

Food4Patriots Ingredients

*****Please note that this document contains ingredient, nutritional and allergy information for all of the food types in our line up. It is not to act as an inventory of any particular kit.*****

An important thing to keep in mind is that the exact makeup of each kit may vary slightly depending on current inventory levels of each particular food. While we will always deliver at least the guaranteed number of servings in each kit, you may find that the food types differ slightly from order to order. This is also done to ensure a more diverse range of foods ready for you as you grow your stockpile over time.

Rest assured that while not all of these food types will appear in your tote, every effort is made to ensure that each kit is nutritionally balanced to provide a well-rounded, sustainable and delicious emergency food supply.

Considering the minor variations from kit to kit it was important to design an ingredient list that does not have to be altered for each separate order. That said, this document will act as an 'Ingredient Master List' and will contain the ingredients, nutritional labels and allergy alerts for all of the food packets in our lineup.

**** NOTE: All products are made on equipment that also makes products containing eggs, soy, wheat, dairy, and tree nuts.**

**** NOTE: These supply lists are for the Patriot Pantry pouches only. When non-Patriot Pantry are substituted, please reference the actual package for ingredients as recipes and ingredients may differ slightly.**

APPLE ORCHARD OATMEAL

INGREDIENTS: Oatmeal: 100% Natural whole grain rolled oats. Cinnamon Packet: Sugar, Cinnamon, Dextrose, Apple Essence, Salt, Propylene Glycol and Other Aromatics.

ALLERGIES: This product is made on equipment that also makes products containing eggs, soy, wheat, dairy, and tree nuts.

Nutrition Facts

Serving Size: 1.6 oz (45g) Dry Mix
(1 Cup Prepared)
Servings Per Container: 8

Amount Per Serving	
Calories	169
Calories from Fat	28

% Daily Value*

Total Fat	3g	5%
Saturated Fat	0.6g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	30g	10%
Dietary Fiber	4.5g	18%
Sugars	1g	
Protein	6g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 11%

*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

POWDERED MILK

INGREDIENTS: Whey Solids (Concentrated Whey Protein), Corn Syrup Solids, Coconut Oil, Calcium Blend (Calcium Carbonate & Tricalcium Phosphate), Fructose, Sodium Caseinate, Food Starch, Mono & Diclycerides, Salt, Dipotassium Phosphate, Oat Fiber, Soy Lecithin, Silicon Dioxide, Natural Flavors.

LACTOSE INTOLERANCE: Approximately 80% of people who suffer from lactose intolerance are not affected by whey products. Our whey milk tastes like and can be used in the same way as regular dairy milk.

ALLERGIES: Dairy.

Nutrition Facts

Serving Size: 0.8 oz (21g) Dry Mix
(1 Cup Prepared)
Servings Per Container: 8 Cups (2 Quarts)

Amount Per Serving	
Calories	112
Calories from Fat 27	
% Daily Value*	
Total Fat	3g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	6mg
Sodium	116mg
Total Carbohydrate	12g
Dietary Fiber	0g
Sugars	8g
Protein	3g
Vitamin A	25%
Vitamin C	25%
Vitamin D	25%
Vitamin E	25%
Calcium	35%
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

BROCCOLI & CHEESE SOUP

INGREDIENTS: Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Enzymes), Whey, Maltodextrin, Corn Starch, Organic Palm Oil, Organic Brown Rice Syrup Solids, Organic Skim Milk, Organic Sugar, Organic Citrate, Organic, Lecithin, Salt, Maltodextrin, Autolyzed Yeast Extract, Natural Flavor, Broccoli, Onion, Garlic, Sunflower Oil, Tapioca Dextrin, Disodium Phosphate, Sodium Caseinate, Annatto Extract, Disodium Inosinate & Disodium Guanylate, Turmeric Extract, Spices And Silicon Dioxide (Anti-Caking Agent).

ALLERGIES: Dairy.

Nutrition Facts

Serving Size: 1.2 oz (34g) Dry Mix
(1 Cup Prepared)
Servings Per Container: 4

Amount Per Serving	
Calories	160
Calories from Fat 70	
% Daily Value*	
Total Fat	8g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	15mg
Sodium	720mg
Total Carbohydrate	15g
Dietary Fiber	1g
Sugars	4g
Protein	3g
Vitamin A	6%
Vitamin C	4%
Calcium	10%
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

GRANNY’S HOMESTYLE POTATO SOUP

INGREDIENTS: Potatoes, Palm Oil, Brown Rice Syrup Solids, Skim Milk Solids, Sugar, Corn Starch, Maltodextrin, Autolyzed Yeast Extract, Natural Flavor, Sunflower Oil, Lecithin, Tapi- oca Dextrin, Onion, Sea Salt, Oat Fiber, Carrots, Garlic, Celery, Parsley, Spices and Tumeric (Color), Silicon Dioxide (Anti- Caking Agent).

ALLERGIES: Dairy & Soy.

Nutrition Facts

Serving Size: 1.5 oz (42g) Dry Mix (1 Cup Prepared) Servings Per Container: 4		
Amount Per Serving		
Calories	130	Calories from Fat 60
% Daily Value*		
Total Fat	6g	9%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	532mg	22%
Total Carbohydrate	17g	6%
Dietary Fiber	2g	8%
Sugars	3g	
Protein	1g	
Vitamin A 2% • Vitamin C 6%		
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

TRAVELER’S STEW

INGREDIENTS:

PASTA: Durum Wheat Semolina [Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamine Mononitrate, Ribofla-
vin, Folic Acid)].

Soup Mix: Navy Beans, Maltodextrin, Textured Soy Flour, Sugar, Soybean Oil, Autolyzed Yeast Extract, Hydrolyzed Corn Protein, Thiamine Hydrochloride, Dextrose, Natural Flavor, Disodium Inosinate, Disodium Guanylate, Onion, Garlic, Corn Starch, Carrot, Sunflower Oil, Salt, Tapioca Dextrin, Spices and Silicon Dioxide (Anti-Caking Agent).

ALLERGIES: Wheat & Soy.

Nutrition Facts

Serving Size: 1.4 oz (41g) Dry Mix (1 Cup Prepared) Servings Per Container: 4		
Amount Per Serving		
Calories	104	Calories from Fat 14
% Daily Value*		
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	750 mg	31%
Total Carbohydrate	19g	6%
Dietary Fiber	3g	12%
Sugars	1g	
Protein	6g	
Vitamin A 2% • 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.		

LUMBERJACK VEGETABLE BEEF STEW

INGREDIENTS: Dehydrated Potatoes, Carrots, Green Beans, Green Peas, Onions, Tomato, Parsley, Corn Starch, Autolyzed Yeast Extract, Salt, TVP (Soy Flour, Caramel Color), Soybean Oil, Salt, Hydrolyzed Corn-Soy-Wheat Protein, Garlic, Spices.

ALLERGIES: Wheat & Soy.

Nutrition Facts

Serving Size: 1.3 oz (36g) Dry Mix (1 Cup Prepared) Servings Per Container: 4		
Amount Per Serving		
Calories 70 Calories from Fat 5		
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	630mg	26%
Total Carbohydrate	15g	5%
Dietary Fiber	2g	8%
Sugars	1g	
Protein	2g	
Vitamin A 22% • Vitamin C 9%		
Calcium 2% • Iron 5%		
*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

INDEPENDENCE HALL CHICKEN NOODLE SOUP

INGREDIENTS:

Pasta: Durum Wheat Semolina [Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)].

Soup mix: Potatoes, Green Peas, Onions, Carrots, Oat Fiber, Celery, Textured Soy Flour, Soybean Oil, Autolyzed Yeast Extract, Hydrolyzed Corn Protein, Natural Flavoring, Thiamine Hydrochloride, Dextrose, Disodium Inosinate, Disodium Guanylate, Sea Salt, Maltodextrin, Garlic, Corn Starch, Sunflower Oil, Tapioca Dextrin, Spices.

ALLERGIES: Wheat & Soy.

Nutrition Facts

Serving Size: 1.5 oz (43g) Dry Mix (1 Cup Prepared) Servings Per Container: 4		
Amount Per Serving		
Calories 110 Calories from Fat 10		
% Daily Value*		
Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	774mg	32%
Total Carbohydrate	22g	7%
Dietary Fiber	2g	8%
Sugars	1g	
Protein	6g	
Vitamin A 4% • Vitamin C 2%		
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

LIBERTY BELL POTATO CHEDDAR SOUP

INGREDIENTS: Dehydrated Potatoes, Onions, Celery, Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Corn Starch, Organic Palm Oil, Organic Brown Rice Syrup Solids, Organic Skim Milk Solids, Organic Sugar, Whey, Maltodextrin, Autolyzed Yeast Extract, Natural Flavor, Sunflower Oil, Organic Lecithin, Tapioca Dextrin, Salt, Disodium Phosphate, Annatto Extract, Disodium Inosinate & Disodium Guanylate, Turmeric Extract, Garlic and Spices.

ALLERGIES: Dairy.

Nutrition Facts

Serving Size: 1.4 oz (41g) Dry Mix (1 Cup Prepared) Servings Per Container: 4		
Amount Per Serving		
Calories	190	Calories from Fat 60
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	710mg	30%
Total Carbohydrate	25g	8%
Dietary Fiber	2g	8%
Sugars	3g	
Protein	5g	
Vitamin A 10% • Vitamin C 0%		
Calcium 10% • Iron 6%		
*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

SOUTHWEST ENCHILADA SOUP

INGREDIENTS: Cheddar Cheese (Milk, Salt, Cheese Cultures, and Enzymes), Whey, Buttermilk, Black Bean, Red Bean, Potato, Onion, Carrots, Green Chile, Garlic, Yellow Sweet Corn, Red Bell Peppers, Salt, Maltodextrin, Autolyzed Yeast Extract, Natural Flavor, Corn Starch, Sunflower Oil, Tapioca Dextrin, Textured Soy Flour, Sugar, Water, Soybean Oil, Hydrolyzed Corn Protein, Thiamine Hydrochloride, Dextrose, Disodium Inosinate, Disodium Guanylate, Disodium Phosphate, Spices and Silicon Dioxide (Anti-Caking Agent).

ALLERGIES: Dairy & Soy.

Nutrition Facts

Serving Size: 1.2 oz (35g) Dry Mix (1 Cup Prepared) Servings Per Container: 4		
Amount Per Serving		
Calories	94	Calories from Fat 14
% Daily Value*		
Total Fat	1.5g	2%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	451mg	19%
Total Carbohydrate	14g	5%
Dietary Fiber	3g	12%
Sugars	2g	
Protein	4g	
Vitamin A 8% • Vitamin C 8%		
Calcium 4% • Iron 6%		
*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

HEARTLAND’S BEST MASHED POTATOES

INGREDIENTS: Potatoes, Palm Oil, Brown Rice Syrup Solids, Skim Milk Solids, Sugar, Corn Starch, Maltodextrin, Autolyzed Yeast Extract, Natural Flavor, Sunflower Oil, Soy Lecithin, Tapioca Dextrin, Onion, Sea Salt, Oat Fiber, Carrots, Garlic, Celery, Parsley, Spices and Tumeric (Color), Silicon Dioxide.

ALLERGIES: Dairy & Soy.

Nutrition Facts

Serving Size: 1.7 oz (48g) Dry Mix
(1 Cup Prepared)
Servings Per Container: 4

Amount Per Serving
Calories 177 Calories from Fat 2

% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 32mg	1%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	13%
Sugars 2g	
Protein 4g	

Vitamin A 0% • Vitamin C 31%
Calcium 2% • Iron 3%

*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

MIXED FRUIT BLEND

INGREDIENTS: Banana Slices, Coconut Oil, Pineapple Dices, Mango Dices, Papaya Dices.

Nutrition Facts

Serving Size: 2 oz (57g) Dry Mix
Servings Per Container: 8

Amount Per Serving
Calories 145 Calories from Fat 9

% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 12mg	1%
Potassium 400mg	11%
Total Carbohydrate 36g	11%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 1g	

Vitamin A 10% • Vitamin C 20%
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

CREAMY BEEF STROGANOFF

INGREDIENTS:

Pasta: Durum Wheat Semolina [Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)].

Sauce Mix: Cream, Nonfat Milk Solids, Citric Textured Vegetable Protein (Soy Flour, caramel color), Soybean Oil, Sea Salt, Hydrolyzed Corn-Soy-Wheat Protein, Autolyzed Yeast Extract, Corn Starch, Onions, Mushrooms, Oat Fiber, Parsley, Sugar, Natural Flavor, Palm Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Spices.

ALLERGIES: Wheat, Dairy, & Soy.

Nutrition Facts

Serving Size: 2.7 oz (76g) Dry Mix
(Sauce & Pasta) 1 Cup Prepared
Servings Per Container: 4

Amount Per Serving	
Calories	270
Calories from Fat 50	
% Daily Value*	
Total Fat	6g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	5mg
Sodium	571mg
Total Carbohydrate	41g
Dietary Fiber	4g
Sugars	4g
Protein	12g
Vitamin A 2% • Vitamin C 0%	
Calcium 4% • Iron 10%	
Thiamin 28% • Riboflavin 12%	
Niacin 12% • Folate 24%	
*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
Total Fat	Less than 65g 80g

LOUISIANA AU GRATIN POTATOES

INGREDIENTS:

Dry Sauce Mix: Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Enzymes), Whey, Disodium Phosphate, Sodium Casinate, Annatto Extract, Disodium Inosinate & Disodium Guanylate, Maltodextrin, Autolyzed Yeast Extract, Natural Flavor, Palm Oil, Corn Syrup Solids, Skim Milk Solids, Sugar, Sodium Citrate, Organic Soy Lecithin, Soybean Oil, Hydrolyzed Corn Protein, Onion, Salt, Oat Fiber, Garlic, Corn Starch, Sunflower Oil, Tapioca Dextrin, Turmeric Extract.

ALLERGIES: Dairy & Soy.

Nutrition Facts

Serving Size: 3.1 oz (88g) Dry Mix
(Sauce & Potatoes) 1 Cup Prepared
Servings Per Container: 4

Amount Per Serving	
Calories	226
Calories from Fat 36	
% Daily Value*	
Total Fat	4g
Saturated Fat	2.5g
Trans Fat	0g
Cholesterol	10mg
Sodium	720mg
Total Carbohydrate	26g
Dietary Fiber	2g
Sugars	10g
Protein	10g
Vitamin A 6% • Vitamin C 8%	
Calcium 30% • 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
Total Fat	Less than 65g 80g

BLUE RIBBON CHEESY CHICKEN RICE

INGREDIENTS: Rice, Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Peas, Carrots, Onions, Celery, Corn Starch, Organic Palm Oil, Organic Brown Rice Syrup Solids, Organic Sugar, Organic Skim Milk Solids, Whey, Maltodextrin, Textured Soy Flour, Soybean Oil, Autolyzed Yeast Extract, Hydrolyzed Corn Protein, Sunflower Oil, Salt, Sodium Citrate, Organic Lecithin, Natural Flavor, Thiamine Hydrochloride, Garlic, Dextrose, Tapioca Dextrin, Disodium Phosphate, Annatto Extract, Disodium Inosinate, Disodium Guanylate, Spices and Turmeric Extract.

ALLERGIES: Dairy & Soy

Nutrition Facts

Serving Size: 2.2 oz (62g) Dry Mix (1 Cup Prepared) Servings Per Container: 4		
Amount Per Serving		
Calories	269	Calories from Fat 90
% Daily Value*		
Total Fat	10g	15%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	14mg	5%
Sodium	912mg	38%
Total Carbohydrate	34g	11%
Dietary Fiber	2g	8%
Sugars	4g	
Protein	7g	
Vitamin A 14% • Vitamin C 0%		
Calcium 14% • 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

FRANK’S FIVE STAR MINESTRONE SOUP

INGREDIENTS:

Pasta: Durum Wheat Semolina [Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid)].

Soup Mix: Potatoes, Carrot, Onion, Tomato, Red Bean, Green Bean, Garlic, Red Bell Pepper, Autolyzed Yeast Extract, Salt, Textured Vegetable Protein (Soy Flour, Caramel Color), Soybean Oil, Hydrolyzed Corn-Soy-Wheat Protein, Sugar, And Spices.

ALLERGIES: Wheat & Soy.

Nutrition Facts

Serving Size: 1.8 oz (50g) Dry Mix (1 Cup Prepared) Servings Per Container: 4		
Amount Per Serving		
Calories	130	Calories from Fat 10
% Daily Value*		
Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	500 mg	21%
Total Carbohydrate	24g	8%
Dietary Fiber	3g	12%
Sugars	7g	
Protein	6g	
Vitamin A 2% • Vitamin C 8%		
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.		

CREAMY CHICKEN ALFREDO

INGREDIENTS:

Sauce Mix: Broccoli, Green Peas, Tomato, Red Bell Pepper, Green Chile, Carrot, Onion, Cheddar Cheese (Milk, Salt, Cheese Cultures, Enzymes), Parmesan Cheese (Partially Skim Milk, Cultures), Cream Cheese (Sweet Cream, Non Fat Dry Milk, Cheese Cultures), Soybean Oil, Whey, Cultured Buttermilk Solids, Textured Soy Flour, Sugar, Autolyzed Yeast Extract, Hydrolyzed Corn Protein, Thiamine Hydrochloride, Dextrose, Natural Flavoring, Corn Syrup Solids, Corn Starch, Sodium Caseinate, Mono & Diglycerides, Sodium Citrate, Dipotassium Phosphate, Disodium Phosphate, Disodium Inosinate, Disodium Guanylate, Spices and Sodium Silico Aluminate (Anti-Caking Agent).

ALLERGIES: Wheat, Dairy, & Soy.

Nutrition Facts

Serving Size: 3 oz (86g) Dry Mix
(Sauce & Pasta) 1 Cup Prepared
Servings Per Container: 4

Amount Per Serving		
Calories	341	Calories from Fat 81
% Daily Value*		
Total Fat	9g	14%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	670mg	28%
Total Carbohydrate	53g	18%
Dietary Fiber	4g	16%
Sugars	4g	
Protein	13g	
Vitamin A 8% • Vitamin C 4%		
Calcium 15% • Iron 15%		
Thiamin 34% • Riboflavin 15%		
Niacin 15% • Folate 29%		
*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

WHITE CHEDDAR PASTA

INGREDIENTS:

Pasta: Durum Wheat Semolina [Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)].

Dry Seasoning Mix: Cheddar Cheese (Milk, Salt, Cheese Cultures And Enzymes), Whey, Buttermilk, Disodium Phosphate, Organic Palm Oil, Organic Brown Rice Syrup Solids, Organic Skim Milk Solids, Organic Sugar, Sodium Citrate, Organic Lecithin, Corn Starch, Onion, Spices And Silicon Dioxide (Anti-Caking Agent).

ALLERGIES: Wheat & Dairy.

Nutrition Facts

Serving Size: 3.3 oz (92g) Dry Mix
(Sauce & Pasta) 1 Cup Prepared
Servings Per Container: 4

Amount Per Serving		
Calories	302	Calories from Fat 32
% Daily Value*		
Total Fat	3.5g	5%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	295mg	12%
Total Carbohydrate	53g	18%
Dietary Fiber	3g	12%
Sugars	4g	
Protein	11g	
Vitamin A 0% • Vitamin C 0%		
Calcium 8% • Iron 12%		
Thiamin 0% • Riboflavin 15%		
Niacin 12% • Folate 30%		
*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

OL’ 49ERS HEARTY CHILI

INGREDIENTS: Red Beans, Black Beans, Onion, Celery, Red Bell Peppers, Green Bell Peppers, Garlic, Tomato, Textured Vegetable Protein (Soy Flour, Caramel Color), Soybean Oil, Hydrolyzed Corn - Soy - Wheat Protein, Autolyzed Yeast, Sugar, and Spice.

ALLERGIES: Wheat & Soy.

Nutrition Facts

Serving Size: 2 oz (55g) Dry Mix (1 Cup Prepared)		
Servings Per Container: 4		
Amount Per Serving		
Calories	90	Calories from Fat 5
		% Daily Value*
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	770mg	32%
Total Carbohydrate	15g	5%
Dietary Fiber	4g	16%
Sugars	2g	
Protein	6g	
Vitamin A	2%	• Vitamin C 4%
Calcium	2%	• 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

MOUNTAIN MAN GRANOLA

INGREDIENTS: Rolled Oats, Rolled Wheat, Brown Sugar, Canola Oil, Coconut, Whey, Oat Flour, Almonds, Honey, Vitamin E (mixed tocopherols) added to preserve freshness.

ALLERGIES: Nuts, Milk, & Wheat.

Nutrition Facts

Serving Size: 55g Dry Mix		
Servings Per Container: 8		
Amount Per Serving		
Calories	240	Calories from Fat 70
		% Daily Value*
Total Fat	8g	12%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	4%
Potassium	34mg	2%
Total Carbohydrate	38g	13%
Dietary Fiber	5g	20%
Sugars	14g	
Protein	6g	
Vitamin A	0%	• Vitamin C 5%
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

**** NOTE: All products are made on equipment that also makes products containing eggs, soy, wheat, dairy, and tree nuts.**

**** NOTE: These supply lists are for the Patriot Pantry pouches only. When non-Patriot Pantry are substituted, please reference the actual package for ingredients as recipes and ingredients may differ slightly.**

RICE & BEANS

INGREDIENTS: Precooked Enriched Long Grain Rice (Rice, Niacinamide, Ferric Orthophosphate, Thiamine Mononitrate, Folic Acid), Pinto Beans, Natural Flavors, Yellow Corn Meal, Sunflower Oil Powder (Sunflower Oil, Buttermilk Powder, Disodium Phosphate, Silicon Dioxide, Ascorbic Acid, Mixed Tocopherols) Dehydrated Tomato Flakes, White Onion, Sugar, Dehydrated Green Bell Pepper, Salt, Dehydrated Garlic.

ALLERGIES: Dairy

Nutrition Facts

Serving Size: 1/4 of pouch (59g)	
Servings Per Container: 4	
Amount Per Serving	
Calories 210. Calories from Fat 25	
%Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 630mg	26%
Total Carbohydrate 42g	14%
Dietary Fiber 6g	23%
Sugars 4g	
Protein 7g	
Vitamin A 15% • Vitamin C 50%	
Calcium 6% • Iron 15%	

*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			

6 GRAIN CEREAL

INGREDIENTS: Red Wheat Flakes, White Wheat Flakes, Barley, Oats, Rye, Triticale.

ALLERGIES: Wheat

Nutrition Facts

Serving Size: 1/5 of pouch (48g)	
Servings Per Container: 5	
Amount Per Serving	
Calories 180. Calories from Fat 15	
%Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 37g	12%
Dietary Fiber 7g	27%
Sugars 0g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • 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			

CREAMY POTATO SOUP

INGREDIENTS: Nonfat Dry Milk, Potatoes, Potato Flakes, Natural Flavors, Coconut Oil Shortening Powder, Modified Corn Starch, Salt, Autolyzed Yeast Extract, Onion Powder, Garlic Powder, White Onion, Parsley, Guar Gum, Xanthan Gum, Silicon Dioxide, Black Pepper, Turmeric, Annatto (color).

ALLERGIES: Dairy

Nutrition Facts

Serving Size: 1/5 of pouch (30g)	
Servings Per Container: 5	
Amount Per Serving	
Calories 110. Calories from Fat 20	
Calories from Saturated Fat 15	
%Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 640mg	27%
Potassium 320mg	9%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 4g	
Vitamin A 0% • Vitamin C 10%	
Calcium 10% • 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			
Potassium	Less than	3,500mg	
3,500mg			
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CREAMY VEGETABLE RICE

INGREDIENTS: Precooked Long Grain Rice (Rice, Niacinamide, Ferric Orthophosphate, Thiamine Mononitrate, Folic Acid), Non-GMO Soy Flour, Shortening Powder (Coconut Oil, Lactose, Sodium Caseinate, Dipotassium Phosphate), Modified Corn Starch, Whey, Salt, Dehydrated Carrot Flakes, Natural Flavors, Onion Powder, Celery, Garlic Powder, Silicon Dioxide, Parsley, Annatto (color), Turmeric (color), Black Pepper, Guar Gum, Xanthan Gum, Sage, Thyme, Rosemary.

ALLERGIES: Milk & Soy.

Nutrition Facts

Serving Size: 1/5 of pouch (43g)	
Servings Per Container: 5	
Amount Per Serving	
Calories 160. Calories from Fat 35	
%Daily Value*	
Total Fat 4g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	27%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 6g	
Vitamin A 35% • Vitamin C 4%	
Calcium 4% • 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

GRANOLA

INGREDIENTS: Whole Grain Rolled Oats, Whole Grain Rolled Wheat, Brown Sugar, Canola Oil, Coconut, Oat Flour, Whey, Almonds, Honey.

ALLERGIES: Dairy & Wheat.

Nutrition Facts

Serving Size: 2 tablespoons (35g)
Servings Per Container: 10

Amount Per Serving	
Calories 160. Calories from Fat 50	
	%Daily Value*
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	10%
Sugars 8g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • 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	
Sodium	Less than	2,400mg	
Potassium	Less than	3,500mg	
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

ITALIAN ROTINI

INGREDIENTS: Rotini Pasta (Durum Semolina Wheat, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Powder, Non-GMO Soy Flour, Tomato Flakes, Sugar, Salt, Modified Corn Starch, Natural Flavors, Onions, Garlic Powder, Onion Powder, Basil, Oregano, Black Pepper, Guar Gum, Xanthan Gum.

ALLERGIES: Wheat

Nutrition Facts

Serving Size: 1/5 of pouch (44g)
Servings Per Container: 5

Amount Per Serving	
Calories 150. Calories from Fat 10	
Calories from Saturated Fat 0	
	%Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 960mg	40%
Potassium 400mg	11%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	9%
Sugars 6g	
Protein 6g	
Vitamin A 15% • Vitamin C 35%	
Calcium 4% • 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	
Sodium	Less than	2,400mg	
Potassium	Less than	3,500mg	
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

ITALIAN TOMATO PASTA

INGREDIENTS: Rotini Pasta (Durum Semolina Flour (Wheat), Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Powder, Non-GMO Soy Flour, Tomato Flakes, Sugar, Salt, Modified Corn Starch, Natural Flavors, Dehydrated Onions, Garlic Powder, Onion Powder, Basil, Oregano, Black Pepper, Guar Gum, Xanthan Gum.

ALLERGIES: Wheat & Soy.

Nutrition Facts

Serving Size: 1/5 of pouch (44g)
Servings Per Container: 5

Amount Per Serving	
Calories 150. Calories from Fat 10	
Calories from Saturated Fat 0	
%Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 940mg	39%
Potassium 340mg	10%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	9%
Sugars 7g	
Protein 6g	
Vitamin A 15% • Vitamin C 35%	
Calcium 2% • 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			
Potassium	Less than	3,500mg	
3,500mg			
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

MAC AND CHEESE

INGREDIENTS: Elbow Pasta (Durum Semolina Wheat, Niacin, Ferrous Sulfate, Thiamine mononitrate, Riboflavin, Folic Acid).

Cheese Sauce Mix: Corn Starch, Whey Powder, Skim Milk Powder, Cheddar Cheese Powder, Salt, Sunflower Oil, Buttermilk Powder, Tapioca Dextrin, Silicon Dioxide, Malto-dextrin, Natural Flavor, Disodium Phosphate, Citric Acid, Annatto (color).

ALLERGIES: Dairy & Wheat.

Nutrition Facts

Serving Size: 1/5 of pouch (51g)
Servings Per Container: 5

Amount Per Serving	
Calories 190. Calories from Fat 20	
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 400mg	17%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	6%
Sugars 4g	
Protein 6g	
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

OATMEAL

INGREDIENTS: Oats, Sugar, Natural Maple and Brown Sugar Flavor.

ALLERGIES: Wheat

Nutrition Facts

Serving Size: 1/4 cup dry oatmeal (26g)
Servings Per Container: 10

Amount Per Serving	
Calories 90. Calories from Fat 10	
Calories from Saturated Fat 0	

%Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 80mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • 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	
Sodium	Less than	2,400mg	
Potassium	Less than	3,500mg	
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

POTATO CHOWDER

INGREDIENTS: Dehydrated Potato Flakes, Nonfat Dry Milk, Milk Substitute (Coconut Oil, Lactose, Sodium Caseinate), Modified Corn Starch, Natural Flavors, Salt, Maltodextrin, Autolyzed Yeast Extract, Chopped Onions, Onion Powder, Garlic Powder, Silicon Dioxide, Guar Gum, Xanthan Gum, Parsley, Black Pepper, Turmeric, Annatto.

ALLERGIES: Dairy

Nutrition Facts

Serving Size: 1/5 of pouch (31g)
Servings Per Container: 5

Amount Per Serving	
Calories 120. Calories from Fat 20	

%Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	27%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 4g	
Vitamin A 0% • Vitamin C 20%	
Calcium 10% • 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	
Sodium	Less than	2,400mg	
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

RISOTTO

INGREDIENTS: Precooked Long Grain Rice (Rice, Niacinamide, Ferric Orthophosphate, Thiamine Mononitrate, Folic Acid), Modified Corn Starch, Non-GMO Soy Flour, Nonfat Dry Milk, Sunflower Oil, Dehydrated Mushrooms, Natural Flavors, Sour Cream Solids, Salt, Buttermilk Powder, Onion Powder, Garlic Powder, Parsley, Ground Black Pepper, Lactic Acid, Guar Gum, Xanthan Gum, Annatto (color), Turmeric (color).

ALLERGIES: Dairy & Soy.

Nutrition Facts

Serving Size: 1/5 of pouch (49g)
Servings Per Container: 5

Amount Per Serving		
Calories 180. Calories from Fat 35		
		%Daily Value*
Total Fat 3.5g		6%
Saturated Fat 1g		4%
Trans Fat 0g		
Cholesterol 5mg		1%
Sodium 580mg		24%
Total Carbohydrate 32g		11%
Dietary Fiber 2g		7%
Sugars 3g		
Protein 7g		
Vitamin A 0% • Vitamin C 2%		
Calcium 8% • 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	
Sodium	Less than	2,400mg	
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

STROGANOFF

INGREDIENTS: Pasta Ribbons (Durum Semolina Wheat, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Starch, Sunflower Oil, Maltodextrin, Dehydrated Mushrooms, Autolyzed Yeast Extract, Buttermilk Powder, Salt, Hydrolyzed Wheat Protein, Natural Flavor, Dehydrated Onion, Sour Cream Solids, Onion Powder, Parsley, Silicon Dioxide, Disodium Phosphate, Garlic Powder.

ALLERGIES: Dairy & Wheat.

Nutrition Facts

Serving Size: 1/5 of pouch (51g)
Servings Per Container: 5

Amount Per Serving		
Calories 190. Calories from Fat 35		
		%Daily Value*
Total Fat 4g		6%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 640mg		27%
Total Carbohydrate 34g		11%
Dietary Fiber 2g		7%
Sugars 2g		
Protein 6g		
Vitamin A 0% • Vitamin C 4%		
Calcium 4% • 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	
Sodium	Less than	2,400mg	
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

TUSCAN BUTTER NOODLES (VEGAN)

INGREDIENTS: Fettuccinni Pasta (Durum Semolina Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Non-GMO Soy Flour, Modified Food Starch, Maltodextrin, Salt, Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Tomato Flakes, Sugar, Sunflower Oil, Autolyzed Yeast Extract, Peas, Onions, Garlic Powder, Rosemary, Carrots, Onion Powder, Corn Syrup, Natural Flavors, Canola Oil, Guar Gum, Xanthan Gum, Black Pepper, Citric Acid, Parsley, Medium Chain Triglycerides, Oregano, Annatto (color), Ascorbic Acid, Mixed Tocopherols.

ALLERGIES: Wheat & Soy.

Nutrition Facts

Serving Size: 1/5 of pouch (44g)
Servings Per Container: 5

Amount Per Serving			
Calories 160. Calories from Fat 15			
		%Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	600mg		25%
Total Carbohydrate	29g		10%
Dietary Fiber	2g		9%
Sugars	3g		
Protein	7g		
Vitamin A 10% • Vitamin C 8%			
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	
Sodium	Less than			2,400mg	
Total Carbohydrate				300g	375g
Dietary Fiber				25g	30g

VEGETABLE BARLEY SOUP

INGREDIENTS: Barley, Non-GMO Soy Flour, Modified Food Starch, Potatoes, Natural Flavors, Dehydrated Carrots, Salt, Sugar, Peas, Dehydrated Tomato Flakes, Dehydrated Onions, Corn, Tomato Powder, Celery, Onion Powder, Maltodextrin, Garlic Powder, Parsley, Guar Gum, Xanthan Gum, Black Pepper.

ALLERGIES: Soy

Nutrition Facts

Serving Size: 1 cup prepared (22g)
Servings Per Container: 5

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	620mg		26%
Total Carbohydrate	15g		5%
Dietary Fiber	2g		9%
Sugars	3g		
Protein	3g		
Vitamin A 35% • Vitamin C 8%			
Calcium 2% • 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	
Sodium	Less than			2,400mg	
Total Carbohydrate				300g	375g
Dietary Fiber				25g	30g

**** NOTE: All products are made on equipment that also makes products containing eggs, soy, wheat, dairy, and tree nuts.**

**** NOTE: These supply lists are for the Patriot Pantry pouches only. When non-Patriot Pantry are substituted, please reference the actual package for ingredients as recipes and ingredients may differ slightly.**