

6 Full Course Self-Heating Meal Kits

Including a ¾ pound Entrée, Snacks, Seasonings, Beverage Mix, Cutlery and Serving Tray

- Up to a 3 Year Shelf-Life based on the production date
- 50% larger Entrees than MREs
- More protein and 40% less sodium than commercial MREs

Nutrition Facts Serving Size 1 Package	Horics	hicker &	Green Creen	People Ai	125 N	BBO Beet	chicke	n Pasta Aliana	Neger 4	rian Past	South	west Style Thicken de
Amount Per Serving	17.5 oz.	496g	17.5 oz.	496g	17.5 oz.	496g	17.5 oz.	496g	17.5 oz.	496g	17.5 oz.	496g
Calories	980		1050		1130		1000		1010		1170	
Calories from Fat	310		280		300		260		300		320	
	% Daily	% Daily Value		Value	% Daily Value		% Daily Value		% Daily Value			
Tota I Fat	32g	49%	30g	46%	33g	51%	29g	45%	32g	49%	36g	55%
Saturated Fat	10g	50%	8g	40%	9g	45%	9g	45%	8g	40%	10g	50%
Trans Fat	0g		0g		0g		0g		0g		0g	
Cholesterol	50mg	17%	30mg	10%	35mg	12%	40mg	13%	0mg	0%	60mg	20%
Sodium	710mg	30%	740mg	31%	760mg	32%	870mg	36%	970mg	40%	880mg	37%
Tota I Carb oh ydrat e	144g	48%	161g	54%	179g	60%	152g	51%	151g	50%	178g	59%
Die tary Fiber	8g	32%	8g	32%	11g	44%	12g	48%	15g	60%	10g	40%
Sugars	101g		106g		129g		108g		108g		103g	
Protein	29g		30g		30g		35g		31g		37g	
Vitamin A		25%		6%		20%		20%		4%		15%
Vitamin C		70%		90%		80%		4%		4%		8%
Cal ciu m		10%		10%		10%		25%		35%		10%
Iron		15%		20%		25%		25%		50%		40%

All HeaterMeals 3 Self-Heating Meal Kits contain a ¾ pound Shelf-Stable Entrée, Snacks, Beverage Mix, Seasonings, incl. Salt Free Seasoning Blend, Salt & Pepper, Spoon & Napkin Set, Moist Towelette, and Serving Tray

Meal Kit Varieties	Meal Kit Snack & Beverage Mix Contents					
- Homestyle Chicken & Noodles in Gravy- Green Pepper Steak with Rice	1 – King's Fancy Fruit Mix. 1 – Squeezer ®. Chocolate Peanut Butter. 1 – M&M's ® Chocolate Peanut Candy. 1 – Cherry Drink Mix.					
- Zesty BBQ Sauce, Diced Potatoes with Beef	1 – King's Fancy Fruit Mix. 1 – Squeezer® . Chocolate Peanut Butter. 1 – M&M's® Chocolate Candy. 1 – Cherry Drink Mix.					
- Southwest Style Chicken with Rice and Beans	1 – King's Fancy Fruit Mix. 1 – Squeezer ®. Chocolate Peanut Butter. 1 – M&M's ® Chocolate Candy. 1 – Iced Tea Drink Mix.					
- Chicken Pasta Italiana - Vegetarian Pasta Fagioli	1 – King's Fancy Fruit Mix. 1 – Squeezer ®. Chocolate Peanut Butter. 1 – M&M's ® Chocolate Peanut Candy. 1 – Iced Tea Drink Mix.					

Meal Ingredients

HOMESTYLE CHICKEN & NOODLES IN GRAVY - INGREDIENTS: CHICKEN BROTH (WATER, CHICKEN FLAVOR [YEAST EXTRACT, SALT, SUGAR, DRIED CHICKEN MEAT, SOY FLOUR, TORULA YEAST, FLAVOR, DISODIUM PHOSPHATE]), COOKED CHICKEN (CHICKEN, WATER, SALT), NOODLES (DURUM FLOUR, EGG YOLKS, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CARROTS, ONIONS, CORN, PEAS, MODIFIED CORN STARCH, CHICKEN FAT, LEMON JUICE, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), SPICES, NATURAL FLAVOR, SALT, BETA CAROTENE, DISODIUM INOSINATE AND DISODIUM GUANYLATE, ANNATTO.

GREEN PEPPER STEAK WITH RICE - INGREDIENTS: WATER, COOKED BEEF (BEEF, SALT), ENRICHED RICE (RICE, NIACIN, THIAMINE, IRON, FOLIC ACID), GREEN BELL PEPPER, WATER CHESTNUTS, CRUSHED TOMATOES, MODIFIED FOOD STARCH, BROWN SUGAR, CANOLA OIL, TAMARI SAUCE (WATER, SOYBEANS, SALT, ALCOHOL, WHEAT), DEHYDRATED ONIONS, NATURAL FLAVOR, BEEF FLAVOR (YEAST EXTRACT, SOY SAUCE (SOYBEANS, WHEAT, SALT), PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, AND LACTIC ACID), SPICE.

ZESTY BBQ SAUCE & POTATOES WITH BEEF - INGREDIENTS: WATER, COOKED BEEF (BEEF, WATER, SALT), POTATOES, TOMATO PASTE, BROWN SUGAR, MODIFIED CORN STARCH, CANOLA OIL, VINEGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, ALCOHOL), SPICE, PAPRIKA, DEHYDRATED ONIONS, SMOKE FLAVOR (WATER, NATURAL HICKORY SMOKE FLAVOR), NATURAL FLAVOR, PAPRIKA OLEORESIN.

CHICKEN PASTA ITALIANA (CHICKEN WITH PASTA IN TOMATO SAUCE) - INGREDIENTS: DICED TOMATOES IN JUICE (TOMATOES, TOMATOES JUICE, CITRIC ACID, CALCIUM CHLORIDE), COOKED CHICKEN (CHICKEN, WATER, SALT), WATER, PASTA (DURUM SEMOLINA, EGG WHITES, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), KIDNEY BEANS, CRUSHED TOMATO, ZUCCHINI, CARROTS, CELERY, OLIVE OIL, MODIFIED CORN STARCH, GARLIC PUREE, VEGETABLE FLAVOR (YEAST EXTRACT, SUGAR, SALT, CORN SYRUP SOLIDS, NATURAL FLAVORS, ONIONS, WHEAT MALTODEXTRIN, CARROTS, SOY SAUCE (SOYBEANS, WHEAT, SALT), DEXTROSE, GARLIC, SPICE), ROMANO CHEESE FROM COW'S MILK (MILK, CHEESE CULTURE, SALT, ENZYMES),SPICES, SUGAR, SALT.

SOUTHWEST STYLE CHICKEN WITH RICE AND BEANS - INGREDIENTS: WATER, COOKED CHICKEN (CHICKEN, WATER, SALT), ENRICHED RICE {WHITE RICE, NIACIN, THIAMINE, IRON, AND FOLIC ACID}, BLACK BEANS, RED BELL PEPPERS, ROASTED CORN, OLIVE OIL, MODIFIED CORN STARCH, TOMATO POWDER, TORULA YEAST, SALSA CONCENTRATE {SAUTÉED VEGETABLES AND HERBS (JALAPENO PEPPER, CILANTRO, AND ONIONS), SALT, SUGAR, TOMATO PASTE, MALTODEXTRIN (FROM CORN), DRIED TOMATOES, CANOLA OIL, CORNSTARCH, SOYBEAN OIL, MONO AND

DIGLYCERIDES, SPICE, SOY LECITHIN, NATURAL FLAVORING, EXTRACTIVES OF PAPRIKA}, DEHYDRATED GREEN BELL PEPPERS, DEHYDRATED ONIONS, VINEGAR, NATURAL FLAVORS, PAPRIKA, SALT.

VEGETARIAN PASTA FAGIOLI - INGREDIENTS: WATER, TOMATOES DICED IN JUICE (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), VEGETARIAN PIZZA CRUMBLE (WATER, SOY PROTEIN CONCENTRATE, CANOLA OIL, SPICES, SALT, AUTOLYZED YEAST EXTRACT, SUGAR, DEHYDRATED GARLIC, CARAMEL COLOR, ONION POWDER, NATURAL FLAVOR, RED BELL PEPPER, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE(VITAMIN B6), CYANOCOBALAMINE (VITAMIN B12), CALCIUM PANTHOTENATE, FERRIC ORTHOPHOSPHATE, ZINC OXIDE), SOY BEANS, PASTA (DURUM SEMOLINA [ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID] AND EGG WHITES), CARROTS, CRUSHED TOMATO, KIDNEY BEANS, ONION, FOOD STARCH, KALE, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), OLIVE OIL, FLAVOR (YEAST EXTRACT, SUGAR, SALT, CORN SYRUP SOLIDS, NATURAL FLAVORS, ONION, WHEAT MALTODEXTRIN, CARROTS, SOY SAUCE [SOYBEANS, WHEAT, SALT], DEXTROSE, GARLIC, SPICE), GARLIC, SUGAR, SPICE, SALT, PAPRIKA OLEORESIN.

Other Items that may be included in Meals

KINGS FANCY FRUIT MIX - INGREDIENTS: PAPAYA (PAPAYA, SUGAR, SULFUR DIOXIDE), RAISINS, PINEAPPLE (PINEAPPLE, SUGAR, SULFUR DIOXIDE), CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL).

SQUEEZERS® CHOCOLATE PEANUT BUTTER - INGREDIENTS: PEANUT BUTTER [ROASTED PEANUTS, SUGAR, HYDROGENATED VEGETABLE OIL (RAPESEED, COTTONSEED AND/OR SOYBEAN OILS), SALT], SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, MILKFAT, COCOA BUTTER, LECITHIN, VANILLA), MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL VANILLA, CORNSTARCH.

<u>M&M'S® CHOCOLATE PEANUT CANDY</u> - **INGREDIENTS:** MILK CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, SKIM MILK, LACTOSE, MILKFAT, PEANUTS, SOY LECITHIN, SALT, ARTIFICIAL FLAVORS), SUGAR,

PEANUTS, CORNSTARCH, LESS THAN 1% - CORN SYRUP, GUM ACACIA, COLORING (INCLUDES RED 40 LAKE, BLUE 2 LAKE, BLUE 1 LAKE, YELLOW 6, YELLOW 5, RED 40, BLUE 1, BLUE 2, YELLOW 5 LAKE, YELLOW 6 LAKE), DEXTRIN.

CHERRY DRINK MIX - INGREDIENTS: SUGAR, DEXTROSE, CITRIC ACID, SALT, MALTODEXTRIN, ARTIFICIAL CHERRY FLAVORS, ASCORBIC ACID, RED 40. M&M'S® CHOCOLATE PEANUT CANDY INGREDIENTS: MILK CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, SKIM MILK, LACTOSE, MILKFAT, PEANUTS, SOY LECITHIN, SALT, ARTIFICIAL FLAVORS), SUGAR, PEANUTS, CORNSTARCH, LESS THAN 1% - CORN SYRUP, GUM ACACIA, COLORING (INCLUDES RED 40 LAKE, BLUE 2 LAKE, BLUE 1 LAKE, YELLOW 6, YELLOW 5, RED 40, BLUE 1, BLUE 2, YELLOW 5 LAKE, YELLOW 6 LAKE), DEXTRIN.

<u>ICE TEA DRINK MIX WITH NATURAL LEMON</u> - **INGREDIENTS**: SUGAR, CITRIC ACID, DARK TEA POWDER, CARAMEL COLOR, MALTODEXTRIN, NATURAL LEMON FLAVOR, NATURAL FLAVORS, TRICALCIUM PHOSPHATE (ANTI-CAKING AGENT), RED 40.