

SELECTING A FOOD RESERVE SYSTEM

About Gourmet Reserves

The **Gourmet Reserves®** product line was developed in 1989 to address the needs for emergency preparedness. **Gourmet Reserves** is suited to meet the needs of individuals or organizations who desire to be self-sufficient during a situation where normal food supplies are not readily available. Great tasting AlpineAire Foods recipes as well as everyday staples are practical and easily incorporated into the daily diet. The food systems are formulated to sustain one person for two years, one year, six months, three months, 45 days, one month, two weeks, one week, or three days. All systems are assembled to supply both long and short-term food storage needs.

Resealable plastic lids are included with all systems.

Shelf Stable Food Products and Food Systems

Gourmet Reserves has shelf stable food products and food systems designed to meet your needs with food that is nutritionally sound, convenient, and familiar. These food products are practical and easily incorporated into your daily diet. The exclusive "No Cooking Required" systems are easy to prepare. Items are eat-as-is or prepared by adding hot or cold water to reconstitute. The very best quality foods have been selected (freeze-dried, dehydrated, instant)—completely free of artificial additives. A "state of the art" oxygen absorber is placed in each can to ensure the very best shelf life.

The products and systems are assembled to supply both your long-term and short-term needs.

Selecting a Food Reserve System

Some day you may actually need to depend on a food reserve system. The purchase of a system represents a sizable investment. The consumer should be discriminating in selecting the manufacturer. The questions and information below provide a valuable process by which one can identify and determine the most suitable food reserve system.

The following questions will assist you in identifying a system for you and your family:

- Under what scenarios do you anticipate the need for using food reserves?
- Will you be mobile?
- Will food preparation facilities, supplies and fuel be available?
- Have you determined the length of time you desire the system to sustain you? And your family?
- How many people will be depending upon your food?
- Are there special nutritional requirements?
- How important is ease of preparation?
- Have you considered your budget?
- How many calories do you require per person?

Specific Features of a Gourmet Reserves Food System

- **Purity of Ingredients.** Gourmet Reserves foods are all natural, NO artificial preservatives, flavorings, colorings, MSG or white sugar are added. Some products are organically grown. Beef products are hormone-free.
- **Familiarity.** Your food system should be familiar, everyday foods easily recognizable and reflect a balanced diet offering good taste. Gourmet Reserve foods offer the best selection from which to choose.
- **Preparation Convenience.** Gourmet Reserves offers many convenient food systems, which can be prepared with a limited amount of fuel and water.
- **Shelf Life.** Shelf life of any food reserves is always critical. Gourmet Reserves uses the latest technologies available to insure long shelf life. Excessive heat will shorten the shelf life of all products. A rule of thumb: the cooler the better.
- **Variety.** We have over 170 selections that will prevent appetite fatigue.
- **Proper Rotation.** It is important to rotate food reserves into your daily diet. Gourmet Reserves easily integrates with other foods to meet daily dietary needs. A specialist will be happy to recommend a program that best fits your needs.
- **Serving Sizes.** All Gourmet Reserves systems offer generous serving sizes to ensure on average 2000+ calories per day. This is very important. When reviewing competitor's food systems, make sure the caloric counts are not high due to refined sugar. Gourmet Reserves does not use white sugar either in our recipes or as a supplement to increase caloric counts.

What Makes Gourmet Reserves® Food Systems Distinctive?

- The largest "No Cook" product selection available in shelf stable cans.
- An established, trusted industry leader with a distinguished reputation since 1979.
- An extensive variety of products packaged in small and large cans. Items include: complete "No Cook" entrees, breakfasts, side dishes, individual items, complete food systems from one day to one year, standard commodities and emergency systems.
- The manufacturing facilities are inspected daily by a U.S.D.A. resident inspector and comply with strict standards for wholesomeness and cleanliness.
- Federal inspection enables the manufacturer to offer a complete line of real poultry and beef products—both as individual items and in meals. State-of-the-art canning and oxygen-reducing techniques provide for long shelf life.
- Great tasting, easy-to-prepare complete meals and individual items.
- Ingredients used are of the highest quality and are nutritionally superior. Familiar, everyday foods enjoyed by adults and children.

Packaging

All **Gourmet Reserves** products are packed in #10 size cans (approximately one gallon) or #2½ size cans (approximately one quart). These cans are heavy-gauge steel and enamel coated on the inside. A "state of the art" oxygen absorber is used in all cans to eliminate oxygen. This procedure ensures the very best in shelf life.

Resealable plastic lids are included in all systems and on individual cans.