calories: 80** Cal from Fat: 20  
% Daily Value\*

**Total Fat** 2g 3%  
Saturated Fat 1g 5%  
Trans Fat 1g  
**Cholesterol** 6mg 2%  
**Sodium** 572mg 24%  
**Potassium** 0mg 0%  
**Total Carb** 13g 4%  
Dietary Fiber 0g  
Sugars 4g  
**Protein** 2g

Vitamin A 1% • Vitamin C 0%  
Calcium 5% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Cheddar Cheese Grits with Green Chilies

### Nutrition Facts

Serving Size: 1/4 cup (43g)  
Servings Per Container: 10

**Amount Per Serving**  
**Calories: 200** Cal from Fat: 80  
% Daily Value\*

**Total Fat** 9g 14%  
Saturated Fat 8g 39%  
Trans Fat 0g  
**Cholesterol** 0mg 0%  
**Sodium** 490mg 20%  
**Potassium** 190mg 6%  
**Total Carb** 28g 9%  
Dietary Fiber 0g 0%  
Sugars 2g  
**Protein** 2g

Vitamin A 0% • Vitamin C 4%  
Calcium 0% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

## INGREDIENTS:

**BROWN SUGAR & CINNAMON OATMEAL:** Oats, Other Cereals (Barley, Wheat, Rye) less than 1.0%, Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a Milk Derivative), Dipotassium Phosphate and sodium, Mono and Diglycerides, Silicon Dioxide, Brown Sugar, Salt, YPS (Anti-Caking Agent), Cinnamon, Cardamom. **Contains: Milk, Wheat.**

## CHICKEN FLAVORED VEGETABLE STEW:

Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a Milk Derivative), Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Potatoes, Sodium Bisulfite (for Preservation of Freshness), Corn Starch, Corn Syrup Solids, Salt, Hydrolyzed Corn Protein, Corn Starch, Sugar, Autolyzed Yeast Extract, Dehydrated Onion, Dehydrated Garlic, Dehydrated Parsley, Extractives of Turmeric, and less than 2.0% Silicon Dioxide added as an Anticaking Agent, Dehydrated Green Peas, Carrots, Dehydrated Onion Flakes, Onion Powder, Dehydrated Celery, Rosemary, Black Pepper. **Contains: Milk.**

**HEARTY POTATO SOUP:** Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Inactivated Phosphate, Soy Lecithin, Tocopherols, Dehydrated Potato, Potatoes, Monoclycerides, Sodium Acid Pyrophosphate, Citric Acid, Sodium Bisulfite and BHA (for Preservation of Freshness), Corn Starch, Salt, Hydrolyzed Corn Protein, Sugar, Autolyzed Yeast Extract, Dehydrated Garlic, Dehydrated Parsley, Extractives of Turmeric, and less than 2% Silicon Dioxide (Anti-Caking Agent), Dehydrated Onion Flakes, Dehydrated Carrots, Dehydrated Celery, Onion, Canola Oil, Black Pepper, Dried Rosemary, Dried Dill Weed. **Contains: Milk, Soy.**

**CHEDDAR BROCCOLI RICE:** Parboiled Long-Grain Rice, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whey, Maltodextrin, Salt, Disodium Phosphate, Sodium Caseinate, Annatto Extract, Disodium Inosinate & Disodium Guanylate, Turmeric Extract, Silicon Dioxide, Corn Starch, Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a Milk Derivative),

Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Broccoli, Hydrolyzed Corn Gluten, Safflower Oil, Salt, Onion, Silicon Dioxide (Anti-Caking Agent), Canola Oil, Maltodextrin, Natural Flavor, Silicon Dioxide, Black Pepper, Maltodextrin, Natural Butter Flavor, Natural Flavor. **Contains: Milk.**

**CREAMY CINNAMON RICE PUDDING:** Parboiled Long-Grain Rice, Sugar, Maltodextrin, Cornstarch, Dextrose, Modified Food Starch, Natural & Artificial Flavor, Titanium Dioxide (Color), Carrageenan, Color (Yellow 5 & 6), Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a Milk Derivative), Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Sugar, Maltodextrin, Natural Butter Flavor, Natural Flavor, Ground Cinnamon, Cardamom. **Contains: Milk.**

**CHEDDAR POTATOES:** Potatoes, Sodium Bisulfite (for Preservation of Freshness), Dehydrated Blend of Food Starch-Modified, Maltodextrin, Whey, Cheese (Granular and Blue) (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Partially Hydrogenated Soybean Oil, Salt, Whey

Protein Concentrate, Lactose, contains less than 2% of Sodium Phosphate, Citric Acid, Lactic Acid, Turmeric-extract (color), Yellow 6 Lake, Chopped White Onion, Salt, YPS (Anti-Caking Agent), Tomato, Red and Green Bell Pepper, Green Chilies, Onion Powder, Dehydrated Carrots, Black Pepper, Jalapeno. **Contains: Milk.**

**SAVORY BLACK BEANS & RICE:** Parboiled Long-Grain Rice, Black Beans, Sugar and Calcium Chloride, Chopped White Onion, Hydrolyzed Soy Protein, Partially Hydrogenated Cottonseed and Soy Oil, Spices, Flavorings, Disodium Inosinate and Disodium Guanylate, Salt, Onion, Silicon Dioxide (Anti-Caking Agent), Canola Oil, Dehydrated Carrots, Spices, Cumin Seed, Dehydrated Garlic, Black Pepper, Maltodextrin, Natural Butter Flavor, Natural Flavor, Dehydrated Parsley, Contains: **Soy, Milk.**

**ELBOW PASTA:** Semolina, Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin, Mononitrate, Riboflavin, Folic Acid). **Contains: Wheat.**

**CHEDDAR CHEESE SAUCE:** A Dehydrated Blend of Food Starch-Modified, Maltodextrin, Whey, Cheese (Granular & Blue) (pasteurized Milk, Cheese Cultures, Salt, Enzymes), Partially Hydrogenated Soybean Oil, Salt, Whey Protein Concentrate, Lactose, Contains Less than 2% of Citric Acid, Natural Flavor, Lactic Acid, Yellow 5, Yellow 6, Salt, YPS (Anti-Caking Agent), Hydrolyzed Corn Gluten, Safflower Oil, Maltodextrin, Natural Butter Flavor, Natural Flavor, Black Pepper, Green Chilies. **Contains: Milk.**

**CHEDDAR CHEESE GRITS WITH GREEN CHILIES:** Yellow Corn Grits, Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a Milk Derivative), Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Whey, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Partially Hydrogenated Soybean Oil, Whey Protein Concentrate, Lactose, Maltodextrin, Salt, Sodium Phosphate, Contains less than 2% of Citric Acid, Natural Flavor, Lactic Acid, Yellow 5, Yellow 6, Salt, YPS (Anti-Caking Agent), Hydrolyzed Corn Gluten, Safflower Oil, Maltodextrin, Natural Butter Flavor, Natural Flavor, Black Pepper, Green Chilies. **Contains: Milk.**

Produced in a Facility That Handles Milk, Soy, Eggs, Wheat, Peanuts & Tree Nuts.



2,100 Calories a Day per Person for 3 Days.

V. 1.0 • PL.# 101064 • Pro.# 101062