

BE•READY PANTRY

	<u>Breakfast</u>		<u>Lunches</u>		<u>Dinner</u>		Cal. Per Day			
	NET WT	Cal.	NET WT	Cal.	NET WT	Cal.				
Day 1	Multi Grain Cereal	7 oz	740	Pasta Roma	7 oz	780	Mashed Potatoes and Chicken Gravy	6 oz	560	2080
Day 2	Multi Grain Cereal	7 oz	740	Black Beans & Rice	7 oz	690	Mashed Potatoes and Chicken Gravy	6 oz	560	1990
Day 3	Multi Grain Cereal	7 oz	740	Mountain Chili	7 oz	630	Tamale Pie	6.5 oz.	690	2060
Day 4	Multi Grain Cereal	7 oz	740	Mountain Chili	7 oz	630	Pasta Roma	7 oz	780	2150
Day 5	Multi Grain Cereal	7 oz	740	Mountain Chili	7 oz	630	Black Beans & Rice	7 oz	690	2060
Day 6	Blueberry Granola w/ Milk	7.5 oz	760	Spaghetti Marinara	6.5 oz.	630	Mac & Cheese	6 oz	530	1920
Day 7	Blueberry Granola w/ Milk	7.5 oz	760	Pasta Roma	7 oz	780	Mac & Cheese	6 oz	530	2070
Day 8	Blueberry Granola w/ Milk	7.5 oz	760	Mac & Cheese	6 oz	530	Tamale Pie	6.5 oz.	690	1980
Day 9	Blueberry Granola w/ Milk	7.5 oz	760	Mountain Chili	7 oz	630	Black Beans & Rice	7 oz	690	2080
Day 10	Blueberry Granola w/ Milk	7.5 oz	760	Mac & Cheese	6 oz	530	Tamale Pie	6.5 oz.	690	1980
Day 11	Strawberry Granola w/ Milk	7.5 oz	760	Black Beans & Rice	7 oz	690	Tamale Pie	6.5 oz.	690	2140
Day 12	Strawberry Granola w/ Milk	7.5 oz	760	Mac & Cheese	6 oz	530	Pasta Roma	7 oz	780	2070
Day 13	Strawberry Granola w/ Milk	7.5 oz	760	Mashed Potatoes and Chicken Gravy	6 oz	560	Spaghetti Marinara	6.5 oz.	630	1950
Day 14	Strawberry Granola w/ Milk	7.5 oz	760	Mashed Potatoes and Chicken Gravy	6 oz	560	Spaghetti Marinara	6.5 oz.	630	1950
		10540				8800		9140		28480

QTY.	Meals Per Bucket
5	Multi Grain Cereal
5	Blueberry Granola w/ Milk
4	Strawberry Granola w/ Milk
4	Mountain Chili
4	Pasta Roma
4	Black Beans & Rice
4	Mashed Potatoes and Chicken Gravy
5	Mac & Cheese
4	Tamale Pie
3	Spaghetti Marinara
42	Total Meals

Average Calories Per Day 2,034
 Total Bucket Shipping Weight 21 lbs.
 Total Water Required 5.4 Gal.

To ensure maximum shelf life for your BE READY PANTRY keep stored in a dry environment at room tempature or colder.

42 MEALS

each packet is VITAMIN AND MINERAL FORTIFIED up to 25% RDA

BE•READY PANTRY

- Long-term food storage
- Feeds a family of 4 for 3 days
- Feeds an individual for 14 days
- Provides 2,000 calories per day
- Instant meals – just add hot water
- Great for emergencies
- 5+ year shelf-life

PLEASE SCROLL DOWN FOR NUTRITIONAL INFO

Net Wt. 286 oz (17.9 lbs) Shipping Wt. 22.5 lbs

Strawberry Honey Granola with Milk 10809B			
Nutrition Facts			
Serving Size 7.5 oz (213 g)			
Servings per Container 1			
Amount Per Serving			
Calories	760	Calories from Fat	25
		% Daily Value	
Total Fat 2.5g			4%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 290mg			12%
Total Carbohydrates 128g			43%
Dietary Fiber 8g			32%
Sugars 16g			
Protein 33g			
Vitamin A 30%		Vitamin C 110%	
Calcium 80%		Iron 60%	
*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	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Ingredients:
Alpine Granola Base [Wheat Flakes, Barley Flakes, Honey, Cinnamon), Instant Nonfat Milk Powder, Freeze-Dried Sliced Strawberries, Vitamin Pre-Mix.

Blueberry Honey Granola with Milk 10807B			
Nutrition Facts			
Serving Size 7.5 oz (213 g)			
Servings per Container 1			
Amount Per Serving			
Calories	760	Calories from Fat	20
		% Daily Value	
Total Fat 2.5g			4%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 330mg			14%
Total Carbohydrates 127g			42%
Dietary Fiber 8g			32%
Sugars 18g			
Protein 33g			
Vitamin A 30%		Vitamin C 40%	
Calcium 80%		Iron 60%	
*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	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Ingredients:
Alpine Granola Base, [Wheat Flakes, Barley Flakes, Honey, Cinnamon), Instant Nonfat Milk Powder, Blueberry Flavored Apple Nuggets, Vitamin Pre-Mix.

Multi-Grain Cereal 56551B			
Nutrition Facts			
Serving Size 7 oz (198 g)			
Servings per Container 1			
Amount Per Serving			
Calories	740	Calories from Fat	70
		% Daily Value	
Total Fat 8g			12%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 270mg			11%
Total Carbohydrates 113g			38%
Dietary Fiber 18g			72%
Sugars 2g			
Protein 35g			
Vitamin A 40%		Vitamin C 50%	
Calcium 50%		Iron 70%	
*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	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Ingredients:
Quick Rolled Oats, Instant Nonfat Milk Powder, Barley Flakes, Corn Grits, Red Wheat Flakes, Ground Cinnamon, Low Sodium Salt, Vitamin Pre-Mix, Sucralose.

Mountain Chili 10101B			
Nutrition Facts			
Serving Size 7 oz (198 g)			
Servings per Container 1			
Amount Per Serving			
Calories	630	Calories from Fat	45
		% Daily Value	
Total Fat 5g			8%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 670mg			28%
Total Carbohydrates 110g			37%
Dietary Fiber 31g			124%
Sugars 21g			
Protein 51g			
Vitamin A 250%		Vitamin C 280%	
Calcium 35%		Iron 110%	
*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	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Ingredients:
Crushed Pinto Beans, Caramel Colored Textured Vegetable Protein (Soy Flour), Tomato Powder, Corn Meal, Chili Powder, Freeze-Dried Sweet Corn, Mixed Red & Green Bell Pepper, Low Sodium Salt, Chopped Onion, Sliced Mushrooms, Oregano, Basil, Garlic Granules, Cumin Seed, Vitamin Pre-Mix.

Black Beans and Rice 49005B			
Nutrition Facts			
Serving Size 7 oz (198 g)			
Servings per Container 1			
Amount Per Serving			
Calories	690	Calories from Fat	25
		% Daily Value	
Total Fat 3g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 800mg			33%
Total Carbohydrates 165g			55%
Dietary Fiber 27g			108%
Sugars 15g			
Protein 25g			
Vitamin A 80%		Vitamin C 90%	
Calcium 15%		Iron 140%	
*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	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Ingredients:
Crushed Black Beans, Intant White Rice, Fructose, Corn Starch, Black Bean Powder, Tomato Powder, Onion Granules, Low Sodium Salt, Garlic Granules, Cilantro, Tomato Flakes, Cumin Seed, Chili Powder, Vitamin Pre-Mix.

Macaroni & Cheese 49001B			
Nutrition Facts			
Serving Size 6 oz (170 g)			
Servings per Container 1			
Amount Per Serving			
Calories	530	Calories from Fat	30
		% Daily Value	
Total Fat 3g			5%
Saturated Fat 1g			5%
Trans Fat 1g			
Cholesterol 5mg			2%
Sodium 1970mg			82%
Total Carbohydrates 117g			39%
Dietary Fiber 4g			16%
Sugars 15g			
Protein 17g			
Vitamin A 20%		Vitamin C 20%	
Calcium 25%		Iron 40%	
*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	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Ingredients:
Instant Pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid)], Cheddar Cheese Sauce Mix [whey, maltodextrin, wheat flour, salt, modified food starch, cheddar and blue cheese (pasteurized milk, salt, annatto extract, cheese cultures, enzymes), partially hydrogenated soybean oil, butter (cream, salt), buttermilk, citric acid, lactic acid, xanthan gum, yellow 5, yellow 6], Potato Starch, Whey Powder, Instant Nonfat Milk Powder, Low Sodium Salt, Mustard Powder, Maltodextrin, Xanthan Gum, Butter Flavor, Cheddar Cheese Flavor, Citric Acid, Sodium Tripolyphosphate, Black Pepper, Vitamin Pre-Mix.

Tamale Pie 10405B			
Nutrition Facts			
Serving Size 6.5 oz (184 g)			
Servings per Container 1			
Amount Per Serving			
Calories	690	Calories from Fat	120
		% Daily Value	
Total Fat 14g			22%
Saturated Fat 7g			35%
Trans Fat 0g			
Cholesterol 35mg			12%
Sodium 1100mg			46%
Total Carbohydrates 117g			39%
Dietary Fiber 16g			64%
Sugars 22g			
Protein 28g			
Vitamin A 250%		Vitamin C 300%	
Calcium 35%		Iron 70%	
*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	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Ingredients:
Corn Meal, Instant White Rice, Cheddar Cheese Powder (pasteurized milk, cheese cultures, salt, enzymes, disodium phosphate, annatto extract), Pinto Bean Flakes, Black Bean Flakes, Tomato Powder, Chopped Onion, Tomato Flakes, Chili Powder, Freeze-Dried Sweet Corn, Green Chili Pepper, Sea Salt, Low Sodium Chicken Broth, Low Sodium Salt, Garlic Granules, Black Pepper, Cilantro, Jalapeno Pepper Powder, Vitamin Pre-Mix.

Spaghetti Marinara 20109B			
Nutrition Facts			
Serving Size 6.5 oz (184 g)			
Servings per Container 1			
Amount Per Serving			
Calories	630	Calories from Fat	40
		% Daily Value	
Total Fat 4g			6%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 590mg			25%
Total Carbohydrates 129g			43%
Dietary Fiber 11g			44%
Sugars 26g			
Protein 33g			
Vitamin A 130%		Vitamin C 160%	
Calcium 25%		Iron 90%	
*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	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Ingredients:
Instant Pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid)], Caramel Colored Textured Vegetable Protein (soy flour), Tomato Powder, Chopped Onion* Romano Cheese Powder (pasteurized milk, cheese cultures, salt, enzymes, disodium phosphate), Corn Starch, Maltodextrin, Cane Sugar, Brown Sugar, Low Sodium Salt, Whey Powder, Garlic Granules, Sugar, Cumin, Low Sodium Beef Flavor Broth Mix (Maltodextrin, Natural Flavor [Maltodextrin, Yeast, Salt, Natural Flavor, Soy Sauce (Soybeans, Salt), Torula Yeast, Salt, Vegetables* (Onion, Celery, Spinach, Parsley, Carrot, Garlic), Caramel Color, Spices. Not more than 2% Soybean Oil added as a processing aid], Paprika, Corn Starch, Basil, Beet Juice Powder, Citric Acid, Oregano, Bay Leaves, Rosemary Powder, Vitamin Pre-Mix, Thyme.

Mashed Potatoes with Chicken Gravy 11402B			
Nutrition Facts			
Serving Size 6 oz (170 g)			
Servings per Container 1			
Amount Per Serving			
Calories	560	Calories from Fat	50
		% Daily Value	
Total Fat 6g			9%
Saturated Fat 3g			15%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 1140mg			48%
Total Carbohydrates 123g			41%
Dietary Fiber 8g			32%
Sugars 5g			
Protein 15g			
Vitamin A 35%		Vitamin C 60%	
Calcium 30%		Iron 50%	
*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	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Ingredients:
Potato Flakes, Whey Powder, Potato Starch, Whole Milk Powder, Low Sodium Chicken broth, Butter Flavor, Corn Starch, Onion Granules, Garlic Granules, Low Sodium Salt, Shortening Powder, Minced Green Onion, Black Pepper, Fructose, Sage Leaves, Vitamin Pre-Mix.

Pasta Roma 10105B			
Nutrition Facts			
Serving Size 7 oz (198 g)			
Servings per Container 1			
Amount Per Serving			
Calories	780	Calories from Fat	180
		% Daily Value	
Total Fat 20g			31%
Saturated Fat 12g			60%
Trans Fat .5g			
Cholesterol 45mg			15%
Sodium 1690mg			70%
Total Carbohydrates 110g			37%
Dietary Fiber 6g			24%
Sugars 22g			
Protein 40g			
Vitamin A 170%		Vitamin C 210%	
Calcium 90%		Iron 90%	
*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	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Ingredients:
Instant Pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid)], Romano Cheese Powder (pasteurized milk, cheese cultures, salt, enzymes, disodium phosphate), Tomato Powder, Parmesan Cheese Powder (Partially skim milk, cheese cultures, salt, enzymes, disodium phosphate), Potato Starch, Whey Powder, Tomato Flakes, Instant Nonfat Milk Powder, Onion Granules, Low Sodium Salt, Garlic Granules, Basil, Vitamin Pre-Mix.

ALL PACKETS HAVE BEEN FORTIFIED WITH UP TO 25% OF THE RECOMMENDED DAILY ALLOWANCE (RDA) OF THE FOLLOWING VITAMINS AND MINERALS:
Ascorbic Acid (Vitamin C), Alpha-Tocopheryl Acetate (Vitamin E), Vitamin A Palmitate, Niacinamide (Vitamin B3), Zinc Oxide, Iron, d-Calcium Pantothenate (Vitamin D5), Cholecalciferol (Vitamin D3), Pyridoxine Hydrochloride (Vitamin B6), Copper Oxide, Riboflavin (Vitamin B2), Phytonadione (Vitamin K1), Thiamine Mononitrate (Vitamin B1), Cyanocobalamin (Vitamin B12), Manganese, Biotin (Vitamin H), Potassium Iodide, Folate (Vitamin B9), Chromium, Molybdenum, Selenium.