

nutriSTORE™

6 Month Food Supply

Hard Red Wheat (16)

Nutrition Facts	
Serving Size About ¼ Cup (45g)	
Servings Per Container About 47	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	11%
Dietary Fiber 5g	25%
Sugars 0g	
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: 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Hard Red Wheat.

Contains Wheat.

Instant White Rice (12)

Nutrition Facts	
Serving Size About ½ Cup (45g)	
Servings Per Container About 25	
Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 36g	12%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%
Thiamin 30%	• Niacin 15%
Folate 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 Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Precooked Long Grain Rice, Niacin (Niacinamide), Iron (Ferric Orthophosphate), Thiamine (Thiamine Mononitrate), Folic Acid.

Granola (6)

Nutrition Facts	
Serving Size About ½ Cup (36g)	
Servings Per Container About 24	
Amount Per Serving	
Calories 140	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• 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
Sat 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	

Ingredients: Whole Grain Rolled Oats, Evaporated Cane Juice, Expeller Pressed Canola Oil, Defatted Wheat Germ, Oat Flour, Brown Rice Syrup, Molasses, Salt, Natural Flavor, Soy Lecithin.

Contains Wheat and Soy.

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Apples, Dehydrated (2)

Nutrition Facts		
Serving Size About ¼ Cup (11g)		
Servings Per Container About 40		
Amount Per Serving		
Calories 40	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 10mg	0%	
Total Carbohydrate 10g	3%	
Dietary Fiber 2g	7%	
Sugars 7g		
Protein 0g		
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:	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram		
Fat 9 • Carbohydrate 4 • Protein 4		

Ingredients: Apples.

Bananas, Freeze-dried (2)

Nutrition Facts		
Serving Size About ¼ Cup (12g)		
Servings Per Container About 40		
Amount Per Serving		
Calories 40	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 11g	4%	
Dietary Fiber 1g	5%	
Sugars 6g		
Protein 0g		
Vitamin A 0%	•	Vitamin C 2%
Calcium 0%	•	Iron 0%
*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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram		
Fat 9 • Carbohydrate 4 • Protein 4		

Ingredients: Freeze-dried Bananas, Citric Acid, Ascorbic Acid.

Strawberries, Freeze-dried (2)

Nutrition Facts		
Serving Size About ¼ Cup (4g)		
Servings Per Container About 40		
Amount Per Serving		
Calories 15	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 4g	1%	
Dietary Fiber 1g	4%	
Sugars 2g		
Protein 0g		
Vitamin A 0%	•	Vitamin C 25%
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:	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram		
Fat 9 • Carbohydrate 4 • Protein 4		

Ingredients: Freeze-dried Strawberries.

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Potatoes, Dehydrated (6)

Nutrition Facts	
Serving Size About ¼ Cup (21g)	
Servings Per Container About 46	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 10%
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: 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Potatoes and Sodium Bisulfite.

Sweet Corn, Freeze-dried (2)

Nutrition Facts	
Serving Size About ¼ Cup (11g)	
Servings Per Container About 40	
Amount Per Serving	
Calories 40	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 2%	• Vitamin C 6%
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: 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Freeze-dried Super Sweet Corn.

Green Beans, Freeze-dried (2)

Nutrition Facts	
Serving Size About ¼ Cup (3.5g)	
Servings Per Container About 40	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 1g	
Vitamin A 0%	• Vitamin C 10%
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: 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Freeze-dried Green Beans.

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Carrots, Dehydrated (2)

Nutrition Facts	
Serving Size About ¼ Cup (20g)	
Servings Per Container About 40	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	6%
Sugars 10g	
Protein 2g	
Vitamin A 90%	• Vitamin C 25%
Calcium 4%	• Iron 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: 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Dehydrated Carrots.

Lentils (4)

Nutrition Facts	
Serving Size About ¼ Cup (48g)	
Servings Per Container About 45	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 14g	54%
Sugars 0g	
Protein 12g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• 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
Sat 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	

Ingredients: Lentils.

Beef TVP (2)

Nutrition Facts	
Serving Size About ¼ Cup (25g)	
Servings Per Container About 44	
Amount Per Serving	
Calories 90	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 10g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• 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: 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Textured Vegetable Protein (Soy Flour, Caramel Color), Soybean Oil, Salt, Hydrolyzed Soy Protein, Autolyzed Yeast.

Contains Soy.

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Chicken TVP (2)

Nutrition Facts	
Serving Size About ¼ Cup (25g)	
Servings Per Container About 44	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 11g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• 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: 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Textured Soy Flour, Soybean Oil, Salt, Autolyzed Yeast Extract, Hydrolyzed Corn Protein, Natural Smoke Flavoring, Thiamine Hydrochloride, Dextrose, Disodium Inosinate, Disodium Guanylate.

Contains Soy.

Pinto Beans (4)

Nutrition Facts	
Serving Size About ¼ Cup (45g)	
Servings Per Container About 45	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 28g	9%
Dietary Fiber 18g	70%
Sugars 1g	
Protein 9g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• 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
Sat 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	

Ingredients: Pinto Beans.

Chicken, Freeze-Dried

Nutrition Facts	
Serving Size ½ Cup (25g)	
Servings Per Container About 20	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 35mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 26g	
Vitamin A 0%	• Vitamin C 0%
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: 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Freeze-dried Cooked Chicken.

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Cheddar Cheese, Freeze-Dried

Nutrition Facts	
Serving Size About ¼ Cup (27g)	
Servings Per Container About 40	
Amount Per Serving	
Calories 170	Calories from Fat 120
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 9g	44%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 260mg	11%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 10g	
Vitamin A 8%	• Vitamin C 0%
Calcium 30%	• 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: 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Cheddar Cheese: Pasturized Milk, Cheese Cultures, Salt, Enzymes, Annatto (vegetable color). May contain one or all of the following anti-caking agents: Potato Starch, Corn Starch, Cellulose.

Contains Milk.

Instant Milk (4)

Nutrition Facts	
Serving Size About 2 Tbsp (12g)	
Servings Per Container About 40	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 0%	• Vitamin C 2%
Calcium 30%	• Iron 0%
*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 Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Nonfat Milk Solids, Vitamin A Palmitate, and Vitamin D3.

Contains Milk.

Sugar, White

Nutrition Facts	
Serving Size About 1 Tsp (4g)	
Servings Per Container About 640	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
*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 Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Sugar.

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Salt

Nutrition Facts	
Serving Size About ¼ tsp. (1.8g)	
Servings Per Container About 2,015	
Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 710mg	29%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
*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 Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Iodized Salt.