



307
SERVINGS



SHELF LIFE UP TO
20 YEARS

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.

FOOD STORAGE
EMERGENCIES
EVERYDAY MEALS

1-800-878-0099

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30 DAY FOOD STORAGE EMERGENCY FOOD SUPPLY

Serving suggestions shown below.

20093-111615

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*	
Total Fat	2.5g			4%	
Saturated Fat	2g			10%	
Trans Fat	0g				
Cholesterol	0mg			0%	
Sodium	120mg			5%	
Total Carbohydrate	10g			3%	
Dietary Fiber	0g			0%	
Sugars	1g				
Protein	3g				
Vitamin A	8%			Vitamin C	0%
Calcium	10%			Iron	0%
Vitamin D	25%			Riboflavin	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*	
Total Fat	11g			17%	
Saturated Fat	10g			50%	
Trans Fat	0g				
Cholesterol	0mg			0%	
Sodium	0mg			0%	
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					

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*	
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					

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, onion powder, whey, parsley flakes, 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*	
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					

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.

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*	
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					

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*	
Total Fat	0.5g			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					

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

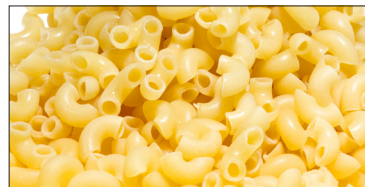
Amount Per Serving		Calories 120		Calories from Fat 25	
				% Daily Value*	
Total Fat	2.5g			4%	
Saturated Fat	1g			5%	
Trans Fat	0g				
Cholesterol	0mg			0%	
Sodium	35mg			1%	
Total Carbohydrate	20g			7%	
Dietary Fiber	3g			12%	
Sugars	3g				
Protein	4g				
Vitamin A	0%			Vitamin C	0%
Calcium	2%			Iron	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					

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: 1/3 Cup (44g dry)
Servings Per Pouch: 7.5

Amount Per Serving			
Calories 160		Calories from Fat 5	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	33g		11%
Dietary Fiber	2g		8%
Sugars	1g		
Protein	6g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	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			