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## GOURMET RESERVES VERSATILE SYSTEM THREE MONTHS

### Highlights

- High degree of preparation versatility
- Expanded variety of menu options
- Higher calorie values
- Foods which cover needs in both short-term and long-term emergency situations
- Includes meatless entrees
- A 56% no cook feature
- Designed for one person for three months

# Cans	Servings per Can	# Cans	Servings per Can
<b>ENTREES</b>		<b>BEANS / GRAINS / PEAS</b>	
1	12	1	11
1	12	1	11
<b>SOUPS</b>		1	7
1	20	2	10
<b>BREAKFASTS</b>		2	12
1	8	1	32
1	30	1	9
<b>FRUITS / DESSERTS</b>		1	32
1	20	2	12
1	48	1	12
1	28	1	9
1	12	1	11
<b>DAIRY / EGGS</b>		<b>VEGETABLES</b>	
1	20	1	21
3	32	1	21
1	44	1	21
<b>SNACKS / READY-TO-EAT</b>		1	81
1	108	<b>MISCELLANEOUS</b>	
2	25	1	50
3	33	2	185
<b>Calories per person per day (approx): 2,161</b> <b>Total calories: 194,528</b> <b>Number of cans: 44</b> <b>Approx. shipping weight: 162 lbs</b> <b>Approx. Shipping dimensions (storage area): 3'x2'x1.5'</b>			
FD = Freeze Dried		System includes: Plastic lids, can opener, and cookbook.	
* = Cooking Required		All products are packaged by weight not volume.	

The manufacturer reserves the right to make substitutions of items of equal or greater value in this food system.