

# 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. Stir thoroughly with a long spoon and close zipper.
 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.

NGREDIENTS Tagliatelle Pasta (Jurum Senotina Four (wheat), Nacin, Ferrous Sulfate (iron), Thaimine Mononitate, Riboldevin, Folk Acid, Prezez Dried Beel (Prezez-dried Beel, Sulfate (iron), Rivorings, Hydroylez Clom Proton, Clin Flavor (Mathodawith, Falvor (Trom com al), Modified Com Starb, Com Syrup Solds), Matodastrin, Sweet Whey Previder, Potato Figur, Sunflower Oll Solds, Com Syrup Solds, National Solds, Soddum Caselina (Santon), Santo Solds, Solds, Solds, Solds, Soddum Casel, Salt, Colens, Sunter Solds, Soddum Caselina (and Santon), Salte Self Pavor Solds, Clin Charles, Salte Solds, Soddum Caselinate (a mild cervative), Mono and Dalycerides, Social Clin Casel, Sulface Solds, Soddum Caselinate (a mild cervative), Mono and Dalycerides, Social Clin Clin Salt, Solds, Soddum Caselinate (a mild cervative), Mono and Dalycerides, Social Clin Clin Salt, Solds, Soddum Caselinate (a mild cervative), Mono and Dalycerides, Social Clin Clin Salt, Solds, Soddum Caselinate (a mild cervative), Mono and Dalycerides, Social Clin Clin Salt, Solds, Soddum Caselinate (a mild cervative), Mono and Dalycerides, Social Clin Clin Solds, Soddum Caselinate (a mild cervative), Mono and Dalycerides, Social Clin Clin Chen Mathodiatedin, Com Symp Solids and Solycen oli), Guar Gum, Natural Favor (Autolyced Veast Extract, Salt, Mattodestrin, Musiroom Extract, Flevoring (contains Conaca GU), Diod Guino, Diod Mathodiatedin, Com Filoro, (Natural Barler, Flevoring (contains Conaca GU), Diod Guino, Diod Mathodiatedin, Com Filoro, (Natural Barler, Flevoring Contains Conaca GU, Diodo Solida, Solida en di Boodrum Cousylete, Caramel Color. CONTAINS: MILK, SOY, WHEAT

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

## **Nutrition Facts** erving Size: 1/2 Package (80g) ervings Per Container 2

Amount Per Serving		
Calories 350	Calories	from Fat 12
		% Daily Value
Total Fat 13g		20%
Saturated Fat 4g		20%
Trans Fat 1g		
Cholesterol 15mg		5%
Sodium 1270mg		53%
Total Carbohyd	rate 44g	15%
Dietary Fiber 2g		8%
Sugars 7g		
Protein 14g		

 
 Titamin A 2%
 Vitamin C 2%

 Calcium 8%
 Iron 20%
 Percent Daily Values are based on a 2,000 c diet. Your daily values may be higher or lower depending on your calorie needs:

2,000 Calones: 2,000 2,500 ted Fat Less than 65g 80g ted Fat Less than 20g 25g arol Less than 2,400mg 3,00mg Less than 2,400mg 3,400mg rbohydrate 300g 3,75g (Fiber 25g 30g Total Fat Saturate ies per gram Fat 9 • C: ohydrate 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. Str throughly with a long spoon and pace on a nat source
 3. Str throughly 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.



INGREDIENTS: Pasta (Durum Sanolina Flour (whast), Niacin, Furrous Sulfate (ron), Thiamine Mononitrate, Ribotlewin, Folic Acid), Freeze-Dred Beef, Textured Wegetable Protein (Soy Flour, Caramal Color), Prins Baren, Natlocatistin, Whey, Enriched Whast Flour Whast Flour, Niacin, Reduced Iron, Thamine Mononitrate, Ribotlawin, Enzyme, Foite Acid), Tomato Powder, Non Dairy Creamer (Parially Hydrogenated Soybaen (I). Com Synus Solids, Sadum Caseniate da milk derivative), Mono and Digivenides, Sodium Citrate, Saft, Dipotasium Phosphate, Carangeenna, Naturu Flavo), Salt, Medro United, Saft, Garcia Caur Cam, Yaset Estrate, Soy Souce (Hydrolyzed Soy Protein, Com Syrup Solids, Sait), Garcie Powder, Xanthan Gum, Spices, Estractives of Parkie and Turmeric), Bortose, Disoduim Inosinate and Disodium Guanylate, Parmesan Flavor (Salt, Yeast Estract), Chric 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	s from Fat 80
		% Daily Value
Total Fat 9g		14%
Saturated Fat	3.5g	18%
Trans Fat 1g		
Cholesterol 15	ng	5%
Sodium 1210m	g	50%
Total Carbohyd	Irate 47g	16%
Dietary Fiber 6	ig	24%
Sugars 9g		
Protein 17g		

Vitamin A 15% • Vitamin C 15% Calcium 8% • Iron 25% \*Percent Daily Values are based on a 2,000 ca diet. Your daily values may be higher or lower n your calorie needs: Calories: 2,000 Less than 65g Fat Less than 20g Less than 300mg Less than 3,400mg hydrate 300g ber 25g Total Fat Saturated Fat 80g 25g 300m 2,400 375g 30g Dietary ..... Calories per gram Fat 9 • C

022 37	285 7

Carbohydrate 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 boling 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.

INRREDIENTS: Tagliatelle Pasta (Durum Semolina flour (wheat), niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), Sunflower Oil (Sunflower Oil, Food Starch-Modified, Matlodaxtin, Natural Tocopherols), Food Starch-Modified, Freeze Dried Chicken, Blaached Wheat Flour (Wheat Flour, Niacin, Hackued Inn, Thiamine, Mononitrate, Ribottavin, Enzyme (improves Yeast Baking), Foilc Acid), Partially Hydrogenated Soybean and/or Cottonseed Oil, Hydrolyzed Soy Protein, Garlic Powder, Onion Powder, Disolutin Inosinate and Disodum Guarylate, Disodum Phosphate, Natural Butter Floare (Matodextrin, Natural Butter Floare, Annato 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	9	
Calories 340	Calories	from Fat 120
		% Daily Value*
Total Fat 14g		22%
Saturated Fat	1.5g	8%
Trans Fat 1g		
Cholesterol 20	mg	7%
Sodium 1260m	ıg	53%
Total Carbohy	drate 38g	13%
Dietary Fiber	1g	4%
Sugars 1g		
Protein 14a		

itamin A 0% • Vitamin C 2% alcium 2% • Iron 10% Percent Daily Val es are based on a 2,0 Jes may be higher or

 Less than
 65g
 80g

 Less than
 65g
 80g

 Less than
 20g
 25g

 Less than
 300mg
 300mg

 Less than
 2,400mg
 2,400mg

 Less than
 2,400mg
 2,400mg

 Less than
 2,400mg
 2,400mg

 Less than
 2,400mg
 2,5g

 300g
 375g
 25g

Calories per gra Fat 9





CREAMY PASTA AND VEGETABLE ROTINI WITH CHICKEN

INGREDIENTS: Pasta [Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (ron), Thiam Mononitrate, Ribolavin, Folic Acid), Food Starch-Modified, Sunflower OI (Sunflower OI, Faster-Modified, Maldoektrin, Natural Tocopheroid, Why Maldoektrin, Satura Faster, Bardified, Maldoektrin, Rutarina Tocopheroid, Why, Maldoektrin, Cartarotta, Satt, Pathydong and Soybear OI. Com Synu Sodia; Testured Hydrolyzad Com Protein, Patriala / Hydroganated Soybear OI. Com Synu Sodia; Testured Wester Modified for Sodia; Satta Sodia; Satta Sodia; Satta Satta Sodia; Satta Sa CONTAINS: MILK, SOY, WHEAT.

#### erving Size: 1/2 Package (61g) ervings Per Container 2 int Per Serving Calories from Fat 50 Calories 250 Value 9% Total Fat 6g Saturated Fat 0.5g Trans Fat 0g Cholesterol 20mg 3% 70/ Sodium 810mg 34% Total Carbohydrate 34g Dietary Fiber 2g Sugars 4g 11% 8% Protein 14g Vitamin A 30% • Vitamin C 2% Calcium 4% • Iron 8% Percent Daily Values are based on a 2,000 calorie det. Your daily values may be higher or lower depending on your calorie needs:

**Nutrition Facts** 





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

## 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. Let stand for 12 to 15 minutes. Hot steam inside: use caution when opening pouch.
 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 Qats, Triticale), Brown Sugar, Sugar, Non Dairy Creamer (Partially Hydrogenated Scybean Oli, Corn Syrup Solchs, Sodium Ceasinate (a mik deviatively, Mono and Dicyloreites, Sodium Oritant, Sat, Dipotassium Phosphate, Carrageenan, Natural Flavor), Natural and Artificial Flavors, Dried Apples, Celluloss Gum, Sat,

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

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

# **Nutrition Facts**

Calories 380	-	Calories from Fat 70
ouloned coo	-	% Daily Value
Total Fat 8g		% Daily value 12%
Saturated Fat	1.	5g 8%
Trans Fat 2.5g		*
Cholesterol Om	ıg	0%
Sodium 230mg		10%
Total Carbohyo	Ira	ite 74g 25%
Dietary Fiber 9	lg	36%
Sugars 26g		
Protein 8g		
Vitamin A 0%	٠	Vitamin C 0%
Calcium 2%	٠	Iron 15%

Calories: 2,000 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 300mg 300mg Sodium Less than 2,400mg 2,400m Sodium Less than 2,400mg 3,400m Total Carbohytrate 300g 375g Dietary Fiber 25g 30g Dietary Fiber Calories per g Fat 9



## TERIYAKI CHICKEN AND RICE

COOKING DIRECTIONS Open package at tear notch and remove oxygen absorber from the pouch.
 Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface. Stir thoroughly with a long spoon and close zipper.
 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 caeinate [a milk derivative], mono and digioerides, sodium cirates, sait, dipotassium phosphate, carrageenan, natural favor), Sweet Whey, Toxtured Vegetable Protein (spt Vioun), forwn Sugar, Sugar, Farykä Susae Powder [[soy succe[ivetat, soybeans, sait], white vinegar, sait], onion powder, spice extractives, succinic acid, garici powder, mattocktrin, sugar, sait], Dried cornors, hydrolyzed Soy Potein, Dried Ried and Green Bell Peppers, Dried Soy Sauce (wheat, soybeans, sait), Guar Gum, Sait, Dried Ginger, Vesst Extract, Carramel Colox, parthan Gun, Natural and Artificial Flavor, Olecoresin Onion and Carlic, Disodium inosinate and Disodium Guanylate, Spice. CONTAINS: MILK, SOY, WHEAT

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



Nutrition Facts

ving Size: 1/2 Package (85g) vings Per Container 2

Calories from Fat 45

% Daily Value

Amount Per Serving Calories 330

## CHEESY LASAGNA

#### COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.

2. Add 2 cups (16 oz.) of boling 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 [ron], thiamine mononitrate, niboftavin, folic acid), Sausage (freeze-dried pork, salt, spices, sugar, sodium phosphate), Rotured Vegetable Portein (gs) of vol., caramel color), spoken oil, salt, natural flavoring (past extract, mattodextirn, natural amoke flavoring), dextrose, spices, garici povder), Diried Tomates, Sweet Whey Powder, Parmeans A Formano Cheese (pasteurized part-skim mik, salt, cheese culture, enzymes), Food Starch-Modified, Potato Flour, Salt, Non Dairy Creamer (partially hydrogenated soybean oil, corn synup solids, sodium caseinate [a mik), derivative], mono and diglycerides, sodium cittate, salt, dipotassium phosphate, carageenan, natural favor), Natural Fonnon and Parmesan Flavors (fau), seat, yaset Arzad, Sugar, Paprika, Onion Powder, Garici Powder, Guar Clum, Beef Flavor (hydrolyced soy protein, salt, mattodextirn, com synup solids and solysean oil, corn synup solids, sodium cittate, salt, dipotassium (basphean and/or Cottonseed OI, Spices, Extractives of Paprika and Turmeric, Chric Acid, Caramel Color. CONTAINS: MILK, SOY, WHEAT.

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

#### **Nutrition Facts** ving Size: 1/2 Package vings Per Container 2 Amount Per Serving Calories 370 Calories from Fat 160 Total Fat 17g Saturated Fat 5g Trans Fat 0.5g Cholesterol 25mg Sodium 1480mg 26% 25% 8% 62% Total Carbohydrate 42g 14%

16%

Dietary Fiber 4g 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 reeds: 
 depending on your calorie needs:
 2,000
 2,500

 Total Fat
 Calories:
 2,000
 2,500

 Total Fat
 Less than
 65g
 80g

 Saturated Fat
 Less than
 300mg
 300mg

 Sodium
 Less than
 3,00g
 300g

 Total Carbolydrate
 300g
 375g

 Diatary Fiber
 25g
 30g

 Chalderstern
 2,400mg
 375g

 Diatary Fiber
 25g
 30g

Calories per gram: Fat 9 Carbohydrate 4 Protein 4

