



PREP DIRECTIONS

plus...

Unique Recipes that Take Emergency
Meal Prep to the Next Level

Congratulations!

You've taken an important first step towards building a comprehensive emergency food supply that includes enjoyable, nutritious and easy-to-prepare foods.

Below are expert tips for achieving your emergency preparedness goals:

1. Try your samples right away. These samples are not designed to store away, but rather to enjoy and become familiar with. So dive right in. This booklet provides cooking instructions for single servings, multiple servings or the entire pouch. It also includes unique recipes that show how emergency foods can be prepared in a variety of ways to keep things interesting. Once you've tried your samples, you'll be better equipped to start building your food storage.

2. Stock up on foods you are comfortable preparing. In the event of an emergency, it's especially critical that you are familiar with how to prepare your food. Otherwise you're faced with yet another stressor in what is already a stressful situation. For example, many people stock up on things like hard red wheat or black beans. However, not all of them know how to turn the food into edible meals. Be realistic with your cooking experience and stock up accordingly.

3. Be prepared to "grab-and-go". Not all emergency situations allow us to prepare our meals at home. In fact, evacuations are often necessary. A complete food supply includes meals that can be prepared at home along with food supply kits that are ready to go in a moment's notice. This includes watertight and airtight pails that are lightweight and have a handle for easy transportation.

4. Boost your food supply with add-ons. Foods like vegetables, beans and rice can be added to soups and entrées for even more flavor and nutrition or to increase the number of servings you have for larger groups. The same is true for freeze-dried meats and meat substitutes; they can add an abundance of protein to any long-term food supply or favorite recipe. Fruits and vegetables make excellent snacks straight from the can and they can be rehydrated to use in any number of recipes.

Now, please dive in and enjoy these delicious and easy-to-prepare emergency foods!

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FOOD SAMPLER KIT **PREP DIRECTIONS**



Serving Suggestion

BUTTERMILK PANCAKES

Yield (4" pancakes)	Pancake Mix	Cold Water	Oil for Waffles*
3 pancakes	$\frac{1}{3}$ cup	$\frac{1}{4}$ cup	1 tsp.
9 pancakes	1 cup	$\frac{3}{4}$ cup	1 tbsp.
18 pancakes	Entire pouch	$1\frac{1}{2}$ cups	2 tbsp.

1. Remove oxygen absorber and discard.
2. Preheat oiled skillet to 375°F.
3. Mix pancake mix with water (batter will be slightly lumpy, do not over mix).
4. Adjust water to reach desired consistency.
5. Cook pancakes 1 to $1\frac{1}{2}$ minutes per side or until golden brown, turning only once.

*To make waffles, add oil (not included) to batter and cook until steaming stops.



Serving Suggestion

MORNING MOO'S® LOW FAT MILK ALTERNATIVE

Yield	Milk Powder	Warm Water	Cold Water
1 cup	2 tbsp.	$\frac{1}{4}$ cup	$\frac{3}{4}$ cup
1 quart	$\frac{1}{2}$ cup	1 cup	3 cups
1.25 gallons	Entire pouch	5 cups	15 cups (3 qt. + 3 cups)

1. Remove oxygen absorber and discard.
2. Using chart for desired yield, mix milk powder with warm water until powder is dissolved.
3. Stir in cold water and mix well. For best results, use a blender or mixing pitcher and chill for at least 4 hours before serving.



Serving Suggestion

FREEZE-DRIED SLICED STRAWBERRIES

Enjoy freeze-dried sliced strawberries straight from the package as a snack or add to your favorite granola for the idea trail mix. May also be rehydrated and used in baking recipes, desserts, fruit salads, jams and more.

To Rehydrate:

1. Remove oxygen absorber and discard.
2. Cover desired amount of strawberries with warm water.
3. Let stand for 5 minutes, stirring occasionally.
4. Drain excess water before using.



Serving Suggestion

FREEZE-DRIED COFFEE

To prepare one 6-ounce cup of coffee:

1. Remove oxygen absorber and discard.
2. Pour $\frac{3}{4}$ cup hot water over 1 rounded teaspoon of coffee granules, stir until dissolved.
3. Adjust water and coffee ratio to taste.



Serving Suggestion

BLACK BEAN BURGER

Preheat skillet to 375°F.

Yield (3" patties)

1 patty
4 patties
12 patties

Burger Mix

1/4 cup
1 cup
Entire pouch

Warm Water

3 tbsp.
3/4 cup
2 1/4 cups

1. Remove oxygen absorber and discard.
2. Shake pouch well to distribute ingredients.
3. Thoroughly stir black bean burger mix into warm water.
4. Let stand 10 to 15 minutes.
5. Form into patties.
6. Grill for 3 to 4 minutes per side until golden brown.



Serving Suggestion

CREAMY POTATO SOUP

Yield

1 cup
4 cups
8 cups

Soup Mix

$\frac{1}{3}$ cup
 $1\frac{1}{3}$ cups
Entire pouch

Warm Water

1 cup
4 cups
8 cups

1. Remove oxygen absorber and discard.
2. Shake pouch well to distribute ingredients.
3. Whisk soup mix into boiling water.
4. Reduce heat to medium and simmer for 10 to 15 minutes, stirring frequently.



Serving Suggestion

SPAGHETTI MARINARA

Yield

1 cup
4 cups
8 cups

Spaghetti Mix

$\frac{2}{3}$ cup
 $2\frac{2}{3}$ cup
Entire pouch

Warm Water

$1\frac{1}{4}$ cups
5 cups
10 cups

1. Remove oxygen absorber and discard.
2. Shake pouch well to distribute ingredients.
3. Whisk spaghetti mix into water and bring to a boil.
4. Reduce heat to medium and continue cooking for 15 minutes, stirring frequently.
5. Remove from heat and let stand 4 to 5 minutes.



Serving Suggestion

CREAMY CHICKEN-FLAVORED RICE

Yield	Soup Mix	Warm Water
1 cup	$\frac{1}{3}$ cup	$\frac{2}{3}$ cup
4 cups	$1\frac{1}{3}$ cups	$2\frac{1}{2}$ cups
8 cups	Entire pouch	5 cups

1. Remove oxygen absorber and discard.
2. Shake pouch well to distribute ingredients.
3. Whisk rice mix into water and bring to a boil.
4. Reduce heat to medium and continue cooking for 15 minutes, stirring frequently.
5. Remove from heat and let stand 5 to 6 minutes.



Serving Suggestion

HONEY POWDER

Yield

1 tsp.

1/2 cup

1 cup + 2 tbsp.

Honey Powder

1 tsp.

1/2 cup

Entire pouch

Cold Water

1/4 tsp.

2 tbsp.

1/4 cup + 1 tbsp.

1. Remove oxygen absorber and discard.
2. Slowly add cold water to honey powder, mix well.
3. Bring mixture to a boil.
4. Reduce heat to medium-high and continue to cook on a low boil for 5 to 10 minutes, stirring frequently.
5. Place in covered jar and cool.



Serving Suggestion

VANILLA PUDDING

Yield	Pudding Mix	Cold Water
$\frac{2}{3}$ cup	$\frac{1}{3}$ cup	$\frac{2}{3}$ cup
3 $\frac{1}{3}$ cups	1 $\frac{2}{3}$ cups	3 cups
6 $\frac{2}{3}$ cups	Entire pouch	6 cups

1. Remove oxygen absorber and discard.
2. Combine pudding mix with cold water.
3. Mix until smooth, 5 to 7 minutes.
4. Divide into serving bowls and chill for 30 minutes.



Serving Suggestion

FREEZE-DRIED SWEET CORN

Freeze-Dried Sweet Corn makes a delicious snack straight from the package (it tastes just like popcorn!). For side dishes, soups and casseroles, simply rehydrate the corn and it's ready for your favorite recipe.

To Rehydrate:

1. Remove oxygen absorber and discard.
2. Cover desired amount of corn with warm water.
3. Let stand for 5 minutes, stirring occasionally.
4. Drain excess water and prepare as desired.



Serving Suggestion

SWEETENED BANANA CHIPS

Enjoy banana chips right out of the package as a sweet and crispy snack or add to trail mix, hot cereal, ice cream or your favorite cookie recipe.

RECIPES



COUNTRY BISCUITS & GRAVY

Yield: Approx. 3 biscuits and 1 cup gravy

Preheat oven to 400°F.

Biscuits:

2 cups **Buttermilk Pancake** mix

1 cup water

In a bowl, combine buttermilk pancake mix and water. Stir just until blended. Using a large spoon, drop dough onto greased baking sheet. Bake 10 minutes or until golden brown.

Gravy:

2 tbsp. butter

2 tbsp. **Buttermilk Pancake** mix

1½ cups **Morning Moo's® Low Fat Milk Alternative**, prepared

Melt butter in a small frying pan over medium-high heat. Add pancake mix and quickly whisk to combine, making sure to stir continually. Cook over medium heat for about 10 minutes until light brown. Slowly whisk in milk a little at a time, whisking thoroughly to avoid lumps. Stir and cook until desired thickness is reached.

Final Prep: Spoon gravy over biscuits and serve.



FREEZER BAG VANILLA ICE CREAM

Yield: 3 cups

1 cup **Morning Moo's® Low Fat Milk Alternative**, dry

$\frac{1}{4}$ cup granulated sugar

$\frac{1}{8}$ tsp. vanilla extract

Ice cubes

$\frac{1}{2}$ cup rock salt

Gallon-size freezer bag

Quart-size freezer bag

In quart-size freezer bag, combine water, milk, granulated sugar, and vanilla. Seal tightly. Fill gallon-size freezer bag halfway with ice cubes, sprinkle salt over ice. Insert smaller bag of ice cream mixture into large bag of ice and seal tightly. Shake bag for 10 to 15 minutes until ice cream mixture sets.



CREPES WITH STRAWBERRIES

Yield: 3 to 4 crepes

Preheat 12-inch skillet over medium-high heat. Lightly coat with oil.

2 tsp. **Morning Moo's® Low Fat Milk Alternative**, dry

1/3 cup **Buttermilk Pancake mix**

1 tsp. **Honey Powder**

1/3 cup water

In large bowl, whisk together all ingredients until smooth. Scoop 3 tablespoons of batter into pan. Swirl pan to spread batter as thin as possible making a circle about 6 inches wide. Cook 1 to 2 minutes per side. Eat as is or serve with a dollop of home-made Easy Strawberry Jam, below.

EASY STRAWBERRY JAM

Yield: 1 to 1 1/2 cups

3 cups **Freeze-Dried Sliced Strawberries**

4 cups warm water

1 cup granulated sugar

In a medium bowl, cover strawberries with warm water. Let stand 5 to 10 minutes, stirring occasionally. Drain excess water. Add fruit mixture to a medium saucepan. Stir in granulated sugar, mix well. Bring jam mixture to a boil, reduce heat to medium and continue cooking until desired consistency is reached. Pour jam into container and let cool. Store in refrigerator.



COFFEE CAKE

Yield: 1 loaf

Preheat oven to 400°F.

Streusel Topping:

$\frac{3}{4}$ cup all-purpose flour
 $\frac{1}{2}$ cup packed brown sugar
1 tsp. cinnamon
6 tbsp. cold butter

In a medium bowl, mix together flour, brown sugar, and cinnamon. Using a fork or your fingers, cut in butter until coarse crumbs form, set aside.

Cake Batter:

1 tsp. **Freeze-Dried Coffee** granules
1 cup water
1 cup granulated sugar
 $\frac{1}{4}$ cup butter, melted
 $1\frac{1}{2}$ tsp. vanilla extract
1 egg
2 cups all-purpose flour
1 tsp. baking soda
1 tsp. salt

In a small bowl, dissolve coffee granules in water, set aside. In a large mixing bowl, combine granulated sugar, melted butter, vanilla, egg, and coffee mixture. In a separate bowl, mix together the flour, baking soda, and salt. Gradually incorporate dry mixture into the wet mixture. Once combined, pour batter into well-greased bread pan. Evenly top batter with streusel. Bake for 15 to 20 minutes.

BLACK BEAN BURRITO

Yield: 2 burritos

1 tbsp. vegetable oil
1 ½ cups **Black Bean Burger** mix, rehydrated
1 cup warm water
2, 8-inch flour tortillas
½ cup shredded cheese
¼ cup shredded lettuce
Fresh avocado slices (optional)
½ cup salsa
2 tbsp. sour cream

On medium heat, heat oil. Combine burger mix with water. Stir thoroughly until moisture is absorbed. Form into patties. Fry burger mixture until slightly browned. Break the patties into pieces and divide evenly between tortillas. Top with cheese, lettuce, avocado slices, salsa and sour cream.

BEANBALL SOUP

Yield: 2 cups

½ cup **Black Bean Burger** mix
⅔ cup **Creamy Potato Soup** mix
2 ⅓ cups water (divided)

Rehydrate burger mix with ⅓ cup warm water, let sit 10 to 15 minutes. Form into 1" balls. Heat oiled skillet over medium heat, cook about 3 to 4 minutes per side. Spoon onto paper towel and cover to keep warm.

Whisk soup mix into 2 cups boiling water. Reduce heat to medium and simmer for 10 to 15 minutes, stirring frequently.

Final Prep: Add beanballs to soup and serve.

POTATO PIE

Yield: 9" pie

Preheat oven to 425°F.

Crust:

1 ½ cups **Buttermilk Pancake** mix

½ cup water

Prepare crust by mixing together pancake mix and water until dough forms. Cover and allow dough to rest for 5 minutes. Roll dough out onto a lightly floured surface (using additional pancake mix). Roll into a circle, about 1/16" thick. Place into a greased pie pan and set aside.

Filling:

½ cup instant potato flakes

⅔ cup **Creamy Potato Soup** mix

2 cups water

In a saucepan, combine potato flakes, soup mix, and water. Cook over medium high heat for about 5 minutes.

Final Prep: Pour filling into pie shell and bake 20 to 25 minutes.

SPAGHETTI & BEANBALLS

Yield: 2 cups

Spaghetti:

1 ⅓ cups **Spaghetti Marinara** mix

2 ½ cups water

Shake spaghetti pouch well to distribute ingredients. Whisk spaghetti marinara mix into water and bring to a boil. Reduce heat to medium and continue cooking for 15 minutes. Let stand 4 to 5 minutes.

Beanballs:

¼ cup **Black Bean Burger** mix

3 tbsp. warm water

Rehydrate burger mix with warm water, let sit 10 to 15 minutes. Form into 1-inch balls. Heat oiled skillet over medium heat and cook beanballs about 3 to 4 minutes per side.

Final Prep: Add beanballs to spaghetti and serve.



CREAMY CHICKEN & RICE SOUP

Yield: 4 cups

Black Bean Burger Crumbles:

$\frac{1}{3}$ cup **Black Bean Burger** mix

$\frac{1}{4}$ cup warm water

In a bowl combine burger mix with warm water. Mix and let sit for 10 to 15 minutes. Crumble rehydrated black bean burger mix into a lightly oiled skillet. Cook 3 to 4 minutes or until browned, turning frequently.

Soup:

$\frac{2}{3}$ cup **Creamy Chicken-Flavored Rice**

4 cups chicken broth

In a sauce pan, combine rice mix and broth. Bring to a boil, add in black bean burger crumbles, reduce heat to medium and continue cooking for 20 minutes.



APPLE FRITTERS WITH HONEY GLAZE

Yield: 6 fritters

In large saucepan, heat 2" vegetable oil to 350°F.

Dough:

1/2 cup **Buttermilk Pancake mix**

1/2 tbsp. **Honey Powder**

1/4 cup water

1/2 cup apple dices

Combine pancake mix, honey powder and water. Fold in apple dices. Drop batter by spoonful into hot oil. Cook each fritter 2 to 3 minutes, turning occasionally until golden brown. Drain on paper towel.

Honey Glaze:

2 tbsp. **Honey Powder**

1/2 tbsp. cold water

Slowly add honey powder to cold water. Mix well. Bring mixture to a boil. Reduce heat and continue cooking on a low boil for 5 to 10 minutes, stirring frequently. Drizzle honey glaze over warm fritters and serve.

SOOTHING HOT HONEY MILK

Yield: 1 cup

3 tbsp. **Morning Moo's®** Low Fat Milk Alternative, dry

1 tbsp. **Honey Powder**

1 cup hot water

Vanilla extract (optional)

Spoon dry ingredients into mug and fill with hot water. Stir well. Add a splash of vanilla extract if desired.

VANILLA BANANA CRUNCH PIE

Yield: 9" pie

Preheat oven to 425°F.

Crust:

1 cup **Buttermilk Pancake** mix

2 tbsp. **Honey Powder**

1 cup **Banana Chips**, finely ground

1/3 cup water (or milk)

In a small bowl, combine pancake mix, honey powder, ground bananas (reserving 1 tablespoon bananas for topping) and water. Dough will be dry. Press crust mixture into a lightly greased pie pan. Bake for 10 minutes. Remove from oven and allow to cool.

Filling:

1 pouch **Vanilla Pudding**

2 1/2 cups water or milk

In a separate bowl, combine vanilla pudding mix with 2 1/2 cups water (or milk), stir until thickened. Pour pudding into pie shell and sprinkle with remaining ground bananas.

Final Prep: Refrigerate for 2 hours or until pudding is firm.



CORN BREAD

Yield: 8" x 8" pan

Preheat oven to 400°F.

1¾ cups **Buttermilk Pancake mix**

1 cup **Morning Moo's® Low Fat Milk Alternative**, prepared

1 cup cornmeal

⅔ cup granulated sugar

2 eggs

⅓ cup **Freeze-Dried Sweet Corn**, rehydrated

In large bowl, combine all ingredients and mix until blended. Pour batter into greased 8" x 8" baking pan. Bake 25 to 30 minutes.

TEXAS CAVIAR SALAD

Yield: 6 cups

½ cup **Freeze-Dried Sweet Corn**, rehydrated

¼ cup chopped onions

½ cup red or green bell peppers

2 cups diced tomatoes

1½ cups black beans, rehydrated

1½ cups pinto beans, rehydrated

1 tbsp. garlic powder

½ tsp. ground coriander

1 cup Italian-style dressing

2 jalapeno peppers, finely chopped (optional)

½ cup chopped cilantro (optional)

In large bowl, combine ingredients and cover. Chill for at least 2 hours before serving.



BANANA CHOCOLATE CHIP COOKIES

Yield: About 1 dozen

Preheat oven to 375°F.

2 $\frac{1}{4}$ cups flour

$\frac{1}{2}$ tsp. baking powder

$\frac{1}{2}$ tsp. baking soda

$\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ cup butter

$\frac{1}{2}$ cup packed brown sugar

$\frac{1}{2}$ cup granulated sugar

1 egg

1 $\frac{1}{2}$ tsp. vanilla extract

$\frac{1}{2}$ cup water

$\frac{3}{4}$ cup **Banana Chips**, coarsely chopped

1 cup chocolate chips

In mixing bowl, stir together flour, baking powder, baking soda and salt. Set aside. In separate bowl, combine butter, brown sugar, granulated sugar, egg, vanilla and water. Mix well. Using mixer, slowly add flour mixture to batter and mix until dough forms. Stir in chopped bananas and chocolate chips.

Final Prep: Roll dough into 1-inch balls. Place on cookie sheet two inches apart and bake 7 to 8 minutes.



BERRY SMOOTHIE

Yield: 2 cups

1 cup **Morning Moo's® Low Fat Milk Alternative**, prepared

1 cup **Freeze-Dried Sliced Strawberries**

1/2 cup **Freeze-Dried Whole Raspberries**

1/2 cup ice

Blend all ingredients in a blender until smooth. Adjust milk and ice amounts for desired thickness.

STRAWBERRIES & CREAM MILKSHAKE

Yield: 2 cups

1 cup **Morning Moo's® Low Fat Milk Alternative**, prepared

1 cup **Freeze-Dried Sliced Strawberries**

1/4 cup **Honey**, prepared

1/2 cup ice

Blend all ingredients in a blender until smooth. Adjust milk and ice amounts for desired thickness.

CHOCOLATE BANANA PEANUT BUTTER SMOOTHIE

Yield: 2 cups

1 cup **Morning Moo's® Low Fat Milk Alternative**, prepared

1 cup **Banana Chips**

5 tbsp. peanut butter powder

1/2 cup ice

Blend all ingredients in a blender until smooth. Adjust milk and ice amounts for desired thickness.

Emergency Supply Checklist

Water

- ☐ As much water as you can carry (extra portable water and 3-5 gallons stored for sanitation and drinking)
- ☐ Method of water purification

FOOD & FOOD PREP

- ☐ 72-hour supply of food
- ☐ Can opener/Utensils
- ☐ Extra food
- ☐ Camp/Portable stove
- ☐ Mess kits/Cooking equipment

Tools

- ☐ Pocket knife/Pliers
- ☐ Shovel/Trowel
- ☐ Hatchet/Axe
- ☐ Sewing kit
- ☐ 50-foot nylon rope
- ☐ Duct tape

Light Sources

- ☐ Flashlight/Extra batteries
- ☐ Candle
- ☐ Lightsticks
- ☐ Headlamp

Extra Clothing

- ☐ A complete outfit of weather-appropriate clothing for each family member
- ☐ Include: socks, underwear, hat, sturdy shoes, and gloves

Warmth & Shelter

- ☐ Windproof/Waterproof/Strike anywhere matches
- ☐ Second method to start a fire like flint and steel
- ☐ Tent/Shelter/Plastic sheeting
- ☐ Wool-blend blanket/Sleeping bag
- ☐ Emergency reflective bag/Blanket
- ☐ Hand and body warm packs
- ☐ Poncho
- ☐ Lightweight stove/Fuel

First Aid

- ☐ First-aid kit/Supplies
- ☐ Burn gel/Wound dressings
- ☐ Bottle of potassium iodide tablets
- ☐ N95 respirator mask
- ☐ Special medication or other needs
- ☐ First aid instructional book
- ☐ Snake bite kit

Communications

- ☐ NOAA Weather Radio with batteries or radio with alternate power sources
- ☐ Whistle with neck cord
- ☐ Cellphone/Handcrank charger

Stress Relievers

- ☐ Games, books, hard candy, inspirational reading
- ☐ For children: small toys, paper and pen, favorite security items

Portable Container

- ☐ Durable water resistant duffel bag, frame pack, or daypack

Continued >

Personal Supplies

- ☐ Toilet paper/Tissues
- ☐ Toothbrush/Toothpaste
- ☐ Hand sanitizer
- ☐ Soap
- ☐ Sanitary napkins
- ☐ Comb/Razor
- ☐ Moist towelettes
- ☐ Garbage bags/Plastic ties
- ☐ Sun block
- ☐ Insect repellent
- ☐ Portable toilet
- ☐ Glasses

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- ☐ Sun block
- ☐ Insect repellent
- ☐ Portable toilet
- ☐ Glasses

Important Documents

- ☐ Copies of documents important to your family (such as birth certificates, marriage licenses, wills, bank info, insurance forms)
- ☐ Phone numbers you might need
- ☐ Credit card information
- ☐ Emergency reference material
- ☐ Local map

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Pet Supplies

- ☐ Food
- ☐ Water
- ☐ Leash
- ☐ Carrier

- ☐ Food
☐ Water
☐ Leash
☐ Carrier

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

The wise see danger
ahead and avoid it,
but fools keep going
and get into trouble.

-PROVERBS 22:3 (NCV)



QUALITY

Preparedness Pantry meals are made with the highest-quality ingredients and produced under the strictest quality-control guidelines.

FLAVOR

Preparedness Pantry meals are created not only for health and nutrition, but also for enjoyment. In fact, our meals are so exceptional in flavor, texture and variety, that many people use them in their everyday cooking.

NUTRITION

Preparedness Pantry meals are made with the fewest possible empty calories and the highest possible critical nutrients needed to stay focused and energized.

www.store.jimbakkershow.com

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