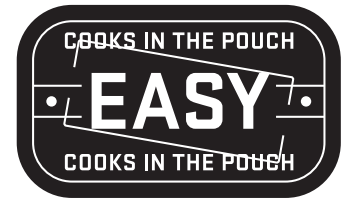


OUTDOOR PRODUCT INFO SHEET



NOODLES AND BEEF IN SAVORY MUSHROOM SAUCE

COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside; use caution when opening pouch.
5. Open pouch—stir and eat.



For higher elevations, increase stand time in the pouch before serving.

INGREDIENTS: Tagliatelle Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Freeze Dried Beef (Freeze-dried Beef, Salt, Spices, Flavorings, Hydrolyzed Corn Protein, Grill Flavor (Maltodextrin, Flavor (from corn oil), Modified Corn Starch, Corn Syrup Solids), Maltodextrin, Sweet Whey Powder, Potato Flour, Sunflower Oil (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Textured Vegetable Protein (Soy Flour, Caramel Color), Food Starch-Modified, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Salt, Beef Flavor Extract (Concentrated Beef Stock, Beef Type Flavor (Autolyzed Yeast Extract, Salt), Salt), Yeast Extract, Sour Cream (Cultured Cream (Cream, Nonfat Milk, Culture, Enzymes), Salt, Lactic Acid, Tocopherols), Beef Flavor Hydrolyzed Soy Protein, Salt, Maltodextrin, Corn Syrup Solids and Soybean Oil), Guar Gum, Natural Flavor (Autolyzed Yeast Extract, Salt, Maltodextrin, Mushroom Extract, Flavoring (contains Canola Oil), Dried Onion, Dried Mushrooms, Natural Beef Flavor (Natural Flavor, Salt, Beef Fat), Partially Hydrogenated Soybean and/or Cottonseed Oil, Lactic Acid, Garlic Powder, Titanium Dioxide, Parsley, Disodium Inosinate and Disodium Guanylate, Caramel Color.

CONTAINS: MILK, SOY, WHEAT

WARNING: Hot steam inside. Use caution when opening pouch.

Nutrition Facts

Serving Size: 1/2 Package (80g)
 Servings Per Container 2

Amount Per Serving	Calories 350	Calories from Fat 120	% Daily Value*
Total Fat 19g			20%
Saturated Fat 4g			20%
Trans Fat 1g			
Cholesterol 15mg			5%
Sodium 1270mg			53%
Total Carbohydrate 44g			15%
Dietary Fiber 2g			8%
Sugars 7g			
Protein 14g			

Vitamin A 2% • Vitamin C 2%
 Calcium 8% • Iron 20%

*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 • Carbohydrate 4 • Protein 4



CHILI MAC WITH BEEF

COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside; use caution when opening pouch.
5. Open pouch—stir and eat.



For higher elevations, increase stand time in the pouch before serving.

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Freeze-Dried Beef, Textured Vegetable Protein (Soy Flour, Caramel Color), Pinto Beans, Maltodextrin, Whey, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzymes, Folic Acid), Tomato Powder, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Salt, Dried Onion, Sugar, Guar Gum, Yeast Extract, Soy Sauce (Hydrolyzed Soy Protein, Corn Syrup Solids, Salt), Garlic Powder, Xanthan Gum, Spices, Extractives of Paprika and Turmeric, Dextrose, Disodium Inosinate and Disodium Guanylate, Parmesan Flavor (Salt, Yeast Extract), Citric Acid.

CONTAINS: MILK, SOY, WHEAT.

WARNING: Hot steam inside. Use caution when opening pouch.

Nutrition Facts

Serving Size: 1/2 Package (83g)
 Servings Per Container 2

Amount Per Serving	Calories 340	Calories from Fat 80	% Daily Value*
Total Fat 9g			14%
Saturated Fat 3.5g			18%
Trans Fat 1g			
Cholesterol 15mg			5%
Sodium 1210mg			50%
Total Carbohydrate 47g			16%
Dietary Fiber 6g			24%
Sugars 9g			
Protein 17g			

Vitamin A 15% • Vitamin C 15%
 Calcium 8% • Iron 25%

*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 • Carbohydrate 4 • Protein 4



PASTA ALFREDO WITH CHICKEN

COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside; use caution when opening pouch.
5. Open pouch—stir and eat.



For higher elevations, increase stand time in the pouch before serving.

INGREDIENTS: Tagliatelle Pasta (Durum Semolina flour (wheat), niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), Sunflower Oil (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Food Starch-Modified, Freeze Dried Chicken, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Enzyme (improves Yeast Baking), Folic Acid), Partially Hydrogenated Soybean and/or Cottonseed Oil, Salt, Maltodextrin, Parmesan Flavor (Salt, Yeast Extract, Potato Maltodextrin, Coconut Oil), Hydrolyzed Soy Protein, Garlic Powder, Onion Powder, Disodium Inosinate and Disodium Guanylate, Disodium Phosphate, Natural Butter Flavor (Maltodextrin, Natural Butter Flavor, Annatto and Turmeric (for color), Spices, Parsley.

CONTAINS: MILK, SOY, WHEAT.

WARNING: Hot steam inside. Use caution when opening pouch.

Nutrition Facts

Serving Size: 1/2 Package (75g)
 Servings Per Container 2

Amount Per Serving	Calories 340	Calories from Fat 120	% Daily Value*
Total Fat 14g			22%
Saturated Fat 1.5g			8%
Trans Fat 1g			
Cholesterol 20mg			7%
Sodium 1260mg			53%
Total Carbohydrate 38g			13%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 14g			

Vitamin A 0% • Vitamin C 2%
 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
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 • Carbohydrate 4 • Protein 4



CREAMY PASTA AND VEGETABLE ROTINI WITH CHICKEN

COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside; use caution when opening pouch.
5. Open pouch—stir and eat.



For higher elevations, increase stand time in the pouch before serving.

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Sunflower Oil (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Whey, Maltodextrin, Carrots, Salt, Peas, Hydrolyzed Corn Protein, Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Textured Vegetable Protein (Soy Flour), Guar Gum, Soybean Oil, Natural Flavors, Disodium Inosinate and Disodium Guanylate, Sodium Caseinate (a milk derivative), Spices, Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate, Carrageenan, Lactic Acid, Turmeric Extract.

CONTAINS: MILK, SOY, WHEAT.

WARNING: Hot steam inside. Use caution when opening pouch.

Nutrition Facts

Serving Size: 1/2 Package (61g)
 Servings Per Container 2

Amount Per Serving	Calories 250	Calories from Fat 50	% Daily Value*
Total Fat 6g			9%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 20mg			7%
Sodium 810mg			34%
Total Carbohydrate 34g			11%
Dietary Fiber 2g			8%
Sugars 4g			
Protein 14g			

Vitamin A 30% • Vitamin C 2%
 Calcium 4% • 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
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 • Carbohydrate 4 • Protein 4



APPLE CINNAMON CEREAL

COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 1 3/4 (14 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside; use caution when opening pouch.
5. Open pouch—stir and eat.



For higher elevations, increase stand time in the pouch before serving.

INGREDIENTS: Six Grain Mix (Hard White Wheat, White Wheat, Barley, Rye, Steam Rolled Oats, Triticale), Brown Sugar, Sugar, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate [a milk derivative], Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Natural and Artificial Flavors, Dried Apples, Cellulose Gum, Salt.

CONTAINS: MILK, SOY, WHEAT.

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

Nutrition Facts

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

Amount Per Serving		Calories from Fat 70	
		Calories 380	% Daily Value*
Total Fat	8g		12%
Saturated Fat	1.5g		8%
Trans Fat	2.5g		
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	74g		25%
Dietary Fiber	9g		36%
Sugars	26g		
Protein	8g		

Vitamin A 0% • Vitamin C 0%
Calcium 2% • 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
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 • Carbohydrate 4 • Protein 4



WARNING: Hot steam inside. Use caution when opening pouch.

TERIYAKI CHICKEN AND RICE

COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside; use caution when opening pouch.
5. Open pouch—stir and eat.



For higher elevations, increase stand time in the pouch before serving.

INGREDIENTS: Rice, Freeze Dried Chicken, Non Dairy Creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate [a milk derivative], mono and diglycerides, sodium citrate, salt, dipotassium phosphate, carrageenan, natural flavor), Sweet Whey, Textured Vegetable Protein (soy flour), Brown Sugar, Sugar, Teriyaki Sauce Powder (soy sauce[wheat, soybeans, salt], white vinegar, salt, onion powder, spice extractives, succinic acid, garlic powder), maltodextrin, sugar, salt, Dried Carrots, Hydrolyzed Soy Protein, Dried Red and Green Bell Peppers, Dried Soy Sauce (wheat, soybeans, salt), Guar Gum, Salt, Dried Ginger, Yeast Extract, Caramel Color, Xanthan Gum, Natural and Artificial Flavor, Oleoresin Onion and Garlic, Disodium Inosinate and Disodium Guanylate, Spice.

CONTAINS: MILK, SOY, WHEAT

WARNING: Hot steam inside. Use caution when opening pouch.

Nutrition Facts

Serving Size: 1/2 Package (85g)
Servings Per Container 2

Amount Per Serving		Calories from Fat 45	
		Calories 330	% Daily Value*
Total Fat	5g		8%
Saturated Fat	1g		5%
Trans Fat	1.5g		
Cholesterol	20mg		7%
Sodium	1000mg		42%
Total Carbohydrate	54g		18%
Dietary Fiber	3g		12%
Sugars	15g		
Protein	17g		

Vitamin A 35% • Vitamin C 50%
Calcium 8% • 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
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 • Carbohydrate 4 • Protein 4



CHEESY LASAGNA

COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside; use caution when opening pouch.
5. Open pouch—stir and eat.



For higher elevations, increase stand time in the pouch before serving.

INGREDIENTS: Tagliatelle Pasta (durum semolina flour [wheat], niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), Sausage (freeze-dried pork, salt, spices, sugar, sodium phosphate), Textured Vegetable Protein [soy flour, caramel color], soybean oil, salt, natural flavoring [yeast extract, maltodextrin, natural smoke flavoring], dextrose, spices, garlic powder), Dried Tomatoes, Sweet Whey Powder, Parmesan & Romano Cheese (pasteurized part-skim milk, salt, cheese culture, enzymes), Food Starch-Modified, Potato Flour, Salt, Non Dairy Creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate [a milk derivative], mono and diglycerides, sodium citrate, salt, dipotassium phosphate, carrageenan, natural flavor), Natural Romano and Parmesan Flavors (salt, yeast extract), Sugar, Paprika, Onion Powder, Garlic Powder, Guar Gum, Beef Flavor (hydrolyzed soy protein, salt, maltodextrin, corn syrup solids and soybean oil), Partially Hydrogenated Soybean and/or Cottonseed Oil, Spices, Extractives of Paprika and Turmeric, Citric Acid, Caramel Color.

CONTAINS: MILK, SOY, WHEAT.

WARNING: Hot steam inside. Use caution when opening pouch.

Nutrition Facts

Serving Size: 1/2 Package (85g)
Servings Per Container 2

Amount Per Serving		Calories from Fat 160	
		Calories 370	% Daily Value*
Total Fat	17g		26%
Saturated Fat	5g		25%
Trans Fat	0.5g		
Cholesterol	25mg		8%
Sodium	1480mg		62%
Total Carbohydrate	42g		14%
Dietary Fiber	4g		16%
Sugars	9g		
Protein	16g		

Vitamin A 35% • Vitamin C 20%
Calcium 15% • 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
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 • Carbohydrate 4 • Protein 4

