



Epicenter Supplies LLC
384 Wallis St #2
Eugene, OR 97402

(541) 684-0717 Tel
(541) 338-9050 Fax

A-PACK™ READY MEALS

AmeriQual Group LLC offers a series of taste-tested, self-heating emergency meals: The aPack™ Ready Meals.

Product Details:

- Individually packaged meals with durable, easy-open packaging.
- Each lightweight case contains 12 complete meals (2 each of 6 different varieties; see below).
- Meals have a stated shelf life of 36 months (or longer if kept under optimum storage conditions).
- Just two meals meet an individual's full daily caloric needs.
- Meals are self-heating; the entrée is ready in just 10 minutes.
- Every A-Pack™ Ready Meal includes an entrée with self-heating unit, side dishes, beverage mix (bottled water not included), condiment, utensil and towelette.

Six Delicious Meals*

- **Homestyle Chicken Noodles with Vegetables** Entrée, Cookie, Toaster Pastry, Peanut Butter, Cracker, Peppermint, Drink Mix, Spoon, Towelette, Heater, Salt Water for Heater (1190 calories)
- **Macaroni and Beef in Sauce** Entrée, Cookie, Toaster Pastry, Raisins, Peanut Butter, Cracker, Drink Mix, Spoon, Towelette, Heater, Salt Water for Heater (1270 calories)
- **Pasta with Garden Vegetables in Tomato Sauce** Entrée, Cookie, Cookie, Toaster Pastry, Peanut Butter, Cracker, Drink Mix, Spoon, Towelette, Heater, Salt Water for Heater (1230 calories)
- **Southwestern Style Chicken with Black Beans & Rice** Entrée, Cookie, Toaster Pastry, Peanut Butter, Cracker, Drink Mix, Spoon, Towelette, Heater, Salt Water for Heater (1200 calories)
- **Spaghetti with Italian Style Meat Sauce** Entrée, Cookie, Toaster Pastry, Peanut Butter, Cracker, Peppermint, Drink Mix, Spoon, Towelette, Heater, Salt Water for Heater (1180 calories)
- **Vegetable Stew with Beef** Entrée, Cookie, Toaster Pastry, Raisins, Peanut Butter, Cracker, Drink Mix, Spoon, Towelette, Heater, Salt Water for Heater (1230 calories)

* The aPack™ menu selection and meal components are subject to change at any time without prior notice.



Homestyle Chicken with Noodles and Vegetables in Sauce

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 1190	Calories from Fat 500
	% Daily Value*
Total Fat 55g	85%
Saturated Fat 12g	60%
Trans Fat 6g	
Cholesterol 55mg	18%
Sodium 1130mg	47%
Total Carbohydrate 142g	47%
Dietary Fiber 8g	32%
Sugars 48g	
Protein 36g	
Vitamin A 170% • Vitamin C 80%	
Calcium 35% • 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
Saturated 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

KIT INCLUDES:

- HOMESTYLE CHICKEN WITH NOODLES AND VEGETABLES IN SAUCE ENTREE
- OATMEAL COOKIE
- FROSTED BROWN SUGAR TOASTER PASTRY
- PEANUT BUTTER
- CRACKER
- LEMONADE FLAVOR DRINK MIX
- PEPPERMINT
- SPOON
- TOWELETTE
- HEATER
- SALT WATER FOR HEATER

INGREDIENTS: HOMESTYLE CHICKEN WITH NOODLES AND VEGETABLES IN SAUCE ENTRÉE: WATER, CHICKEN, CARROTS, ENRICHED PASTA (DURUM FLOUR (WHEAT), EGGS, EGG WHITES, GLYCERYL MONOSTEARATE, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID), PEAS (PEAS, SALT), MODIFIED FOOD STARCH, RENDERED CHICKEN FAT, CONTAINS 2% OR LESS OF THE FOLLOWING: CHICKEN BROTH, RED BELL PEPPER, SALT, GARLIC POWDER, ONION POWDER, SPICE.

OATMEAL COOKIE: SUGAR, ENRICHED WHEAT FLOUR (BLEACHED FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS), OATMEAL, CORN SYRUP, SPICES, SALT, BAKING SODA.

FROSTED BROWN SUGAR TOASTER PASTRY: ENRICHED FLOUR (WHEAT FLOUR, NIACINAMIDE, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, VEGETABLE OIL (SOYBEAN, COTTONSEED AND HYDROGENATED COTTONSEED OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), SUGAR, CORN SYRUP, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, CRACKER MEAL, CONTAINS 2% OR LESS OF SALT, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CINNAMON, WHEAT STARCH, GELATIN, CARAMEL COLOR, SOY LECITHIN, NIACINAMIDE, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE, FOLIC ACID.

PEANUT BUTTER: ROASTED PEANUTS, SUGAR, HYDROGENATED VEGETABLE OIL (RAPESEED, COTTONSEED AND/OR SOYBEAN OILS), SALT, VITAMIN C*, VITAMIN A*, VITAMIN B6, THIAMIN. *INGREDIENTS NOT IN REGULAR PEANUT BUTTER.

CRACKER: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ TO PRESERVE FRESHNESS), YEAST, CALCIUM CARBONATE, SALT, SODIUM BICARBONATE, EXTRACT OF MALTED BARLEY AND CORN.

PEPPERMINT: SUGAR, CORN SYRUP, NATURAL PEPPERMINT OIL, RED 40, BLUE 1.

LEMONADE DRINK MIX: CITRIC ACID, SODIUM CITRATE, ASPARTAME**, NATURAL FLAVOR, LEMON JUICE SOLIDS, ACESULFAME POTASSIUM, TRICALCIUM PHOSPHATE AND YELLOW 5. **PHENYLKETONURICS: CONTAINS PHENYLALANINE.

ALLERGEN INFORMATION: VARIOUS COMPONENTS IN MEALS CONTAIN MILK, SOY, EGGS, WHEAT AND PEANUTS.



Macaroni and Beef in Sauce

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 1270	Calories from Fat 470
% Daily Value*	
Total Fat 53g	82%
Saturated Fat 12g	60%
Trans Fat 6g	
Cholesterol 15mg	5%
Sodium 1260mg	53%
Total Carbohydrate 180g	60%
Dietary Fiber 8g	32%
Sugars 63g	
Protein 27g	
Vitamin A 80%	Vitamin C 80%
Calcium 40%	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
Saturated 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

KIT INCLUDES:

- MACARONI AND BEEF IN SAUCE ENTRÉE
- OATMEAL COOKIE
- FROSTED BROWN SUGAR TOASTER PASTRY
- RAISINS
- PEANUT BUTTER
- CRACKER
- LEMONADE FLAVOR DRINK MIX
- SPOON
- TOWELETTE
- HEATER
- SALT WATER FOR HEATER

INGREDIENTS: MACARONI AND BEEF IN SAUCE ENTRÉE: WATER, ENRICHED ELBOW MACARONI [SEMOLINA (WHEAT), EGG WHITES, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID], COOKED BEEF TOPPING (BEEF, WATER, SALT), CRUSHED TOMATOES, MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, ONION POWDER, SALT, SPICES, CHILI POWDER (CHILI PEPPER AND OTHER SPICES, SALT, DEHYDRATED GARLIC).

OATMEAL COOKIE: SUGAR, ENRICHED WHEAT FLOUR (BLEACHED FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS), OATMEAL, CORN SYRUP, SPICES, SALT, BAKING SODA.

FROSTED BROWN SUGAR TOASTER PASTRY: ENRICHED FLOUR (WHEAT FLOUR, NIACINAMIDE, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, VEGETABLE OIL (SOYBEAN, COTTONSEED AND HYDROGENATED COTTONSEED OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), SUGAR, CORN SYRUP, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, CRACKER MEAL, CONTAINS 2%

OR LESS OF SALT, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CINNAMON, WHEAT STARCH, GELATIN, CARAMEL COLOR, SOY LECITHIN, NIACINAMIDE, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE, FOLIC ACID.

RAISINS: RAISINS, GLYCERINE, MEDIUM CHAIN TRIGLYCERIDES.

PEANUT BUTTER: ROASTED PEANUTS, SUGAR, HYDROGENATED VEGETABLE OIL (RAPESEED, COTTONSEED AND/OR SOYBEAN OILS), SALT, VITAMIN C*, VITAMIN A*, VITAMIN B6, THIAMIN. *INGREDIENTS NOT IN REGULAR PEANUT BUTTER.

CRACKER: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ TO PRESERVE FRESHNESS), YEAST, CALCIUM CARBONATE, SALT, SODIUM BICARBONATE, EXTRACT OF MALTED BARLEY AND CORN.

LEMONADE DRINK MIX: CITRIC ACID, SODIUM CITRATE, ASPARTAME**, NATURAL FLAVOR, LEMON JUICE SOLIDS, ACESULFAME POTASSIUM, TRICALCIUM PHOSPHATE AND YELLOW 5. **PHENYLKETONURICS: CONTAINS PHENYLALANINE.

ALLERGEN INFORMATION: VARIOUS COMPONENTS IN MEALS CONTAIN MILK, SOY, EGGS, WHEAT AND PEANUTS.



Pasta with Garden Vegetables in Tomato Sauce

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 1230	Calories from Fat 490
	% Daily Value*
Total Fat 54g	83%
Saturated Fat 11g	55%
Trans Fat 6g	
Cholesterol 5mg	2%
Sodium 1110mg	46%
Total Carbohydrate 162g	54%
Dietary Fiber 14g	56%
Sugars 46g	
Protein 30g	
Vitamin A 120% • Vitamin C 80%	
Calcium 35% • 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
Saturated 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

KIT INCLUDES:

- PASTA WITH GARDEN VEGETABLES IN TOMATO SAUCE ENTRÉE
- OATMEAL COOKIE
- FROSTED BROWN SUGAR TOASTER PASTRY
- PEANUT BUTTER
- CRACKER
- LEMONADE FLAVOR DRINK MIX
- SPOON
- TOWELETTE
- HEATER
- SALT WATER FOR HEATER

INGREDIENTS: PASTA WITH GARDEN VEGETABLES IN TOMATO SAUCE ENTRÉE: WATER, KIDNEY BEANS, ENRICHED ELBOW MACARONI [SEMOLINA (WHEAT), EGG WHITES, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID], TOMATO PASTE, CORN, CARROTS, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: MODIFIED FOOD STARCH WITH ERYTHORBIC ACID, SUGAR, SALT, SPICES, GARLIC POWDER.

OATMEAL COOKIE: SUGAR, ENRICHED WHEAT FLOUR (BLEACHED FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS), OATMEAL, CORN SYRUP, SPICES, SALT, BAKING SODA.

FROSTED BROWN SUGAR TOASTER PASTRY: ENRICHED FLOUR (WHEAT FLOUR, NIACINAMIDE, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, VEGETABLE OIL (SOYBEAN, COTTONSEED AND HYDROGENATED COTTONSEED OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), SUGAR, CORN SYRUP, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, CRACKER MEAL, CONTAINS 2% OR LESS OF SALT, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CINNAMON, WHEAT STARCH,

GELATIN, CAMEL COLOR, SOY LECITHIN, NIACINAMIDE, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE, FOLIC ACID.

PEANUT BUTTER: ROASTED PEANUTS, SUGAR, HYDROGENATED VEGETABLE OIL (RAPESEED, COTTONSEED AND/OR SOYBEAN OILS), SALT, VITAMIN C*, VITAMIN A*, VITAMIN B6, THIAMIN. *INGREDIENTS NOT IN REGULAR PEANUT BUTTER.

CRACKER: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ TO PRESERVE FRESHNESS), YEAST, CALCIUM CARBONATE, SALT, SODIUM BICARBONATE, EXTRACT OF MALTED BARLEY AND CORN.

LEMONADE DRINK MIX: CITRIC ACID, SODIUM CITRATE, ASPARTAME**, NATURAL FLAVOR, LEMON JUICE SOLIDS, ACESULFAME POTASSIUM, TRICALCIUM PHOSPHATE AND YELLOW 5. **PHENYLKETONURICS: CONTAINS PHENYLALANINE.

ALLERGEN INFORMATION: VARIOUS COMPONENTS IN MEALS CONTAIN MILK, SOY, EGGS, WHEAT AND PEANUTS.



Southwestern Style Chicken with Black Beans & Rice

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 1200	Calories from Fat 490
% Daily Value*	
Total Fat 54g	83%
Saturated Fat 12g	60%
Trans Fat 5g	
Cholesterol 30mg	10%
Sodium 1260mg	53%
Total Carbohydrate 149g	50%
Dietary Fiber 9g	36%
Sugars 42g	
Protein 36g	
Vitamin A 80% • Vitamin C 110%	
Calcium 35% • 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
Saturated 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

KIT INCLUDES:

- SOUTHWESTERN STYLE CHICKEN WITH BLACK BEANS AND RICE ENTRÉE
- CHOCOLATE CHIP COOKIE
- FROSTED BROWN SUGAR TOASTER PASTRY
- PEANUT BUTTER
- CRACKER
- LEMONADE FLAVOR DRINK MIX
- SPOON
- TOWELETTE
- HEATER
- SALT WATER FOR HEATER

INGREDIENTS: SOUTHWESTERN STYLE CHICKEN WITH BLACK BEANS AND RICE ENTRÉE: WATER, CHICKEN, BLACK BEANS, TOMATOES IN JUICE, WHITE RICE, CORN, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: MODIFIED FOOD STARCH, CHILI POWDER (CHILI PEPPER AND OTHER SPICES, SALT, DEHYDRATED GARLIC), CHICKEN BROTH, RED BELL PEPPER, MODIFIED FOOD STARCH WITH ERYTHORBIC ACID, SALT, ONION POWDER, GARLIC POWDER.

CHOCOLATE CHIP COOKIE: BLEACHED WHEAT FLOUR, SUGAR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL), CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN, VANILLIN [ARTIFICIAL FLAVOR]), MOLASSES, POWDERED EGGS, ARTIFICIAL FLAVORS, SALT, HIGH FRUCTOSE CORN SYRUP, BAKING SODA, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE).

FROSTED BROWN SUGAR TOASTER PASTRY: ENRICHED FLOUR (WHEAT FLOUR, NIACINAMIDE, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, VEGETABLE OIL (SOYBEAN, COTTONSEED AND HYDROGENATED COTTONSEED OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), SUGAR, CORN SYRUP, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, CRACKER MEAL, CONTAINS 2% OR LESS OF SALT, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CINNAMON, WHEAT STARCH, GELATIN, CARAMEL COLOR, SOY LECITHIN, NIACINAMIDE, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE, FOLIC ACID.

PEANUT BUTTER: ROASTED PEANUTS, SUGAR, HYDROGENATED VEGETABLE OIL (RAPESEED, COTTONSEED AND/OR SOYBEAN OILS), SALT, VITAMIN C*, VITAMIN A*, VITAMIN B6, THIAMIN. *INGREDIENTS NOT IN REGULAR PEANUT BUTTER.

CRACKER: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ TO PRESERVE FRESHNESS), YEAST, CALCIUM CARBONATE, SALT, SODIUM BICARBONATE, EXTRACT OF MALTED BARLEY AND CORN.

LEMONADE DRINK MIX: CITRIC ACID, SODIUM CITRATE, ASPARTAME**, NATURAL FLAVOR, LEMON JUICE SOLIDS, ACESULFAME POTASSIUM, TRICALCIUM PHOSPHATE AND YELLOW 5. **PHENYLKETONURICS: CONTAINS PHENYLALANINE.

ALLERGEN INFORMATION: VARIOUS COMPONENTS IN MEALS CONTAIN MILK, SOY, EGGS, WHEAT AND PEANUTS.



Spaghetti with Italian Style Meat Sauce

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 1180	Calories from Fat 450
	% Daily Value*
Total Fat 50g	77%
Saturated Fat 12g	60%
Trans Fat 5g	
Cholesterol 15mg	5%
Sodium 1240mg	52%
Total Carbohydrate 162g	54%
Dietary Fiber 7g	28%
Sugars 60g	
Protein 29g	
Vitamin A 90%	• Vitamin C 110%
Calcium 50%	• 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
Saturated 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

KIT INCLUDES:

- SPAGHETTI WITH ITALIAN STYLE MEAT SAUCE ENTRÉE
- CHOCOLATE CHIP COOKIE
- FROSTED BROWN SUGAR TOASTER PASTRY
- PEANUT BUTTER
- CRACKER
- LEMONADE FLAVOR DRINK MIX
- PEPPERMINT
- SPOON
- TOWELETTE
- HEATER
- SALT WATER FOR HEATER

INGREDIENTS: SPAGHETTI WITH ITALIAN STYLE MEAT SAUCE ENTRÉE: WATER, TOMATOES IN JUICE, TOMATO PASTE, ENRICHED SPAGHETTI [SEMOLINA (WHEAT), EGG WHITES, GLYCERYL MONOSTEARATE, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID], BEEF PATTY CRUMBLE (BEEF, WATER, SALT), CONTAINS 2% OR LESS OF THE FOLLOWING: MODIFIED FOOD STARCH, PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), DEHYDRATED ONION, MODIFIED FOOD STARCH WITH ERYTHORBIC ACID, SUGAR, SALT, GARLIC POWDER, SPICES, ONION POWDER.

CHOCOLATE CHIP COOKIE: BLEACHED WHEAT FLOUR, SUGAR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL), CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN, VANILLIN [ARTIFICIAL FLAVOR]), MOLASSES, POWDERED EGGS, ARTIFICIAL FLAVORS, SALT, HIGH FRUCTOSE CORN SYRUP, BAKING SODA, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE).

FROSTED BROWN SUGAR TOASTER PASTRY: ENRICHED FLOUR (WHEAT FLOUR, NIACINAMIDE, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, VEGETABLE OIL (SOYBEAN, COTTONSEED AND HYDROGENATED COTTONSEED OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), SUGAR, CORN SYRUP, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, CRACKER MEAL, CONTAINS 2% OR LESS OF SALT, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CINNAMON, WHEAT STARCH, GELATIN, CARAMEL COLOR, SOY LECITHIN, NIACINAMIDE, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE, FOLIC ACID.

PEANUT BUTTER: ROASTED PEANUTS, SUGAR, HYDROGENATED VEGETABLE OIL (RAPESEED, COTTONSEED AND/OR SOYBEAN OILS), SALT, VITAMIN C*, VITAMIN A*, VITAMIN B6, THIAMIN. *INGREDIENTS NOT IN REGULAR PEANUT BUTTER.

CRACKER: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ TO PRESERVE FRESHNESS), YEAST, CALCIUM CARBONATE, SALT, SODIUM BICARBONATE, EXTRACT OF MALTED BARLEY AND CORN.

PEPPERMINT: SUGAR, CORN SYRUP, NATURAL PEPPERMINT OIL, RED 40, BLUE 1.

LEMONADE DRINK MIX: CITRIC ACID, SODIUM CITRATE, ASPARTAME**, NATURAL FLAVOR, LEMON JUICE SOLIDS, ACESULFAME POTASSIUM, TRICALCIUM PHOSPHATE AND YELLOW 5. **PHENYLKETONURICS: CONTAINS PHENYLALANINE.

ALLERGEN INFORMATION: VARIOUS COMPONENTS IN MEALS CONTAIN MILK, SOY, EGGS, WHEAT AND PEANUTS.



Vegetable Stew with Beef

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 1230	Calories from Fat 450
	% Daily Value*
Total Fat 50g	77%
Saturated Fat 11g	55%
Trans Fat 6g	
Cholesterol 20mg	7%
Sodium 1280mg	53%
Total Carbohydrate 178g	59%
Dietary Fiber 8g	32%
Sugars 66g	
Protein 27g	
Vitamin A 120% • Vitamin C 80%	
Calcium 35% • Iron 45%	
*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
Saturated 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

KIT INCLUDES:

- VEGETABLE STEW WITH BEEF ENTRÉE
- CHOCOLATE CHIP COOKIE
- FROSTED BROWN SUGAR TOASTER PASTRY
- RAISINS
- PEANUT BUTTER
- CRACKER
- LEMONADE FLAVOR DRINK MIX
- SPOON
- TOWELETTE
- HEATER
- SALT WATER FOR HEATER

INGREDIENTS: VEGETABLE STEW WITH BEEF ENTRÉE: WATER, SEASONED COOKED BEEF WITH WATER AND BINDER PRODUCT (BEEF, WATER, MODIFIED CORN STARCH, SALT, SODIUM PHOSPHATE, ROSEMARY EXTRACT), DEHYDRATED DICED POTATOES, CARROTS, PEAS (PEAS, SALT), MODIFIED FOOD STARCH, TOMATO PASTE, CONTAINS 2% OR LESS OF THE FOLLOWING: MODIFIED FOOD STARCH WITH ERYTHORBIC ACID, BEEF BASE (ROASTED BEEF INCLUDING BEEF JUICES, AUTOLYZED YEAST EXTRACT, HYDROLYZED SOY PROTEIN, POTATO FLOUR, DRY WHEY [MILK], CARAMEL COLOR, FLAVORINGS, CORN OIL AND PAPRIKA), MARGARINE (PARTIALLY HYDROGENATED AND FULLY REFINED SOYBEAN OIL, WATER, SALT, MONO AND DIGLYCERIDES, WHEY (MILK), AND SOY LECITHIN. SODIUM BENZOATE ADDED TO HELP PRESERVE FRESHNESS. ARTIFICIALLY FLAVORED. ARTIFICIALLY COLORED WITH BETA-CAROTENE. VITAMIN A PALMITATE ADDED.), SUGAR, SALT, ONION POWDER, GARLIC POWDER, PEPPER, CARAMEL COLOR.

CHOCOLATE CHIP COOKIE: BLEACHED WHEAT FLOUR, SUGAR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL), CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY

LECITHIN, VANILLIN [ARTIFICIAL FLAVOR]), MOLASSES, POWDERED EGGS, ARTIFICIAL FLAVORS, SALT, HIGH FRUCTOSE CORN SYRUP, BAKING SODA, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE).

FROSTED BROWN SUGAR TOASTER PASTRY: ENRICHED FLOUR (WHEAT FLOUR, NIACINAMIDE, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, VEGETABLE OIL (SOYBEAN, COTTONSEED AND HYDROGENATED COTTONSEED OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), SUGAR, CORN SYRUP, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, CRACKER MEAL, CONTAINS 2% OR LESS OF SALT, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CINNAMON, WHEAT STARCH, GELATIN, CARAMEL COLOR, SOY LECITHIN, NIACINAMIDE, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE, FOLIC ACID.

RAISINS: RAISINS, GLYCERINE, MEDIUM CHAIN TRIGLYCERIDES.

PEANUT BUTTER: ROASTED PEANUTS, SUGAR, HYDROGENATED VEGETABLE OIL (RAPESEED, COTTONSEED AND/OR SOYBEAN OILS), SALT, VITAMIN C*, VITAMIN A*, VITAMIN B6, THIAMIN. *INGREDIENTS NOT IN REGULAR PEANUT BUTTER.

CRACKER: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ TO PRESERVE FRESHNESS), YEAST, CALCIUM CARBONATE, SALT, SODIUM BICARBONATE, EXTRACT OF MALTED BARLEY AND CORN.

LEMONADE DRINK MIX: CITRIC ACID, SODIUM CITRATE, ASPARTAME**, NATURAL FLAVOR, LEMON JUICE SOLIDS, ACESULFAME POTASSIUM, TRICALCIUM PHOSPHATE AND YELLOW 5. **PHENYLKETONURICS: CONTAINS PHENYLALANINE.

ALLERGEN INFORMATION: VARIOUS COMPONENTS IN MEALS CONTAIN MILK, SOY, EGGS, WHEAT AND PEANUTS.

NOTE: The information provided above is subject to change at any time without prior notice.

TheEpicenter.com