

AlpineAire Foods[®]
presents

Gourmet Reserves[®]

Shelf Stable
Food Systems

Complete Food Systems
from 1 Year SuperPaks
to Single Month Supply
ready to enjoy...

Anytime / Anywhere



Welcome to Gourmet Reserves®

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, which desire to be self-sufficient during a situation where normal food supplies are not readily available. We use our familiar, great tasting AlpineAire Foods recipes as well as everyday staples that are practical and easily incorporated into the daily diet. The food systems are formulated to sustain one person for 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.

Our exclusive “just add water“ **Gourmet Supreme™** is easy to prepare with no cooking required. Items featured include, “eat-as-is,” or just add hot or cold water for re-hydrating.

All systems and individual items are packaged in #10 cans (approximately one gallon) and/or #2½ cans (approximately one quart). Our cans are constructed of heavy-gauge steel with food grade enamel coating on the inside. A “state of the art” oxygen absorber is placed in each can to insure the very best shelf life. Re-sealable plastic lids are included with all systems. Visit our website www.alpineaire.com for additional information or simply browse through this catalog.

PURITY OF INGREDIENTS – Gourmet Reserves foods are all natural, NO artificial preservatives, flavorings, colorings, MSG or white sugar are added.

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 ensure 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.

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.

Some of our products are organically grown

Our beef products are hormone free

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THE SUPERPAK SYSTEM™



ONE YEAR

The large selection of ready-made entrees plus convenience makes this system exceptional. The SuperPak System is made for two people for one year or one person for two years. We have included “Just-Add-Water” entrees, breakfasts, soups and desserts as well as basic familiar staples to be prepared in the traditional manner.

HIGHLIGHTS

- ❑ The largest selection of entrees
- ❑ Higher quality calorie level at 2,045 per day
- ❑ The System features 56 different items
- ❑ It has an 81% no cook feature, with hot or cold water convenience



Shipping dimensions: 40 x 48 x 69



59 cases / 354 cans

THE SUPERPAK SYSTEM™

ONE YEAR SERVING TWO PEOPLE

All Products packed in #10 cans [approximately one (1) gallon] or #2^{1/2} cans [approximately one (1) quart as indicated]
 Quantites are listed under the # sign.

FD = Freeze Dried

# of cans		Servings Per Can
ENTREES		
6	Chicken Gumbo	10
1	Chicken Primavera	11
6	Mountain Chili	12
6	Potatoes & Cheddar w/ Chives	18
6	Santa Fe Black Beans & Rice	12
1	Sierra Chicken	11
1	Stroganoff Flavored w/ Beef & Noodles	12
1	Teriyaki Turkey	12
6	Texas BBQ Chicken	12

# of cans		Servings Per Can
SOUPS		
6	Alpine Minestrone Soup	20
6	Creamy Potato Cheddar Soup	20
6	Multi Bean Soup	20

# of cans		Servings Per Can
BREAKFASTS		
6	5-Grain Fruit & Nut Instant Cereal	22
6	Blueberry Honey Granola with Milk	8
6	Granola, Fat Free	30

# of cans		Servings Per Can
FRUITS / DESSERTS		
6	Apple Almond Crisp	20
4	Apple Flakes, Dehydrated	36
6	Apples, Diced, Dehydrated	48
4	Date Pieces	28

# of cans		Servings Per Can
DAIRY / EGGS		
3	Cheddar Cheese Powder	36
24	Instant, Nonfat, Dry Milk Powder	10 qts per can
8	Scrambled Eggs, Cooked, FD	28 eggs per can

# of cans		Servings Per Can
SNACKS / READY-TO-EAT		
9	Cheese Spread - 1oz pouches	25 ea per can
12	Peanut Butter 1.12oz pouches	25 ea per can
21	Royal Creme Crackers	66 ea per can
10	Honey, Pure (5 lb)	320 tea spoons

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*Cooking Required

177 **System Includes:** Plastic lids, Can Opener and Cookbook

# of cans		Servings Per Can
BEANS / GRAINS / PEAS		
6	Cornmeal*	11
12	Couscous, Pre-Cook	20
6	Lentils*	11
6	Lentils, Dehydrated	32
3	Navy Beans, Dehydrated (Small Whites)	9
6	Oat, Baby Flakes, Instant	36
6	Oats, Rolled, Regular*	10
6	Pasta, Instant	113
6	Pearled Barley*	12
6	Pinto Beans, Dehydrated	31
6	Pinto Beans, Regular*	9
12	Rice, White, Cooked, Instant	32
12	Rice, White, Long*	12
6	Soy Grits, Defatted, Small	14
6	Split Peas, Green*	12
6	Textured Vegetable Protein (TVP)	9
6	Wheat Flakes, Instant	165
12	Wheat, Hard*	11

# of cans		Servings Per Can
VEGETABLES		
4	Carrots, Diced, Dehydrated	55
4	Corn, Sweet, Freeze-Dried	21
2	Garden Vegetable Mix	28
2	Onions, Chopped, Dehydrated	40
4	Peas, Freeze-Dried	21
6	Potatoes, Diced, Dehydrated	43
8	Potatoes, Mashed Instant	21
1	Tomato Flakes	27
2	Tomato Power	81
3	Vegetable Mix	32

# of cans		Servings Per Can
MISCELLANEOUS		
1	Alfafa Seeds	n/a
2	Sea Salt (7lb)	630 tea spoons
9	Columbian Coffee, Spray Dried	185 cups

12 **Vital Information about the system**

Calories per person per day: **2040**
 Total Caloires: **1,489,075**
 Number of cans : **354**
 Approximate Net Weight: **1225 pounds**
 Storage Area (approx): **6^{1/2'} x 3^{1/4'} x 4'**
 Item Code Number: **94381**

177 354

177 **System Includes:** Plastic lids, Can Opener and Cookbook
 All products are packaged by weight not volume.



THE GOURMET SUPREME SYSTEM™

One Year - One Person
6 Months - One Person
3 Months - One Person
45 Days - One person

If CONVENIENCE is your desire, the GOURMET SYSTEM™ is for you. This system offers “Just-Add-Water” complete entrees, breakfast, soups, and desserts, as well as foods Ready To Eat. The major feature of the GOURMET SYSTEM is CONVENIENCE in preparation. Minimal fuel and water are required to prepare these products. This is Gourmet Reserves’ very best system!

HIGHLIGHTS

- ❑ Very lightweight and compact
- ❑ Foods are prepared quickly
- ❑ Minimal fuel required for preparation
- ❑ Largest selection of “Just-Add-Water” entrees
- ❑ Entrees include beef, chicken and turkey
- ❑ A 100% no cook feature. Simply use hot water. In an emergency, cold water can be used in our foods. Hot water re-hydration time is 10 to 15 minutes. Cold-water re-hydration time is 45+ minutes.

THE GOURMET SUPREME SYSTEM™

ONE YEAR SERVING ONE PERSON

All Products packed in #10 cans [approximately one (1) gallon] or #2^{1/2} cans [approximately one (1) quart as indicated]
Quantities are listed under the # sign.

FD = Freeze Dried

**Servings
Per Can**

**Servings
Per Can**

of cans

ENTREES

3	Beef Rotini	12
3	Chicken Gumbo	10
3	Chicken Primavera	11
3	Mountain Chili	12
3	Mushroom Pilaf with Vegetables	12
3	Potatoes & Cheddar w/ Chives	18
3	Santa Fe Black Beans & Rice	12
3	Spaghetti Marinara w/ Mushrooms	12
3	Stroganoff Flavored w/ Beef & Noodles	12
3	Teriyaki Turkey	12
3	Texas BBQ Chicken	12
3	Western Style Tamale Pie w/ Beef	11

SOUPS

6	Alpine Minestrone Soup	20
6	"Kernal" Corn Chowder	20
6	Soup-er Split Pea	20

BREAKFASTS

6	5-Grain Fruit & Nut Instant Cereal	22
6	Blueberry Honey Granola with Milk	8
12	Granola, Fat Free	30
6	Scrambled Eggs, Cooked, FD	28 Eggs

FRUITS / DESSERTS

6	Apple Almond Crisp	20
4	Apple Flakes, Dehydrated	36
6	Apples, Diced, Dehydrated	48
6	Date Pieces	28
4	Peaches, Diced, FD - 2 ^{1/2} can	6 - 1/4 ounce
4	Pineapple Chunks, FD - 2 ^{1/2} can	12 - 1/4 ounce
4	Sweet Rice Pudding	12

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***Cooking Required**

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

of cans

DAIRY / EGGS

1	Cheddar Cheese Powder	36
18	Instant, Nonfat, Dry Milk Powder	10 qts per can

SNACKS / READY-TO-EAT

4	Cheese Spread - 1 oz pouches	25 ea per can
3	Honey, Pure (5 lb)	320 teaspoons
4	Peanut Butter 1.12 oz pouches	25 ea per can
24	Royal Kreem Crackers	66 ea per can

VEGETABLES

1	Broccoli, Chopped, FD	5
2	Carrots, Diced, Dehydrated	55
1	Corn, Sweet, FD	21
2	Peas, FD	21
6	Potatoes, Diced, Dehydrated	43
6	Potatoes, Mashed, Instant	21
2	Vegetable Mix	32

MISCELLANEOUS

1	Seasoning Blend 2 ^{1/2} can	78 teaspoons
1	Sea Salt (7lb)	630 teaspoons
4	Columbian Coffee, Spray Dried	185 cups

80

198

Vital Information about the System

Calories per day:	1808
Total Calories:	660,070
Number of cans :	198
Approximate Net Weight:	485 lbs
Storage Area (approx):	3^{1/4}' x 3^{1/4}' x 4'
Item Code Number:	94477

THE GOURMET SUPREME SYSTEM™

SIX MONTHS SERVING ONE PERSON

All Products packed in #10 cans [approximately one (1) gallon] or #2^{1/2} cans [approximately one (1) quart as indicated]
Quantities are listed under the # sign.

FD = Freeze Dried

**Servings
Per Can**

**Servings
Per Can**

of cans

ENTREES

2	Beef Rotini	12
2	Chicken Gumbo	10
2	Chicken Primavera	11
2	Mountain Chili	12
1	Mushroom Pilaf with Vegetables	12
2	Potatoes & Cheddar w/ Chives	18
1	Santa Fe Black Beans & Rice	12
1	Spaghetti Marinara w/ Mushrooms	12
1	Stroganoff Flavored w/ Beef & Noodles	12
1	Teriyaki Turkey	12
2	Texas BBQ Chicken	12
1	Western Style Tamale Pie w/ Beef	11

SOUPS

2	Alpine Minestrone Soup	20
2	Creamy Potato Cheddar Soup	20
2	Soup-er Split Pea	20

BREAKFASTS

3	5-Grain Fruit & Nut Instant Cereal	22
3	Blueberry Honey Granola with Milk	8
6	Granola, Fat Free	30
3	Scrambled Eggs, Cooked, FD	28 Eggs

FRUITS / DESSERTS

3	Apple Almond Crisp	20
2	Apple Flakes, Dehydrated	36
3	Apples, Diced, Dehydrated	48
3	Date Pieces	28
1	Blueberries, Whole, FD	48 - 1/4 ounce
2	Peaches, Diced, FD - 2 ^{1/2} can	6 - 1/4 ounce
2	Pineapple Chunks, FD - 2 ^{1/2} can	12 - 1/4 ounce
2	Sweet Rice Pudding	12

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***Cooking Required**

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

of cans

DAIRY / EGGS

1	Cheddar Cheese Powder	36
12	Instant, Nonfat, Dry Milk Powder	10 qts per can

SNACKS / READY-TO-EAT

2	Cheese Spread - 1 oz pouches	25 ea per can
1	Honey, Pure (5 lb)	320 teaspoons
2	Peanut Butter 1.12 oz pouches	25 ea per can
12	Royal Kreem Crackers	66 ea per can

VEGETABLES

1	Broccoli, Chopped, FD	5
1	Carrots, Diced, Dehydrated	55
1	Corn, Sweet, FD	21
2	Peas, FD	21
2	Potatoes, Diced, Dehydrated	43
2	Potatoes, Mashed, Instant	21
1	Vegetable Mix	32

MISCELLANEOUS

1	Seasoning Blend 2 ^{1/2} can	78 teaspoons
1	Sea Salt (7lb)	630 teaspoons
3	Columbian Coffee, Spray Dried	185 cups

45

Vital Information about the System

Calories per day: **1830**
 Total Calories: **333,144**
 Number of cans : **102**
 Approximate Net Weight: **296lbs**
 Storage Area (approx): **1^{3/4}' x 1^{3/4}' x 4'**
 Item Code Number: **94478**

**THE GOURMET SUPREME
SYSTEM™**

3 MONTHS SERVING ONE PERSON

All Products packed in #10 cans [approximately one (1) gallon] or #2^{1/2} cans [approximately one (1) quart as indicated]
Quantities are listed under the # sign.

FD = Freeze Dried

**Servings
Per Can**

**Servings
Per Can**

of cans

ENTREES

1 Beef Rotini	12
1 Chicken Gumbo	10
1 Chicken Primavera	11
1 Mountain Chili	12
1 Mushroom Pilaf with Vegetables	12
1 Potatoes & Cheddar w/ Chives	18
1 Santa Fe Black Beans & Rice	12
1 Spaghetti Marinara w/ Mushrooms	12
1 Stroganoff Flavored w/ Beef & Noodles	12
1 Teriyaki Turkey	12
1 Texas BBQ Chicken	11

SOUPS

1 Alpine Minestrone Soup	20
1 Creamy Potato Cheddar Soup	20
1 Soup-er Split Pea	20

BREAKFASTS

1 5-Grain Fruit & Nut Instant Cereal	22
2 Blueberry Honey Granola with Milk	8
3 Granola, Fat Free	30
1 Scrambled Eggs, Cooked, FD	28 Eggs

FRUITS / DESSERTS

1 Apple Almond Crisp	20
1 Apple Flakes, Dehydrated	36
1 Apples, Diced, Dehydrated	48
2 Date Pieces	28
1 Peaches, Diced, FD - 2 ^{1/2} can	6 - 1/4 ounce
1 Pineapple Chunks, FD - 2 ^{1/2} can	12 - 1/4 ounce
3 Sweet Rice Pudding	12

of cans

DAIRY / EGGS

1 Cheddar Cheese Powder	36
4 Instant, Nonfat, Dry Milk Powder	10 qts per can

SNACKS / READY-TO-EAT

2 Cheese Spread - 1 ounce pouches	25 ea per can
1 Honey, Pure (5 lb)	320 teaspoons
2 Peanut Butter 1.25 ounce pouches	25 ea per can
6 Royal Kreem Crackers	66 ea per can

VEGETABLES

1 Broccoli, Chopped, FD	5
1 Corn, FD	21
2 Peas, FD	21

MISCELLANEOUS

1 Sea Salt (7lb)	630 teaspoons
1 Seasoning Blend 2 ^{1/2} can	78 teaspoons
1 Columbian Coffee, Spray Dried	185 cups

Vital Information about the System

Calories per person per day: **2043**

Total Calories: **183,856**

Number of cans : **54**

Approximate Net Weight: **165 lbs**

Storage Area (approx): **1^{3/4} x 1^{3/4} x 4'**

Item Code Number: **94481**

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***Cooking Required**

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

**THE GOURMET SUPREME
SYSTEM™**

45 DAYS SERVING ONE PERSON

All Products packed in #10 cans [approximately one (1) gallon] or #2^{1/2} cans [approximately one (1) quart as indicated]
Quantities are listed under the # sign.

FD = Freeze Dried

**Servings
Per Can**

**Servings
Per Can**

of cans

ENTREES

1	Chicken Gumbo	10
1	Mountain Chili	12
1	Potatoes & Cheddar w/ Chives	18
1	Stroganoff Flavored w/ Beef & Noodles	12
1	Texas BBQ Chicken	12
1	Western Style Tamale Pie w/Beef	11

SOUPS

1	Alpine Minestrone Soup	20
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BREAKFASTS

1	5-Grain Fruit & Nut Instant Cereal	22
2	Blueberry Honey Granola with Milk	8
1	Granola, Fat Free	30
1	Scrambled Eggs, Cooked, FD	28 Eggs

FRUITS / DESSERTS

1	Apple Almond Crisp	20
1	Apples, Diced, Dehydrated	48
2	Date Pieces	28
1	Sweet Rice Pudding	12

of cans

DAIRY / EGGS

2	Instant, Nonfat, Dry Milk Powder	10 qts per can
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SNACKS / READY-TO-EAT

1	Honey, Pure (5 lb)	320 teaspoons
1	Peanut Butter 1.12 ounce pouches	35 ea per can
2	Royal Krem Crackers	66 ea per can

VEGETABLES

1	Garden Vegetables	28
1	Broccoli, FD 2 ^{1/2} can	5

MISCELLANEOUS

1	Columbian Coffee, Spray Dried	185 cups
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9

17

Vital Information about the system

Calories per person per day: **2072**
 Total Calories: **93,245**
 Number of cans : **26**
 Net Weight: **62 lbs**
 Storage Area (approx): **3^{3/4}' x 2^{1/2}' x 1'**
 Item Code Number: **94482**

***Cooking Required**

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

Gourmet Supreme 45-Day System 94482 / Revised 10/15/08



THE VERSATILE SYSTEM™

One Year - One Person
6 Months - One Person
3 Months - One Person
30 Days - One person

The advantage of this system is preparation VERSATILITY! Some foods can be eaten as is; some require only cold water; others are prepared with hot water. We have also included: complete "Just-Add-Water" entrees, individual "Just-Add-Water" ingredients for menu diversification and cooking convenience and basic familiar staples to be prepared in the traditional manner.

HIGHLIGHTS

- ❑ High degree of preparation versatility
- ❑ Expanded variety of menu options
- ❑ Higher calorie values
- ❑ Foods which cover needs in both short-term and long-term emergency situations
- ❑ Includes meatless entrees
- ❑ A 56% no cook feature.
- ❑ Over 2200 calories per day on average

THE VERSATILE SYSTEM™

ONE YEAR SERVING ONE PERSON

All Products packed in #10 cans [approximately one (1) gallon] or #2^{1/2} cans [approximately one (1) quart as indicated]
Quantities are listed under the # sign.

FD = Freeze Dried

# of cans		Servings Per Can	# of cans		Servings Per Can
ENTREES			BEANS / GRAINS / PEAS		
1	Mountain Chili	12	6	Cornmeal *	11
1	Mushroom Pilaf w/ Vegetables	12	2	Couscous, Pre-Cook	20
1	Potatoes & Cheddar w/ Chives	18	2	Lentils, Dehydrated	32
2	Santa Fe Black Beans & Rice	12	6	Lentils *	11
2	Spaghetti Marinara w/ Mushrooms	12	2	Pasta, Instant	7
7			6	Oats, Rolled, Regular *	10
SOUPS			6	Pearled Barley *	12
1	Alpine Minestrone Soup	20	2	Pinto Beans, Dehydrated	15
1	Creamy Potato Cheddar Soup	20	6	Pinto Beans, Regular *	9
2			2	Rice, White, Cooked, Instant	32
BREAKFASTS			9	Rice, White, Long *	12
1	5-Grain Instant Cereal	22	6	Split Peas, Green *	12
2	Blueberry Honey Granola with Milk	8	2	Textured Vegetable Protein (TVP)	9
6	Granola, Fat Free	30	12	Wheat, Hard *	11
9			69		
FRUITS / DESSERTS			VEGETABLES		
1	Apple Almond Crisp	20	2	Carrots, Diced, Dehydrated	55
2	Apple Flakes, Dehydrated	36	2	Corn, Sweet, FD	21
2	Apples, Diced, Dehydrated	48	1	Onions, Chopped, Dehydrated	40
2	Date Pieces	28	2	Peas, FD	21
7			2	Potatoes, Diced, Dehydrated	43
DAIRY / EGGS			2	Potatoes, Mashed Instant	21
1	Cheddar Cheese Powder	36	1	Tomato Power	81
12	Instant, Nonfat, Dry Milk Powder	10 qts per can	2	Vegetable Mix	32
3	Scrambling Omelet Egg Mix	88 eggs per can	14		
16			MISCELLANEOUS		
SNACKS / READY-TO-EAT			1	Sea Salt (7lb)	630 teaspoons
3	Cheese Spread - 1oz	25 ea per can	4	Columbian Coffee, Spray Dried	185 cups
3	Peanut Butter 1.12oz	25 ea per can	5		
9	Royal Kreem Crackers	66 ea per can	88		
4	Honey, Pure (5 lb)	320 teaspoons	148		
19			Vital Information about the system		
60			Calories per person per day: 2045		
			Total Calories: 746,433		
			Number of cans : 148		
			Approximate Net Weight: 695 lbs		
			Storage Area (approx): 3^{1/4}' x 3^{1/4}' x 3'		
			Item Code Number: 94300		

*Cooking Required

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

Versatile System One Year 94300 / Revised 08/29/08

THE VERSATILE SYSTEM™

SIX MONTHS SERVING ONE PERSON

All Products packed in #10 cans [approximately one (1) gallon] or #2^{1/2} cans [approximately one (1) quart as indicated]
 Quantities are listed under the # sign.

FD = Freeze Dried

# of cans		Servings Per Can	# of cans		Servings Per Can
ENTREES			BEANS / GRAINS / PEAS		
1	Mountain Chili	12	3	Cornmeal *	11
1	Mushroom Pilaf w/ Vegetables	12	1	Couscous, Pre-Cook	20
1	Potatoes & Cheddar w/ Chives	18	1	Lentils, Dehydrated	32
1	Santa Fe Black Beans & Rice	12	3	Lentils *	11
SOUPS			1	Pasta, Instant	7
1	Alpine Minestrone Soup	20	3	Oats, Rolled, Regular *	10
BREAKFASTS			3	Pearled Barley *	12
1	5-Grain Instant Cereal	22	1	Pinto Beans, Dehydrated	15
1	Blueberry Honey Granola with Milk	8	3	Pinto Beans, Regular *	9
1	Granola, Fat Free	30	1	Rice, White, Cooked, Instant	32
FRUITS / DESSERTS			4	Rice, White, Long *	12
1	Apple Almond Crisp	20	3	Split Peas, Green *	12
1	Apple Flakes, Dehydrated	36	1	Textured Vegetable Protein (TVP)	9
1	Apples, Diced, Dehydrated	48	9	Wheat, Hard *	11
1	Date Pieces	28	VEGETABLES		
DAIRY / EGGS			1	Carrots, Diced, Dehydrated	55
1	Cheddar Cheese Powder	36	1	Corn, Sweet, FD	21
6	Instant, Nonfat, Dry Milk Powder	10 qts per can	1	Peas, FD	21
2	Scrambling Omelet Egg Mix	88 eggs	1	Potatoes, Diced, Dehydrated	43
SNACKS / READY-TO-EAT			1	Potatoes, Mashed Instant	21
2	Cheese Spread - 1 oz pouches	25 ea per can	1	Vegetable Mix	32
2	Peanut Butter 1.12 oz pouches	25 ea per can	MISCELLANEOUS		
4	Royal Kream Crackers	66 ea per can	1	Sea Salt (7lb)	630 tea spoons
2	Honey, Pure (5 lb)	320 teaspoons	2	Columbian Coffee, Spray Dried	200 cups
			Vital Information about the system		

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*Cooking Required

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

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77

Calories per person per day: 2151
Total Calories: 392,564
Number of cans : 77
Net Weight: 315 lbs
Storage Area (approx): 1^{3/4}' x 1^{3/4}' x 3'
Item Code Number: 94308

THE VERSATILE SYSTEM™

THREE MONTHS SERVING ONE PERSON

All Products packed in #10 cans [approximately one (1) gallon] or #2^{1/2} cans [approximately one (1) quart]
 Quantities are listed under the # sign.

FD = Freeze Dried

# of cans		Servings Per Can	# of cans		Servings Per Can
ENTREES			BEANS / GRAINS / PEAS		
1	Mountain Chili	12	1	Cornmeal *	11
1	Spaghetti Mariana w/Mushrooms	12	1	Lentils *	11
SOUPS			1	Pasta, Instant	7
1	Alpine Minestrone Soup	20	2	Oats, Rolled, Regular *	10
BREAKFASTS			2	Pearled Barley *	12
1	Blueberry Honey Granola with Milk	8	1	Pinto Beans, Dehydrated	15
1	Granola, Fat Free	30	1	Pinto Beans, Regular *	9
FRUITS / DESSERTS			1	Rice, White, Cooked, Instant	32
1	Apple Almond Crisp	20	2	Rice, White, Long *	12
1	Apples, Diced, Dehydrated	48	1	Split Peas, Green *	12
1	Date Pieces	28	1	Textured Vegetable Protein (TVP)	9
1	Blueberries, FD 2 ^{1/2} can	12 - ^{1/4} oz	4	Wheat, Hard *	11
DAIRY / EGGS			VEGETABLES		
1	Cheddar Cheese Powder 2 ^{1/2} can	10	1	Corn, Sweet, FD	21
3	Instant, Nonfat, Dry Milk Powder	10 qts per can	1	Peas, FD	21
1	Scrambling Omelet Egg Mix	88 eggs	1	Potatoes, Mashed Instant	21
SNACKS / READY-TO-EAT			1	Tomato Powder	81
2	Peanut Butter 1.12oz pouches	25 ea per can	MISCELLANEOUS		
3	Royal Kreem Crackers	66 ea per can	1	Alfalfa Seeds 2 ^{1/2} can	n/a
1	Honey, Pure (5 lb)	320 teaspoons	1	Columbian Coffee, Spray Dried	185 cups
20			24		
			44		

Vital Information about the system

Calories per person per day: **2161**
 Total Calories: **194,528**
 Number of cans : **44**
 Net Weight: **135 lbs**
 Storage Area (approx): **3' x 2' x 1^{1/2}'**
 Item Code Number: **94307**

*Cooking Required

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

THE VERSATILE SYSTEM™

ONE MONTH SERVING ONE PERSON

All Products packed in #10 cans [approximately one (1) gallon] or #2^{1/2} cans [approximately one (1) quart]

Quantities are listed under the # sign.

FD = Freeze Dried

# of cans		Servings Per Can	# of cans		Servings Per Can
ENTREES			BEANS / GRAINS / PEAS		
1	Mountain Chili	12	1	Lentils *	11
1	Spaghetti Mariana w/Mushrooms	12	1	Pasta, Instant	7
SOUPS			1	Oats, Rolled, Regular *	10
1	Alpine Minestrone Soup	20	1	Rice, White, Long *	12
BREAKFASTS			1	Wheat, Hard *	11
1	Blueberry Honey Granola with Milk	8	VEGETABLES		
1	Granola, Fat Free	30	1	Corn, Sweet, FD	55
FRUITS / DESSERTS			1	Garden Vegetables	28
1	Apples, Diced, Dehydrated	48	1	Potatoes, Mashed Instant 2 ^{1/2}	10
1	Date Pieces	28	1	Tomato Powder 2 ^{1/2} can	18
DAIRY / EGGS			MISCELLANEOUS		
1	Cheddar Cheese Powder 2 ^{1/2} can	10	1	Seasoning Blend 2 ^{1/2} can	78 teaspoons
1	Instant, Nonfat, Dry Milk Powder	10 qts per can	1	Columbian Coffee, Spray Dried	185 cups
1	Scrambling Omelet Egg Mix 2 ^{1/2} can	16 eggs			
SNACKS / READY-TO-EAT					
1	Peanut Butter 1.12 oz - 2 ^{1/2} can	9 ea per can			
1	Royal Kreem Crackers	66 ea per can			
1	Honey, Pure (5 lb)	320 teaspoons			

13

11
24

Vital Information about the system

Calories per person per day: **2625**

Total Calories: **78,756**

Number of cans : **24**

Net Weight: **55**

Storage Area (approx): **1.5' x 2' x 1^{1/4}'**

Item Code Number: **94313**

*Cooking Required

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

THE PRIMARY SYSTEM™



One Year - One Person

One Year - One Person

3 Months - One Person

Our PRIMARY SYSTEM™ has been configured to supply a balanced selection of basic, familiar foods for those in need of security, combined with ECONOMIC value.

HIGHLIGHTS

- ❑ Lowest cost per meal for quality basics
- ❑ Makes an excellent core food program on which you can build your special needs.
- ❑ Calories are derived from nutritious foods, not sugar
- ❑ A large quantity of food can be stored in a small area
- ❑ A 26% no cook feature.
- ❑ 1948+ calories per day minimum

THE PRIMARY SYSTEM™

30 DAYS SERVING ONE PERSON

All Products packed in #10 cans [approximately one (1) gallon] or #2^{1/2} cans [approximately one (1) quart as indicated]
Quantities are listed under the # sign.

FD = Freeze Dried

# of cans	Servings Per Can	# of cans	Servings Per Can
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FRUITS / DESSERTS

1	Apple, Diced, Dehydrated	2 ^{1/2} can	9
1	Blueberries, FD	2 ^{1/2} can	12 - ^{1/4} oz

2

DAIRY / EGGS / BREAKFAST

1	Instant, Nonfat, Dry Milk Powder	10 qts per can	
1	Scrambling Omelet Egg Mix*	2 ^{1/2} can	16 Eggs per can

2

VEGETABLES

1	Potatoes, Mashed Instant	2 ^{1/2} can	10
1	Vegetable Mix		32
1	Corn, FD	2 ^{1/2} can	6

3

7

BEANS / GRAINS / PEAS

1	Cornmeal *	11
1	Lentils *	11
1	Oats, Rolled, Regular	10
1	Pearled Barley *	12
1	Rice, White, Long *	12
2	Wheat, Hard *	11

7

MISCELLANEOUS

1	Honey, Pure	320 teaspoons	
1	Seasoning Blend	2 ^{1/2} can	78 teaspoons
1	Colombian Coffee, Spray Dried	185 cups	

3

10

17

Vital Information about the system

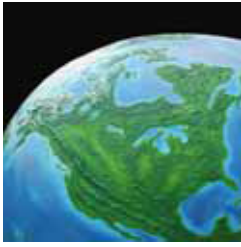
Calories per day:	2150
Total Calories:	64,507
Number of cans :	17
Approximate Net Weight:	44 lbs
Storage Area (approx):	2' x 1 ^{1/2} ' x 1'
Item Code Number:	94317

*Cooking Required

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

Primary System One Month 94317 / Revised 08/29/08



ADDITIONAL COMPONENTS

3-Day Food Pack
Beef/Poultry Module
Fruit Module

The Gourmet Reserves “3-Day Food Pack™” along with modules, and additional components can be found on the next few pages. Most of our food systems are without meat. A meat and fruit module is available to enhance your food system. These modules are balanced and nutritious. May we suggest that some of the following items be used to supplement any system: oil/shortening, beverages, dried fruit, additional freeze-dried items and spices.

ADDITIONAL COMPONENTS

3-DAY FOOD PACK – 2½ CANS

Gourmet Reserves’ “3-Day Food Pack™” offers nine great meals anywhere, anytime. Just add water and prepare each meal directly in the # 2½ can. This product can be used for outdoor adventure, emergency situations, or convenience in the kitchen.

Breakfasts

- Blueberry Honey Granola & Milk
- 5-Grain Instant Cereal
- Apple Honey Granola w/ Milk

Lunches

- Creamy Potato & Cheddar Soup
- Kernel’s Corn Chowder
- Multi Bean Soup

Dinners

- Mountain Chili
- Spaghetti Marinara
- Santa Fe Black Bean & Rice

Store in a cool, dry environment. Extended periods of heat exposure will decrease shelf life.

Net weight: 7lbs

Item Code Number: 96511

MODULES

Supplementing your system(s) has been made easier with these combined like-kind module products. These modules are conveniently packed six cans per case.

10 CAN BEEF / POULTRY MODULE

- 3 Each Beef Cooked, Diced, Freeze-dried
- 2 Each Chicken Cooked, Diced, Freeze-dried
- 1 Each Turkey Cooked, Diced, Freeze-dried

Item Code Number: 94102

2½ CAN FRUIT MODULE

1 CAN EACH OF THE FOLLOWING:

- Apples, Diced, Dehydrated
- Bananas, Sliced, Freeze-dried
- Blueberries, Whole, Freeze-dried
- Peaches, Diced, Freeze-dried
- Pineapples, Chucks, Freeze-dried

Item Code number: 96204



INDIVIDUAL ITEMS

On the next several pages we have listed all items individually including entrees, soups, breakfasts, desserts, as well as beans, grains, vegetables and other individual ingredients. You may supplement any food system with these items. Information regarding net weight, approximate servings, calories, ingredient declaration, and can size are listed for your review.

INDIVIDUAL ITEMS

ENTREES/SOUPS/BREAKFASTS/DESSERTS
“JUST ADD WATER”

The products listed in the next several pages will give you important information regarding the packaging of our entrees, soups, breakfasts and desserts. These products are prepared by “just adding water”.

Please Note: All products are packed by weight, not volume. The #10 and #2 ½ cans allow you the convenience of direct preparation in the can or the use of separate cookware.

C = Cup Servings

Item Description	Can Size	Code Number	Approx. Serv. per Can	Net Weight	Approx. Calories per Can
MEATLESS ENTREES					
Mountain Chili Savory blend of pinto beans, corn, mushrooms, and spices	#10	99101	18 - 1c	2 lbs 4oz.	3,216
Leonardo de Fettuccine Pasta, broccoli & mushrooms in a rich cream sauce	#10	99111	18 - 1c	2 lbs 1oz	4,032
Spaghetti Marinara w/ Mushrooms Pasta, tomato, mushrooms, and herbs create a traditional Italian meal	#10	99104	18 - 1c	2 lbs. 12oz	3,240
Forever Young Mac & Cheese w/ Vegetables Never grow old with our return-for-more recipe with healthy vegetables	#10	99102	13 - 1c	2 lbs. 7oz	3,700
Mushroom Pilaf w/ Vegetables A Middle-Eastern style recipe with vegetables and bell peppers	#10	99108	18 - 1c	2 lbs. 10oz	4,200
Potatoes & Cheddar w/ Chives A satisfying side dish of potatoes, cheddar cheese and chives	#10	99503	27 - 1c	2 lbs. 4oz	4,356
Santa Fe Black Beans & Rice With a zesty Southwestern flavor	#10	99112	18 - 1c	2 lbs. 7oz	3,804

SEAFOOD ENTREES

Shrimp Newburg Shrimp, pasta, and vegetables in a delicate dill sauce	#10	99201	18 - 1c	2 lbs. 4oz	3,960
Pasta Alfredo w/ Shrimp & Sun-dried Tomato Shrimp, noodles and vegetables in a sour cream sauce	#10	99202	18 - 1c	2 lbs. 1oz	3,876
Albacore Tuna w/ Noodles & Cheese An all-American favorite with noodles, cheddar cheese, tuna, and peas	#10	99204	18 - 1c	2 lbs. 1oz	3,300

Item Description	Can Size	Code Number	Approx. Serv. per Can	Net Weight	Approx. Calories per Can
CHICKEN ENTREES					
Chicken Rotelle Sour cream sauce with chicken and pasta	#10	99301	15 - 1c	2 lbs. 4oz	4,200
Sierra Chicken A creamy tomato sauce with chicken & vegetables w/ pasta	#10	99302	15 - 1c	2 lbs. 4oz	3,399
Chicken Gumbo Okra and vegetables complement rice and chicken. Very spicy!	#10	99309	15 - 1c	1 lb. 13oz	2,790
Chicken Primavera Elegant entrée of pasta, chicken, and vegetables	#10	99307	15 - 1 c	1 lb. 14oz	2,805
Kung Fu Chicken Oriental-style noodles, vegetables and chicken with a spicy fruit sauce	#10	99310	15 - 1c	2lbs. 3oz	3,492
Texas BBQ Chicken Hickory smoked barbecue sauce Mixes sweetly with white meat Chicken & rice	#10	99406	15 - 1c	2lbs. 10oz.	4,200

TURKEY ENTREES

Wild Tyme Turkey Grains, brown rice, turkey, vegetables and wild rice in a tangy sour cream sauce	#10	99401	15 - 1c	4lbs. 1oz	4,212
Teriyaki Turkey In teriyaki sauce with noodles and snow peas	#10	99403	15 - 1c	2lbs. 1oz	3,408

BEEF ENTREES

Beef Stroganoff w/ Noodles An old-world recipe of pasta, beef, mushrooms and tomatoes in a rich sour cream sauce	#10	99441	15 - 1c	2lbs. 1oz	4,092
Black Bart Chili w/ Beans Beans & beef in spicy tomato sauce	#10	99407	18 - 1c	2lbs. 4oz	3,960
Beef Rotini A zesty tomato sauce flavored with beef and vegetables with pasta	#10	99404	18 - 1c	2lbs. 7oz	4,008
Western Style Tamale Pie w/Beef Instant blue cornmeal, super sweet corn and other notable ingredients for a Tex-Mex style taste.	#10	99405	14 -1c	2lbs. 4oz	3,091

Item Description	Can Size	Code Number	Approx. Serv. per Can	Net Weight	Approx. Calories per Can
HEARTY SOUPS					
Alpine Minestrone Soup Pasta, tomatoes, beans, potatoes and vegetables	#10	99601	30 - 1c	2lbs. 3oz	3,340
Multi-Bean Soup Pinto beans, white beans, lentils, peas, carrots, onions and spices	#10	99603	30 - 1c	2lbs. 3oz	3,460
Creamy Potato Cheddar Soup A hearty & nutritious soup with potatoes, cheddar cheese, red bell peppers and green onions	#10	99701	30 - 1c	2lbs. 8oz	4,620
“Kernal’s” Corn Chowder A flavorful combination of yellow peas, corn, carrots and spices make up this thick chowder	#10	99706	18 - 1c	1lb. 8oz	2,463
“Soup-er” Split Pea Green peas & spices. This will fast become one of your favorites	#10	99704	18 - 1c	1lb. 8oz	2,502

BREAKFASTS/DESSERTS

Blueberry Honey Granola w/Milk Tart sweet blueberries enliven rolled oats, almonds, sunflower seeds, honey and milk	#10	90807	8 - 1 c	1 lb. 10oz.	2,672
Apple Almond Crisp A delicious and healthy dessert made with granola, dates, apples, honey, almonds and cinnamon	#10	99901	15 - 1c	3 lbs. 2oz.	5,060
Granola, Fat Free Our own blend of rolled wheat, rolled barley & honey	#10	90810	15 - 1c	3lbs.	4,860
5-Grain Instant Hot Cereal 5 grains, make up this instant cereal.	#10	92196	18 - 1c	3lbs. 7oz	5,302
Sweet Rice Pudding Rice with maple and spice	#10	99908	18 -1c	1lb 14oz.	4,320

BEEF/POULTRY/SEAFOOD

Beef, Diced, Cooked, FD Lean Beef	#10 #2½	92109 96100	11 - 1c 1 - 1c	1 lb. 6 oz.	2,112 792
Chicken, Diced, Cooked FD White Breast Meat	#10 #2½	92108 96102	11 - 1c 1 - 1c	1 lb. 6 oz.	2,160 810
Turkey, Diced, Cooked, FD White Breast Meat	#10 #2½	92156 96103	11 - 1c 11 -1c	1 lb 6 oz.	1,840 690
Albacore Tuna, Cooked, FD Tuna, Freeze Dried	#10 # 2½	92132 96104	11 - 1c 1 - 1c	1 lb 5 oz	527 160
BEEF/POULTRY MODULE Consists the following: 3-Beef / 2-Chicken / 1-Turkey	#10	94102	66 - 1c	6 lbs	12,496

Item Description	Can Size	Code Number	Approx. Serv. per Can	Net Weight	Approx. Calories per Can
DAIRY/EGGS					
Instant Nonfat Milk Powder	#10	92992	10 qts.	2 lbs.	3,232
Dried Milk	#2½	96311	2½ qts.	10 oz.	1,010
Scrambling & Omelet Egg Mix					
This convenient, versatile mix is the best on the market. Some cooking required.	#10	92101	88 eggs	2 lbs. 12 oz.	6,688
	#2½	96205	16 eggs	8 oz.	1,216
Scrambled Eggs, FD	#10	92183	28 eggs	14 oz.	2,422
Just add water to these cooked eggs.					
Cheddar Cheese Powder	#10	92111	18 – 1c	2 lbs. 4 oz.	6,048
Natural Color	#2½	96209	5 – 1c	10 oz.	1,680

BEANS / GRAINS / PEAS

Barley Flakes, Instant	#10	95302	19 – 1c	2 lbs.	3,192
Black Beans, Dehydrated	#10	92124	18 - 1c	2 lbs. 4 oz.	3,672
Couscous, Pre-cooked	#10	95304	36 – 1c	4 lbs. 8 oz.	7,340
Lentils, Cooked, Dehydrated	#10	95152	16 - 1c	2 lbs.	3,360
Navy Beans, Small, White Cooked, Dehydrated	#10	92125	18 – 1c	2 lbs. 4 oz.	3,303
Pasta, Instant	#10	92103	23 – 1c	1 lb. 8 oz.	2,142
Oats, Baby Flakes, Instant	#10	95305	36 – 1c	2 lbs.	3,996
Pinto Beans, Dehydrated	#10	92106	16 - 1c	2 lbs. 4 oz.	3,255
Rice, Brown, Cooked, Instant	#10	92126	10 – 1c	1 lb. 3 oz.	1,856
Rice, White, Cooked, Instant	#10	92161	16 - 1c	2 lbs.	3,232
TVP (Textured Vegetable Protein)	#10	92301	30 – 1c	2 lbs. 8 oz.	2,484
Wheat Flakes, Instant	#10	95307	20 - 1c	2 lbs. 8 oz.	3,080

VEGETABLES

Broccoli, Chopped, FD	#2½	96460	10 – 1c	5 oz.	400
Carrots, Diced, Dehydrated	#10	92104	21 - 1c	1 lb. 15 oz.	2,915
Corn, Sweet FD	#10	92105	10 – 1c	1 lb.	1,491
	#2½	96223	3 - 1c	5 oz.	426
Garden Vegetables	#10	92153	16 – 1c	1 lb. 5 oz.	2,016
Carrots, peas and corn					
Onions, Chopped Dehydrated	#10	92155	20 - 1c	1 lb. 14oz.	3,120
Peas, FD	#10	92107	10 – 1c	1 lb.	1,617
Mashed Potatoes, Instant	#10	92146	20 – 1c	1 lb.	1,596
	#2½	96229	6 - 1c	7.5oz.	760
Potatoes, Diced, Dehydrated	#10	92401	24 – 1c	2 lbs.	3,268
Tomato Flakes, Dehydrated	#10	92122	20 – 1c	1 lb. 4 oz.	1,701
Tomato Powder	#10	92110	45 – 1c sauces	3 lb. 12 oz.	5,103
Great for making home-style sauce or juice.	#2½	96333	18 – 1c sauces	14 oz.	1,191
Vegetable Mix	#10	92190	16 – 1c	1 lb. 8 oz.	2,240
A medley of carrots, peas, onions, celery, red and green bell peppers					

Item Description	Can Size	Code Number	Approx. Serv. per Can	Net Weight	Approx. Calories per Can
FRUITS					
Apple Flakes Makes great applesauce	#10	92130	18 - 1c	2 lbs. 4 oz.	3,816
Apples, Diced, Dehydrated	#10	92187	12 - 1c	1 lb. 8 oz	2,544
	#2½	96445	3 - 1c	7 oz.	477
Bananas, Sliced, FD	#2½	96448	2 - 1c	4 oz.	376
Blueberries, Whole, FD	#10	92133	7 - 1c	12 oz.	1,344
	#2½	96450	2 - 1c	3 oz.	348
Date Pieces	#10	92195	12 - 1c	3 lbs. 8 oz.	5,376
Peaches, Diced, FD	#2½	96444	2 - 1c	1.5 oz.	156
Pineapple Chunks, FD	#2½	96442	2 - 1c	3 oz.	336
Strawberries, Whole, FD	#10	92134	7 - 1c	7 oz.	672
	#2½	96447	2 - 1c	2 oz.	192
FRUIT MODULE	#2½	96204	see above	1 lb 4oz.	2,379
Contains one each of the following: Apples, Bananas, Blueberries, Peaches, Pineapple Chunks, Strawberries All Freeze-dried except the Apples (dehydrated)					

BEVERAGES/SWEETNERS/OTHER

Emergen-C by Alacer®	#10	95283	72	15 oz.	936
Gravy Mix Our own popular recipe for home-style gravy with a great country taste	#2½	96449	12 - 1c	1 lb.	1,600
Maple Syrup Granules, Pure	#10	92112	10 - 1c	3 lbs.	5,096
Pure Honey	#10	71495	33 - 1c	5 lbs.	6,480
Sea Salt	#10	95281	630 teaspoons	7 lbs.	n/a
Seasoning Blend, All-purpose	#2½	96453	varies	14 oz.	1,120
Columbian Spray-dried Coffee	#10	95282	185 cups	1 lb 7oz.	n/a

READY-TO-EAT

Cheese Spread Packed in individual foil pouches	#10	93403	25 - 1 oz. pouches	1 lbs. 5½ oz.	2,250
	#2½	96306	9 - 1 oz. pouches	9 oz.	810
Peanut Butter Packed in individual foil pouches	#10	93405	25 - 1.12 oz. pouches	1 lbs. .75oz.	4,500
	#2½	96308	9 - 1.12 oz. pouches	10oz.	1,620
Royal Kreem Crackers Nutritious, good tasting. Unsalted. Long Shelf life. Each is 3½" in diameter.	#10	91801	66 crackers per can	2 lbs	3,630

INDIVIDUAL BULK POUCH  ITEMS

Listed below are products packaged in heavy-duty foil pouches with an oxygen absorber to insure freshness.

Item Description	Weight	Code Number	Servings
DAIRY			
Cheddar Cheese Powder (GF)	8 oz.	52111	4 - ½c
Nonfat Milk Powder (GF)	12 oz.	52186	12 cups
Sour Cream Powder (GF)	8 oz.	52131	4 - ½c
GRAINS			
Brown Rice, Cooked, Instant (GF)	8 oz.	52126	8 - ½c
Pasta, Instant	8 oz.	52103	12 - ½c
White Rice, Instant (GF)	16 oz.	52161	16 - ½c
MEAT & EGGS			
Beef, Diced, Cooked, FD (GF)	8 oz.	52109	16 - ⅓c
Chicken, Diced, Cooked, FD (GF)	8 oz.	52108	16 - ⅓c
Scrambled Eggs, Cooked, FD (GF)	5 oz.	52183	10 eggs
Scrambling & Omelet Egg Mix (GF)	12 oz.	52101	24 eggs*
Turkey, Diced, Cooked, FD (GF)	8 oz.	52156	16 - ⅓c
VEGETABLES			
Broccoli, Chopped, FD (GF)	2 oz.	52184	8 - ½c
Cabbage, Diced, Dehydrated (GF)	6.5 oz.	52124	12 - ½c
Carrots, Diced, Dehydrated (GF)	12 oz.	52104	21 - ½c
Celery, Cross-Cut, Dehydrated (GF)	4 oz.	52152	14 - ½c
Corn, Sweet, FD (GF)	8 oz.	52105	11 - ½c
Garden Vegetables (GF)	8 oz.	52153	11 - ½c
Mashed Potatoes, Instant (GF)	7 oz.	52146	8 - ¾c
Onions, Chopped, Dehydrated (GF)	4 oz.	52155	12 - ½c
Peas, FD (GF)	8 oz.	52107	11 - ½c
Vegetable Mix (GF)	8 oz.	52190	12 - ½c

* Cooking Required

GENERAL INFORMATION

General information regarding food storage tips, emergency water storage, and shelf life can be found in this section.

PROPER FOOD STORAGE TIPS

It is crucial that you store food reserves properly:

- Avoid exposure to heat and moisture. Make sure foods are not accessible to insects or animals.
- Never store food directly on the ground or on concrete floors – moisture can build up inside containers.
- Avoid such storage places that experience temperature build-up such as attics, garages or car trunks. Ideally, storage for Gourmet Reserves should not exceed room temperature for extended periods.**
- Store in a location that’s accessible so that periodic inspections are easy. Rotate supplies.
- Avoid excessive and rough handling of pouch and canned foods.

ABOUT SHELF LIFE

What is the shelf life of preparedness foods? It is impossible to give a definitive answer without knowing how the foods are stored and in what containers.

Extended shelf life is primarily affected by oxygen, fat, moisture, heat and time – the lower the values the better. Excessive quantities of these elements will cause loss of nutritional value off flavors, odors, and rancidity. Handling and physical damage must also be kept to a minimum. Damage to can seams and excessive rust must be avoided. Gourmet Reserves products are sealed in heavy gauge metal cans with an oxygen absorber added.

Provided that proper storage procedures have been followed, we can offer general guidelines as to shelf life expectations of our foods. Once the foods leave our facilities we have no control over storage conditions. So be conscientious and avoid high heat, the cooler the better.

NOTE: Although it is possible that some beans, grains, and other types of food will store for long periods of time in ideal conditions, we feel it is inappropriate to promise or suggest shelf lives of any longer than fifteen years. AlpineAire Foods does its best, utilizing the latest canning techniques and oxygen absorber technology, to insure the longest possible shelf life. Because of the various factors which affect shelf life, of which we have no control, we cannot guarantee that your results will match our estimates. In order to maximize shelf life, do not expose to high or freezing temperatures for an extended amount of time.

SHELF LIFE OF GOURMET RESERVES® PRODUCTS IN PROPER STORAGE CONDITIONS

	Estimated shelf life in years
Vegetables	8-10+
Fruits.	8-10+
Meats.....	5-10+
Eggs.....	5+
Complete Entrees/Soups/Breakfasts/Desserts most recipes.....	5+
Recipes containing Shrimp, Brown Rice, Sour Cream, Tuna and Nuts.....	2-5+
Cheese Powders.....	5+
Sweeteners.....	10+
Granola.....	5+
Pasta.....	8-10+
Milk, Nonfat.....	8-10+
Beans, Textured Vegetable Protein (TVP).....	8-10+
Royal Kreem Crackers*.....	10+
Sauces and Seasonings.....	5-10+
Sprouting Seeds.....	5-10+