

Rainy Day Foods

Price List

8-2-16

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 Montpelier, Idaho 83254
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Web site at rainydayfoods.com
 E Mail: info@rainydayfoods.com
 Monday - Friday 8:00am - 5:00pm
 Find Us on Facebook and Twitter

Accepts Discover, Visa, Master Card, American Express, And Paypal

Shipping is not included in any of these prices.

Prices are Subject to Change Without Notice

Hard Red Wheat

	wt
W001 ___ Paper Hard Red 50 lbs Bag.....	15.85 50
W003 ___ Double Plastic Hard Red 50# Bag...	16.50 50
W002 ___ Double Plastic Hard Red 25# Bag....	9.00 25
W007 ___ 6 Gal Hard Red 45 lbs SP.....	24.55 48
W008 ___ Hard Red Wheat 88 oz # 10 Can.....	4.00 7
W009 ___ Hard Red Wheat # 10 Case	23.30 39

Hard White Wheat

W031 ___ Paper Hard White 50 lbs Bag.....	16.85 50
W032 ___ Double Plastic Hard White 50# Bag	17.50 50
W030 ___ Double Plastic Hard White 25# Bag.	10.00 25
W034 ___ 6 Gallon Hard White 45 lbs SP.....	25.55 48
W036 ___ Hard White Wheat 88 oz #10 Can....	5.00 7
W035 ___ Hard White Wheat #10 Case.....	24.30 39

Ingredient notes:

7 Grain Whole Hard white wheat, hard red wheat, pearl barley, brown rice, triticale, rye, millet

Ezekial Mix Red wheat, spelt, pearl barley, millet, lentils, pinto, great northern, kidney

9-Grain Cracked Cereal Red wheat, soft white wheat, pearl barley, oats, corn, millet, flax, hulled barley, and rye

6 Grain Rolled Cereal Red wheat, rye, oats, barley, sunflower seeds, white wheat

16 Bean Soup Mix Pinto, small red, small white, great northern, large lima, lentils, baby lima, yellow split, green split, large kidney, dark kidney, black eye peas, black turtle, garbanzo, pearl barley, whole green peas, pink beans

Sprouting Mix Hard Red Wheat, Hard White Wheat, Soft Wheat, Adzuki Beans, Whole Green Peas, Garbanzo Beans, Triticale, Spelt, Red Lentils, Lentils

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Quick & Easy Entree Bucket

1200 ___ 5 gal bucket of quick and easy meals to take in an emergency. May be cooked in pouch or simmered in a pan.....	157.40 16
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Large servings-1 cup and more of tasty meals that are easy to fix and easy to pack. Great for 72 hours, camping, and in times of calamity. 25 mylar bags of entrees for 82 meals making: 8 servings stroganoff pasta, 8 servings tomato basil soup, 12 servings chicken ala king rice, 24 servings potato soup, 6 servings mac & cheese, 6 servings alfredo pasta, 6 servings cheesy lasagna, 6 servings spaghetti, 6 servings teriyaki oriental rice.

Bulk Items

Most Items Packaged in Paper Bags or Boxes

Beans, Grains and Rice

A003	16 Bean Mix (17 items)® 25 lbs Bag.....	36.00
A103	16 Bean Mix 17 items) ® 50 lbs Bag.....	70.00
A001	Baby Lima Beans 25 lbs Bag.....	30.50
A098	Baby Lima Beans 50 lbs Bag.....	60.00
A014	Large Lima Beans 25 lbs Bag.....	33.50
A006	Black Eye Beans 25 lbs Bag.....	33.50
A004	Black Turtle Beans 25 lbs Bag.....	29.00
A114	Black Turtle Beans 50 lbs Bag.....	54.00
A008	Garbanzo Beans 25 lbs Bag.....	29.50
A010	Great Northern Beans 25 lbs Bag.....	38.75
A134	Great Northern Beans 50 lbs Bag.....	75.00
A012	Kidney Beans 25 lbs Bag.....	31.00
A116	Kidney Beans 50 lbs Bag.....	60.00
A015	Lentils 25 lbs Bag.....	20.20
A105	Lentils 50 lbs Bag.....	39.00
A066	Red Lentils 25 lbs Bag.....	29.75
A018	Pink Beans 25 lbs Bag.....	28.50
A020	Pinto Beans 25 lbs Bag.....	25.50
A135	Pinto Beans 50 lbs Bag.....	49.00
A024	Small Red Beans 25 lbs Bag.....	25.00
A136	Small Red Beans 50 lbs Bag.....	47.50
A022	Small White Navy Beans 25 lbs Bag.....	29.00
A137	Small White Navy Beans 50 lbs Bag.....	56.00
A026	Soy Beans 25 lbs Bag.....	22.50
A027	Soy Beans 50 lbs Bag.....	37.50
A028	Split Green Peas 25 lbs Bag.....	21.00
A139	Split Green Peas 50 lbs Bag.....	38.00
A030	Split Yellow Peas 25 lbs Bag.....	17.00
A064	Whole Green Peas 25 lbs Bag.....	19.00
A112	Whole Green Peas 50 lbs Bag.....	33.00
A031	7 Grain Mix (whole)① 25 lbs Bag.....	20.50
A057	Pearl Barley 25 lbs Bag.....	20.00
A059	Hulled Buckwheat 25 lbs Bag.....	41.20
A138	Hulled Buckwheat 50 lbs.....	77.00
B043	Ezekial Mix ③ 25 lbs Bag.....	24.00
A062	Cracked Wheat 50 lbs Bag.....	31.90
A063	Durum Wheat (for pasta) 25 lbs Bag.....	19.00
B007	Soft Wheat (for pastries) 50 lbs Bag.....	23.25
A067	Hulled Millet 50 lbs Bag.....	44.50
A069	Oat Groats 25 lbs Bag.....	16.00
A080	Oat Groats 50 lbs Bag.....	25.00
A078	Rye 50 lbs Bag.....	29.50
B038	Triticale 50 lbs Bag.....	28.00
U032	Flax 5 lbs Bag.....	9.00
B040	Flax 25 lbs Bag.....	19.25
B079	Flax 50 lbs Bag.....	31.50
U193	Golden Flax 5 lbs Bag.....	12.00
B078	Golden Flax 25 lbs Bag.....	31.00
B080	Golden Flax 50 lbs Bag.....	56.00
A070	Popcorn Yellow 50 lbs Bag.....	34.50
A033	Par Boiled Rice 25 lbs Bag.....	18.00
A133	Par Boiled Rice 50 lbs Bag.....	36.00
A071	White Rice (long) 25 lbs Bag.....	13.75
A072	White Basmati Rice 25lbs Bag.....	43.50
A073	Brown Rice (long) 25 lbs Bag.....	19.95

B001	Cornmeal, yellow 50 lbs Bag.....	20.00
A075	6 Grain Rolled ⑤ 50 lbs Bag.....	31.50
A061	9 Grain Cracked Cereal ④ 50 lbs Bag.....	30.90
B010	Germade Cereal 50 lbs Bag.....	22.00
B075	Granola (Super Nutty) 25 lb Box.....	58.95
B081	French Van. Almond Granola 25lb Box....	64.99
A083	Quick Rolled Oats 25 lbs Bag.....	15.95
A076	Quick Rolled Oats 50 lbs Bag.....	26.00
A084	Regular Rolled Oats 25 lbs Bag.....	15.95
A077	Regular Rolled Oats 50 lbs Bag.....	26.00

Cooking Supplies

P005	Baking Soda 50 lbs Bag.....	27.00
B003	Clear Jel Instant (cold) 25 lbs Bag.....	70.00
B085	Clear Jel Regular (hot) 25 lbs Bag.....	56.00
P006	Cornstarch 50 lbs Bag.....	36.00
N006	Dough Enhancer Natural 20 oz Can.....	7.50
B057	Lecithin (liquid) 41 lbs Bucket.....	56.00
B073	Lecithin Powder 1.5# Bag.....	10.25
B070	Iodized Salt 25 lbs Bag.....	7.00
O090	Real Salt 25 lbs bag.....	77.00
O096	Real Salt Pouch Case (12-26 oz) (26#)...	91.50
B071	Vital Wheat Gluten 5 lbs Bag.....	11.00
P004	Vital Wheat Gluten 50 lbs Bag.....	77.50
N012	Yeast Package - Saf-Instant 1 lb.....	3.90
N016	Yeast Case-20 package Saf-Instant Yeast....	75.00

Dairy and Eggs

P012	Instant Milk (non-fat-66 gal) 50 lbs Bag..	141.00
P011	Regular Milk (non-fat-63 gal) 50 lb Bag..	113.00
L053	Butter Powder 50 lbs Bag.....	311.00
B011	Buttermilk Powder 50 lbs Bag.....	114.00
L054	Cheese Blend 50 lbs Bag.....	216.00
L059	Cheddar Cheese Powder 50 lbs Bag.....	367.00
L058	Margarine 50 lbs Bag.....	130.00
L062	Shortening Powder 50 lbs Bag.....	136.00
P055	Sour Cream Powder 50 lbs Bag.....	310.00

Drinks

P002	Hot Cocoa (add water) 25 lbs Bag.....	62.00
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Flour

B004	All Purpose Flour 50 lbs Bag.....	20.00
B005	Bakers Flour High-Protein 50 lbs Bag.....	21.00
B006	Unbleached Flour 50 lbs Bag.....	20.00
B008	Whole Wheat Flour (100%) 25 lbs Bag....	10.50

Fruits (● Imitation flavoring)

L033	Apple Slices 15 lbs Box.....	110.00
L034	Applesauce 35 lbs Box.....	289.45
L035	Banana Slices 14 lbs Box.....	23.00
L037	Peach flavored Apple Flakes 30# Bx●.....	176.75
L038	Strawberry flavored Apple Flakes 30# Box●	179.85
L040	Golden Raisins 40 lbs Box.....	244.75
B065	Raisins (fresh) 10 lbs Box.....	20.00
P001	Raisins (fresh) 30 lbs Box.....	50.00

Imitation Meat Flavor Textured Vegetable Protein

L063	Bacon Flavored Bits 25 lbs Box.....	42.00
L064	Beef Flavored Bits 25 lbs Box.....	47.50
L065	Chicken Flavored Bits 25 lbs Box.....	47.50
L078	Ham Flavored Bits 25 lbs Box.....	81.00
L071	Sausage Flavored Bits 25 lbs Box.....	59.00
L066	Taco Flavored Bits 25 lbs Box.....	52.50

Mixes, Meals and Soup (** complete)

P069	Basic Muffin Mix ** 30 lbs Bag.....	42.75
P075	Corn Muffin Mix ** 30 lbs Bag.....	43.50
P023	Buttermilk Pancake Mix ** 25 lbs Bag.....	25.00
P029	Buttermilk Biscuit Mix 25 lbs Bag.....	26.55
P084	Hearty Wheat Bread Mix 25# Bag.....	20.60
P086	Bakers Complete White Cake 25# Bag.....	36.60
P087	Bakers Complete Chocolate Cake 25# ..	44.00
P088	Save Time White Bread Mix 25# Bag.....	27.75
P020	Brownie Mix ** 25 lbs Bag.....	35.00
L013	Vegetable Stew Blend 30 lbs Box.....	131.00
P030	Refried Beans 35 lbs Bag.....	50.55

Pasta

B059	Elbow Macaroni 20 lbs Box.....	27.00
B062	Curly Egg Noodles 10 lbs Box.....	17.00
B067	Spaghetti Long 20 lbs Box.....	27.00
B063	Whole Wheat Macaroni 20 lb Box.....	29.50
B064	Whole Wheat Spaghetti 20 lb Box.....	29.50

Sugar, Honey and Molasses

P008	Case 6-5 lb pails Creamy Honey (whipped).	107.00
P009	Case 6-5 lb pails Cox Grade A Liquid Honey	99.50
P007	Honey 45# Bucket Grade A Clover.....	110.50
P010	Bucket Molasses (sweet-unsulfured) 59 lbs.	57.00
P016	Brown Sugar 25 lbs Bag.....	26.00
P116	Brown Sugar 50 lbs Bag.....	50.15
P017	Powdered Sugar 25 lbs Bag.....	30.50

Buckets of Molasses, Honey and Lecithin cannot be shipped by UPS.

Vegetables

There will be times that the weights of some of the boxes will not be as listed. When this happens we will make adjustments in the prices of those products.

L001	Broccoli 15 lbs Box.....	118.90
L016	Cabbage 15 lbs Box.....	81.65
L003	Carrot Dices 20 lbs Box.....	71.00
L015	Celery 10 lbs Box.....	58.00
L002	Corn, Sweet 20 lbs Box.....	108.10
L004	Green Beans 13 lb Box.....	95.70
L007	Mushrooms 5 lbs Box.....	101.00
L008	Onions, Chopped 15 lbs Box.....	50.80
L005	Garden Peas, Sweet 25 lbs Box.....	123.00
L017	Peppers-Mixed (red and green) 15# Box...	101.00
L009	Potato Dices 45 lbs Bag.....	74.00
L010	Potato Flakes 40 lbs Bag.....	50.00
L014	Potato Granules 50 lbs Bag.....	62.00
L006	Potato Hashbrowns 30 lbs Box.....	61.25
L076	Potato Butter Bits 40 lbs Box.....	90.00
L011	Potato Slices 25 lbs Bag.....	47.00
L046	Spinach Flakes 5 lbs Box.....	30.00
L020	Sweet Potato Dices 25 lbs Box.....	78.00
L012	Tomato Powder 55 lbs Box.....	228.00

Sprouting

Sprout Master -Seed Sprouters

N020	Single Kit-2 lids.....	16.00	1
N021	Triple Kit (stackable)-4 lids.....	41.75	3
N022	Triple Mini Kit (stackable)-4 lids.....	26.25	1

Sprouting Mix ⑦

Q011	Sprouting Mix 1.5 lbs.....	5.25	2
Q012	Sprouting Mix 5 lbs.....	11.00	5

Sprouting Seed: Packed in Foil Metal Bags

Q001	Alfalfa 1.5 lbs.....	8.50	2
Q006	Lentils 1.5 lbs.....	4.55	2
Q004	Garbanzo Beans 1.5 lbs.....	4.00	2
Q003	Whole Peas 1.5 lbs.....	4.00	2
Q005	Soybeans 1.5 lbs.....	4.00	2
Q002	Triticale 1.5 lbs.....	4.50	2
Q054	Adzuki Beans 1.5 lbs.....	6.50	2
Q008	7 metal bags of above.....	33.00	14

Special Sprouting Seed

Q016	Broccoli 1.5 lbs.....	13.70	2
Q017	Radish 1.5 lbs.....	9.50	2

Alfalfa Sprouting Seed

A052	Alfalfa 5 lb bag.....	20.55	5
A054	Alfalfa 25 lb bag.....	88.00	25
V001	Alfalfa 45 lb 6 gal RB.....	153.00	48
Y001	Alfalfa 45 lbs 6 gal SP.....	155.00	48
K003	Alfalfa 88oz #10 can.....	32.00	7
U037	Alfalfa 20oz #2.5 can.....	10.50	2

Natural Sprouting Seed

1.5 lbs Mylar Bags are Zip Lock

Q007	Natural Adzuki Beans 1.5 lbs.....	7.50	2
Q050	Natural Black Turtle Beans 1.5 lbs.....	9.65	2
Q052	Natural Hulled Buckwheat 1.5 lbs.....	6.15	2
Q053	Natural Kamut 1.5 lbs.....	5.95	2
Q056	Natural Soybeans 1.5 lbs.....	6.15	2
Q055	Natural Spelt 1.5 lbs.....	5.95	2
Q051	Natural Hard Red Wheat 1.5 lbs.....	5.40	2
Q057	Case of 7 Bags above.....	39.45	14

- 3 -Prices are Subject to Change Without Notice

6 Gallon Superpail Buckets-SP

*SP is a 6 gallon heavy plastic bucket with a metalized non-porous bag. The bag is filled with product and oxygen absorbers to remove oxygen leaving nitrogen. The bag is heat sealed, the bucket is sealed with a silicone ringed lid. This bag prevents light or moisture from the product.

Beans, Grains and Dehydrated Items

		wt
E002	16 Bean Mix (17 items)®	42 lbs.....71.00 45
E001	Baby Lima Beans	43 lbs.....66.50 46
E003	Black Turtle Beans	42 lbs.....58.00 45
E004	Black Eye Beans	38 lbs.....61.50 41
E005	Garbanzo Beans	40 lbs.....56.50 43
E006	Great Northern Beans	42 lbs.....75.50 45
E007	Kidney Beans	40 lbs.....62.50 43
E042	Lentils	43 lbs.....50.50 46
E009	Pink Beans	41 lbs.....56.00 44
E010	Pinto Beans	41 lbs.....52.00 44
E011	Small Red Beans	41 lbs.....51.50 44
E012	Small Whites Beans	45 lbs.....65.50 48
E013	Soy Beans	40 lbs.....42.00 43
E055	Split Green Peas	45 lbs.....43.50 48
E041	Whole Green Peas	42 lbs.....36.50 45
E035	Pearl Barley	44 lbs.....43.50 47
E036	Hulled Buckwheat	42 lbs.....80.00 45
E066	7 Grain Mix (whole)①	42 lbs.....43.00 45
E038	9 Grain Cracked Cereal④	38 lbs....36.50 41
E039	Cracked Wheat	35 lbs.....36.00 38
E040	Durum Wheat (for pasta)	42 lbs.....40.50 45
E043	Hulled Millet	43 lbs.....52.25 46
E070	Ezekial Mix③	40 lbs.....46.75 43
E045	Oat Groats	42 lbs.....37.50 45
E046	Popcorn Yellow	45 lbs.....44.50 48
E067	Par Boiled Rice	42 lbs.....43.50 45
E048	White Rice (long)	44 lbs.....36.50 47
E047	Brown Rice (long)	43 lbs.....43.00 46
E053	White Basmati Rice	44 lbs.....86.95 47
E049	6 Grain Rolled Cereal ⑤	25 lbs.....28.50 28
E050	Quick Rolled Oats,	23 lbs.....27.10 26
E051	Regular Rolled Oats	25 lbs.....27.10 28
E091	Granola (Super Nutty)	25 lbs.....70.95 28
E052	Rye	42 lbs.....38.00 45
E073	Cornmeal	40 lbs.....29.25 43
E078	Soft Wheat (for pastries)	45 lbs.....30.75 48
E079	Germade Cereal	38 lbs.....30.50 41
E056	Triticale	40 lbs.....36.00 43
E064	Flax	38 lbs.....39.00 41
E101	Golden Flax	38 lbs.....47.25 41
E080	Elbow Macaroni	25 lbs.....47.00 28
E083	Curly Egg Noodles	10 lbs.....30.00 13
E084	Spaghetti	36 lbs.....60.50 39
E085	Whole Wheat Macaroni	20 lbs.....50.00 23
E086	Whole Wheat Spaghetti	36 lbs.....66.50 39
E075	All Purpose Flour	40 lbs.....29.00 43
E057	Bakers Flour (Hi-protein)	40 lbs.....30.50 43
E076	Unbleached Flour	40 lbs.....29.00 43
E055	Split Green Peas	45 lbs.....43.50 48
E041	Whole Green Peas	42 lbs.....36.50 45
E035	Pearl Barley	44 lbs.....43.50 47

E036	Hulled Buckwheat	42 lbs.....80.00 45
E077	Whole Wheat Flour	40 lbs.....29.00 43
E088	Brown Sugar	45 lbs.....64.00 48
E089	Powdered Sugar	40 lbs.....62.00 43
Y013	White Sugar	45 lbs.....58.55 48
E092	Refried Beans	20 lbs.....46.50 23

Cooking Supplies

E090	Iodized Salt	50 lbs.....26.50 53
O092	Real Salt	50 lbs SP.....164.00 53

Dairy

Y004	Milk, instant (non-fat)	30 lbs.....96.00 33
Y005	Milk, regular (non-fat)	35 lbs.....102.40 38

Drinks

Y003	Hot Cocoa (add water)	35 lbs.....92.00 38
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Fruits

F033	Apple Slices	8 lbs.....80.05 13
F035	Banana Slices	14 lbs.....35.00 17

Imitation Meat Flavor Textured Vegetable Protein

F072	Bacon flavored Bits	18 lbs.....43.30 21
F073	Beef flavored Bits	23 lbs.....56.60 26
F074	Chicken flavored Bits	18 lbs.....48.70 21
F057	Sausage flavored Bits	20 lbs.....59.50 23
F075	Taco flavored Bits	25 lbs.....65.55 28

Mixes (**complete)

Y011	Buttermilk Pancake Mix **	25 lbs.....38.20 28
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Vegetables

F001	Broccoli	10 lbs.....93.70 13
F002	Carrot Dices	20 lbs.....83.75 23
F003	Corn, Super Sweet	20 lbs.....118.40 23
F004	Garden Peas, Sweet	25 lbs.....135.85 28
F005	Green Beans	10 lbs.....85.65 13
F007	Chopped Onions	16 lbs.....56.90 19
F008	Potato Dices	16 lbs.....39.25 19
F009	Potato Flakes	15 lbs.....32.25 18
F013	Potato Granules	45 lbs.....66.35 48
F006	Potato Hash browns	15 lbs.....51.85 18
E110	Potato Butter Bits	25 lbs.....66.70 28
F010	Potato Slices	10 lbs.....33.70 13
F012	Vegetable Stew Blend	15 lbs.....82.30 18

Note: Due to elevation and/or temperature changes, buckets may be concave or convex upon arrival, normally this is not a problem.

Natural Foods

Hard Red Wheat

		wt
O001__ Natural Hard Red 25 lbs Dbl Plastic ...	24.20	25
O003__ Natural Hard Red 50 lbs Dbl Plastic ...	42.75	50
O002__ Natural Hard Red 50 lbs Paper bag....	42.25	50
O005__ Natural Hard Red Wheat 45 lbs SP....	52.50	48
O006__ Natural Hard Red Wheat 88oz #10	7.75	7
O007__ Natural Hard Red Wheat #10 case.....	44.30	39

Hard White Wheat

O008__ Natural Hard White 50 lbs Paper bag.	42.25	50
O010__ Natural Hard White Wheat 45 lbs SP..	52.50	48
O011__ Natural Hard White Wheat 88oz #10 ...	7.75	7
O012__ Natural Hard White Wheat #10 case....	44.30	39

Pinto Beans

O070__ Natural Pinto Beans 25 lbs bag.....	43.70	25
O072__ Natural Pinto Beans 41 lbs SP.....	82.15	44

Small White Beans

O074__ Natural Small White 25 lbs bag.....	41.30	25
O076__ Natural Small White 45 lbs SP.....	83.85	48

Small Red Beans

O078__ Natural Small Red Beans 25 lbs bag.....	43.65	25
O080__ Natural Small Red Beans 41 lbs SP.....	83.60	44

Soybeans

O082__ Natural Soybeans 25 lbs bag.....	35.90	25
O084__ Natural Soybeans 40 lbs SP.....	75.45	43

Oat Groats

O014__ Natural Oat Groats 25 lbs bag.....	33.20	25
O017__ Natural Oat Groats 50 lbs bag.....	61.40	50
O016__ Natural Oat Groats 42 lbs SP.....	63.20	45

Rolled Oats-Regular

O020__ Natural Regular Oats 50 lbs bag.....	53.30	50
O022__ Natural Regular Oats 25 lbs SP.....	43.90	28

Rolled Oats-Quick

O024__ Natural Quick Oats 50 lbs bag.....	53.30	50
O026__ Natural Quick Oats 23 lbs SP.....	43.90	26

Hulled Millet

O030__ Natural Hulled Millet 25 lbs bag.....	31.00	25
O032__ Natural Hulled Millet 43 lbs SP.....	65.50	46

Brown Rice-Long

O100__ Natural Brown Rice 25 lbs bag.....	34.60	25
O102__ Natural Brown Rice 43 lbs SP.....	72.20	46

Hulled Buckwheat

O034__ Natural Hulled Buckwheat 25# bag.....	44.65	25
O035__ Natural Hulled Buckwheat 50# bag.....	83.40	50
O037__ Natural Hulled Buckwheat 42# SP.....	84.25	45
O038__ Natural Hulled Buckwheat 85oz can....	15.00	6

Kamut®

O039__ Natural Kamut® 25 lbs bag.....	33.50	25
O040__ Natural Kamut® 50 lbs bag.....	60.00	50
O042__ Natural Kamut® 42 lbs SP.....	68.75	45
O043__ Natural Kamut® 85oz #10 can.....	10.30	6

Quinoa

O044__ Natural Quinoa 25 lbs bag.....	160.00	25
O046__ Natural Quinoa 42 lbs SP.....	305.00	45
O047__ Natural Quinoa 85oz #10 can.....	40.00	7

Amaranth

O048__ Natural Amaranth 25 lbs bag.....	57.00	25
O051__ Natural Amaranth 45 lbs SP.....	109.15	48
O052__ Natural Amaranth 88oz #10 can.....	23.00	7

Spelt

O053__ Natural Spelt 25 lbs bag.....	49.95	25
O054__ Natural Spelt 50 lbs bag.....	99.95	50
O056__ Natural Spelt 42 lbs SP.....	99.45	45
O057__ Natural Spelt 85oz #10 can.....	14.95	6

Golden Flax

O060__ Natural Golden Flax 5 lbs bag.....	16.75	5
O061__ Natural Golden Flax 25 lbs bag.....	64.90	25
O059__ Natural Golden Flax 38 lbs SP.....	114.00	41

Adzuki Beans-domestic

O062__ Natural Adzuki Domestic 25# bag.....	55.00	25
O064__ Natural Adzuki Domestic 45# SP....	107.65	48
O065__ Natural Adzuki Domestic 84 oz #10 ..	20.00	6

Black Turtle Beans

O097__ Natural Black Turtle 25# bag.....	45.15	25
O099__ Natural Black Turtle 42# SP.....	80.20	45

Books

wt

X031	Country Bean Cookbook.....	13.95	1
Q061	Dinner is in the Jar.....	14.95	1
Q037	Eating Off The Grid Cookbook.....	15.95	1
Q058	Emergency Food in a Nutshell.....	19.95	1
Q060	Grandma's Modern Inflation Fighters..	15.95	1
X023	Herbs to the Rescue-Cookbook.....	5.95	1
X038	Instant Delight-Clear Gel Recipe	5.95	1
Q059	Made Simple	17.95	1
Q030	Marlene's Magic Cookbook.....	16.95	1
Q039	Mix A Meal Cookbook.....	14.95	1
X039	Natural Meals in Minutes Cookbook....	14.95	1
X044	The Amazing Wheat Cookbook.....	15.95	1
Q031	The New Cooking with Home Storage. ...	14.95	1
X045	The New Passport To Survival	15.95	1
Q036	Emergency Food Storage & Survival Bk .	14.95	1
X048	Cooking with Chef Brad- Those Wonderful Grains.....	17.95	1
X047	Cooking with Chef Brad- Whole Grain Comfort Foods.....	14.95	1
X046	The Art of Baking with Natural Yeast...	18.95	1
Q029	You Can Have Your Food Storage And Eat It Too.....	16.95	1

Emergency Kits

S005	Deluxe 2 Person 72-Hour Kit.....	339.00	24
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A 72-hour emergency kit that addresses 3 vital areas in an emergency situation.
First shelter, second cooking and heating and third personal comfort.

Included in this kit are a 1 Heavy duty 24" backpack 1 2-person Dome Tent (shock-corded poles, stakes, and rainfly), 1 Tri-Fold Camp Shovel with saw, 1 50 ft nylon cord, 2 Carbon Filter Dust masks, 2 LED Headlamps, 2 36-hr Survival Candles, 2 Pair of work gloves, 5 pkgs hand warmers, 2 Emergency Sleeping Bags, 1 Camp Chef Stryker Stove (propane is not included), 2 1 3/4 cup Cooking Pots, 2 Multi-tools with fork, knife, and spoon, 1 emergency whistle, 1 Trek 2 First Aid Kit, 1 Bottle of hand sanitizer, 1 Package of tissues, 1 Pair of latex gloves, 1 LifeStraw personal water filter, 2 Nylon rain ponchos, 2 Mountain House 3 Day Emergency Food Supply Kits (20 Servings of Breakfast Lunch & Dinner), 1 Esky Solar Hand Crank Self Powered Emergency Radio with LED Flashlight and 1000mAh Power Bank

Candles

X028	Candle Survival 36 hour w/matches.....	5.10	
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Vitamins, Balm, Emergency Supplies

wt

AA07	Bag Balm.....	8.15	1
Q023	Emergency Thermal Space Blanket.....	2.75	1
	USA made - foil material - reusable		
Q025	Hand Warmers single package.....	75	1
	(up to 6 hrs heat each)		
Q026	Hand Warmers case (60 Pkg).....	29.80	4
Q038	Pocket Size Sleeping Bag 36"x84".....	4.40	1
Q040	Super Spectrim Vitamin 90 tablets.....	17.75	1

Water Storage Solutions

wt

I050	Aerobic-stabilized oxygen 2oz	19.20	1
	Non-toxic-tasteless - Dropper bottle		
	Approx 1260 drops per bottle		
	E.D. Goodloe's Authentic Formula		
N013	Water Purification Coghan's Tablets ...	5.50	1
	50 tablets - Treats 6.25 gallons (2 Tablets per 1 Quart water)		
P070	First Need Water Purifier.....	85.50	3
P071	First Need Replacement Canister.....	42.20	1
N014	Square 5 gal Blue Water Drum.....	12.60	3
N010	Poly Water Drum-blue 15 gal.....	35.40	8
N011	Poly Water Drum-blue 55 gal.....	50.00	22
N001	Drum Pump #330 adjustable.....	13.90	1
N030	Siphon Pump.....	11.40	1
N002	Flo-Rite Spigot 3/4".....	2.00	1
P093	Water Basics Pump & Filter Kit.....	49.95	1
P094	Water Basics Replacement Filter.....	29.95	1

Military Ready-To-Eat Meals

M015	Package Full Meal MRE	8.00	2
M016	Case-12 Packages Full Meal MRE...	85.00	24

Due to the increase in military activity and demand for MREs, we are only able to stock the full meals. The meals come in a variety in a case and we cannot tell you what will be in the case or what you will get if you order a single one. We apologize for this inconvenience.

Alpaca Stoves

X035	Alpaca Kerosene Cook Stove 8500 BTU. .	96.00	16
X036	Alpaca 7 wick Replacement	8.75	1

H034	Bosch Meat Grinder.....	146.00	5
H038	Bosch Bowl Scraper.....	17.80	1

Buckets, Containers and Packaging Supplies

B074	Mixing Pitcher 2 Quart.....	6.75	1
N007	4.25 gallon plastic bucket-gasket lid....	6.70	2
N008	5 gallon plastic bucket-gasket lid.....	7.80	3
N009	6 gallon plastic bucket-gasket lid.....	9.00	3
N003	Deluxe Lid Remover & Bung Nut Wrench	13.00	1
N029	Standard Lid Remover.....	9.75	1
Gamma Seal Lids - Air tight-Screws on and off			
Reusable FDA Food Grade Colors			
I080	Gamma Seal Lid-White each lid.....	8.75	2
I081	Gamma Seal Lid Red each lid.....	8.75	2
I082	Gamma Seal Lid Blue each lid.....	8.75	2
I128	Gamma Seal Lid Black each lid.....	8.75	2
I084	Gamma Seal Lid-Yellow each lid.....	8.75	2
I083	Gamma Seal Lid-Orange each lid.....	8.75	2
K085	Plastic Lid for #10 can.....	50	.5
K185	Plastic Lid for #2.5can.....	40	.5
P039	Plastic Lids 549 per box for #10 cans..	65.00	30
P043	Cans #10 w/metal lids 476 (1 pallet).	593.25	225
P121	Can #10 w/metal lid.....	2.00	1
P056	Box for 2 #10 Cans.....	1.30	1
P057	Box for 4 #10 Cans.....	1.60	1
P042	Box for 6 #10 Cans.....	1.85	1
P058	Box for 6 #2.5 Cans.....	1.30	1
P120	Box for 6 Gallon Bucket.....	2.35	1
P049	Oxygen Absorbers Z300 (100 per bag).	16.20	2
P041	Oxygen Absorbers Z500 (100 per bag).	19.40	2
F015	20" x 30" Mylar.....	2.10	1
F016	20" x 29" Mylar with zip lock.....	4.20	1
F018	Blue 10.5" x 17.5" Mylar with zip lock.	1.30	1
F085	Red 6.5"x 10.5" Mylar with zip lock.....	1.10	1
F021	Clear Poly Bag 13.5"x 5.25"x 34"	1.00	1
F022	Clear Poly Bag 11"x 4"x 27"	1.00	1

Grinders, Bosch and Accessories

X024	Victorio Grinder Hand Mill.....	68.30	3
X040	The Kitchen Mill Grinder electric.....	185.00	8
X091	Wonder Mill-electric.....	269.95	15
X026	Wonder Mill Junior (Deluxe) manual....	219.95	15
Z011	Country Living Mill hand-electric.....	429.00	15
(designed to be motorized-you supply slow RPM motor-belt-pulley)			
Z012	Country Living Extra set Burrs.....	112.50	5
Z013	Country Living Power Bar Extension..	26.75	3
(Converts 12" Flywheel to 19 inches)			
Z014	Country Living Bean Auger Assembly	38.30	3
Z015	Country Living Clear Flour Bin w/lid....	25.70	3
H030	Bosch Universal Kitchen Machine....	420.00	18
H031	Bosch Slicer-Shredder.....	120.00	5
H036	Bosch Cookie Paddle.....	23.00	1
H032	Bosch Batter Whisks (set).....	14.00	1
H033	Bosch Wire Whips (set).....	14.00	1

Specialty Packages

U060	SOUP STARTER PAK	60.50	9
1 #2.5 Tomato		1 #2.5 Celery	
1 #2.5 Chicken Bouillon		1 #2.5 Onions	
1 #2.5 Beef Bouillon		1 #2.5 Peppers	
U061	FRUIT PAK	56.20	6
1 #2.5 Apple Slices		1 #2.5 Fruit Mix	
1 #2.5 Strawberry Apple Flakes		1 #2.5 Bananas	
1 #2.5 Peach Apple Flakes		1 #2.5 Applesauce	
U066	BEGINNER VEGETABLE PAK	50.92	7
1-#2.5 Sweet Corn		1-#2.5 Garden Peas	
1-#2.5 Carrots		1-#2.5 Green Beans	
1-#2.5 Broccoli		1-#2.5 Potato Dices	
U067	IMITATION MEAT TRIAL PAK	39.65	7
1-#2.5 Bacon Bits		1-#2.5 Beef Bits	
1-#2.5 Chicken Bits		1-#2.5 Taco Bits	
1-#2.5 Sausage Bits		1-#2.5 Ham Bits	
U192	SPICE PAK	70.45	8
1 #2.5 Ground Pepper		1 #2.5 Iodized Salt	
1 #2.5 Cinnamon		1 #2.5 Chili Blend	
1 #2.5 Garlic Granules		1 #2.5 Pizza Blend	
U076	SEASONING/SAUCE PAK	63.70	12
1 #2.5 Taco Seasoning		1 #2.5 Alfredo Sauce	
1 #2.5 Spaghetti Sauce		1 #2.5 Enchilada Sauce	
1 #2.5 Lasagna Sauce		1 #2.5 Teriyaki Sauce	
U077	GRAVY PAK	61.85	12
1 #2.5 Chicken Gravy		1 #2.5 Brown Gravy	
1 #2.5 White Cream Sauce		1 #2.5 Turkey Gravy	
1 #2.5 Stroganoff Gravy		1 #2.5 Pork Gravy	
U079	GRAIN PAK	95.50	40
1 #10 Buckwheat		1 #10 Spelt	
1 #10 Amaranth		1 #10 Hard Red Wheat	
1 #10 Kamut		1 #10 Hard White Wheat	

Freeze Dried Paks

U063	Freeze Dried Cheese Pak.....	60.55	12
1 #2.5 Sharp Cheddar		1 #2.5 Mozzarella	
1 #2.5 Monterey Jack		1 #2.5 Colby	
U068	Freeze Dried Vegetable Pak.....	50.30	13
1 #2.5 Broccoli		1 #2.5 Sweet Corn	
1 #2.5 Cauliflower		1 #2.5 Asparagus	
1 #2.5 Garden Peas		1 #2.5 Green Beans	
U069	Freeze Dried Fruit Pak.....	66.00	6
1 #2.5 Bananas		1 #2.5 Mango	
1 #2.5 Blueberries		1 #2.5 Pineapple	
1 #2.5 Blackberries		1 #2.5 Strawberries	

#10 CANS and CASES

One Z500 Oxygen Absorber packet to each can. (6 #10 size enameled cans to a case). Price includes 1 plastic lid per can

VEGETABLES

	wt
I001 __ Broccoli 27oz.....	22.00 3
I002 __ Broccoli Case.....	128.00 16
I031 __ Cabbage 22oz.....	14.35 4
I032 __ Cabbage Case.....	83.00 20
I003 __ Carrot Dices 38oz.....	16.50 4
I004 __ Carrot Dices Case.....	96.00 20
I029 __ Celery 18oz.....	13.95 2
I030 __ Celery Case.....	80.50 13
I005 __ Corn, Super Sweet 40oz.....	22.75 4
I006 __ Corn, Super Sweet Case.....	133.50 20
I007 __ Garden Peas, sweet 49oz.....	25.75 4
I008 __ Garden Peas, sweet Case.....	151.00 24
I009 __ Green Beans 20oz.....	17.75 3
I010 __ Green Beans Case.....	101.00 15
I013 __ Mushroom Slices 9oz.....	20.25 2
I014 __ Mushroom Slices Case.....	118.25 10
I015 __ Onions Chopped 40oz.....	13.45 4
I016 __ Onions Chopped Case.....	77.50 21
I033 __ Peppers-Mixed (red & green) 20oz.....	16.75 3
I034 __ Peppers-Mixed (red & green) Case.....	97.50 14
I017 __ Potato Dices 36oz.....	10.25 4
I018 __ Potato Dices Case.....	58.00 20
I019 __ Potato Flakes 30oz.....	8.85 3
I020 __ Potato Flakes Case.....	50.00 17
I021 __ Potato Granules 88oz.....	13.40 7
I022 __ Potato Granules Case.....	77.00 39
I011 __ Potato-Hash browns 27oz.....	10.25 3
I012 __ Potato-Hash browns Case.....	57.25 16
I122 __ Potato Butter Bits 48 oz.....	14.95 4
I123 __ Potato Butter Bits Case.....	86.50 24
I023 __ Potato Slices 20oz.....	8.50 3
I024 __ Potato Slices Case.....	48.00 14
I064 __ Spinach Flakes 12oz.....	11.25 1
I110 __ Spinach Flakes Case.....	64.00 8
I072 __ Sweet Potato Dices 44 oz.....	16.75 4
I108 __ Sweet Potato Dices Case.....	97.25 23
I025 __ Tomato Powder 68oz.....	29.90 6
I026 __ Tomato Powder Case.....	162.35 32
I027 __ Vegetable Stew Blend 33oz.....	17.20 3
I028 __ Vegetable Stew Blend Case.....	99.00 18

FRUITS (1 Imitation flavoring)

I051 __ Apple Slices 17oz.....	15.65 3
I052 __ Apple Slices Case.....	89.00 14
I053 __ Applesauce 44oz.....	31.00 4
I054 __ Applesauce Case.....	183.00 23
I055 __ Banana Slices 36oz.....	9.75 3
I056 __ Banana Slices Case.....	55.50 19
I057 __ Fruit Mix 44oz.....	44.60 4
I059 __ Peach Flavored Apple Flakes 40oz 1.....	26.00 4
I060 __ Peach Flavored Apple Flakes Case 1.....	142.00 21
I065 __ Strawberry Flavored Apple Flakes 40oz 1.....	26.00 4

I066 __ Strawberry Flavored Apple Flakes Case 1.....	142.00 21
I067 __ Peach Dices 52oz.....	50.90 5
I069 __ Golden Raisins (dried) 48oz.....	30.00 4

DAIRY and EGGS

R001 __ Milk, instant (non-fat) 60oz.....	17.50 5
R002 __ Milk, instant (non-fat)-29 gal Case.....	94.25 29
T001 __ Milk, regular (non-fat) 64oz.....	13.25 5
T002 __ Milk, regular (non-fat)-30 gal Case.....	76.00 30
J001 __ Butter Powder 44oz.....	30.00 4
J002 __ Butter Powder Case.....	175.00 23
J013 __ Margarine Powder 44oz.....	16.35 4
J014 __ Margarine Powder Case.....	95.00 23
J019 __ Shortening Powder 44oz.....	15.70 4
J020 __ Shortening Powder Case.....	91.00 23
J003 __ Cheese Blend 65oz.....	29.15 5
J004 __ Cheese Blend Case.....	171.75 30
J037 __ Cheddar Cheese Powder 51oz.....	35.20 4
I073 __ Sour Cream Powder 48oz.....	35.00 4
J021 __ Whip Topping 71oz.....	29.60 6
J022 __ Whip Topping Case.....	174.50 33
J007 __ Egg Mix (48 eggs) 48oz.....	35.00 4
J008 __ Egg Mix (eggs-milk-shortening) Case.....	175.00 24
J011 __ Whole Eggs (96-108 eggs) 48oz.....	30.00 4
J012 __ Whole Eggs (100% eggs) Case.....	150.00 24
J125 __ Ova Easy Egg 48oz.....	80.00 4
J015 __ Buttermilk Powder 68oz.....	20.50 5
J016 __ Buttermilk Powder Case.....	120.00 32

DRINKS

J005 __ Hot Cocoa 90oz.....	25.50 7
J006 __ Hot Cocoa Case.....	150.00 40
K055 __ Apple Drink 94oz.....	22.35 7
K056 __ Apple Drink Case.....	131.00 41
K057 __ Orange Drink 94oz.....	22.35 7
K058 __ Orange Drink Case.....	131.00 41
K059 __ Peach Drink 94oz.....	22.35 7
K060 __ Peach Drink Case.....	131.00 41

COOKING SUPPLIES

J051 __ Baking Powder 80oz.....	18.70 6
J052 __ Baking Powder Case.....	109.00 36
J053 __ Baking Soda 116oz.....	11.45 9
J054 __ Baking Soda Case.....	65.50 50
J059 __ Cornstarch 68oz.....	10.00 6
J060 __ Cornstarch Case.....	57.00 32
J081 __ Clear Jel Instant (cold) 64oz.....	21.50 5
J141 __ Clear Jel (hot) 64oz.....	19.50 5
J077 __ White Cream Sauce 53oz.....	25.35 5
J078 __ White Cream Sauce Case.....	149.00 30
J055 __ Beef Bouillon 102 oz.....	42.00 8
J056 __ Beef Bouillon Case.....	245.00 48
J057 __ Chicken Bouillon 102 oz.....	28.00 8
J058 __ Chicken Bouillon Case.....	160.00 48
J182 __ Cocoa Dutch Baking 48oz.....	27.00 4
K092 __ Iodized Salt 128oz.....	8.80 9
K093 __ Iodized Salt Case.....	49.75 54
O093 __ Real Salt 128oz #10 can.....	36.00 9
I107 __ Vital Wheat Gluten 64oz #10 can.....	14.00 5
J040 __ Molasses Powder 60oz #10 can.....	15.00 5
P013 __ Molasses Powder 5# bag.....	12.00 5
J045 __ Honey Powder 65oz #10 can.....	22.00 5

P015	Honey Powder 5# bag.....	17.00	5	J061	7 Grain Mix (whole)① 83oz.....	10.00	7
FLOUR			wt	K051	Cornmeal, yellow 72 oz.....	8.25	6
K061	All Purpose Flour 64oz.....	7.40	5	K052	Cornmeal, yellow Case.....	46.00	33
K062	All Purpose Flour Case.....	41.25	30	K065	Germade Cereal 73oz.....	8.65	6
K063	Whole Wheat Flour 64oz.....	7.40	5	K066	Germade Cereal Case.....	48.75	34
K064	Whole Wheat Flour Case.....	41.25	30	K129	Ezekial Mix③ 88oz.....	12.00	7
GRAINS, LEGUMES and MISC				SUGAR			
K005	Baby Lima Beans 88oz.....	14.50	8	K079	Brown Sugar 67oz.....	12.25	6
K006	Baby Lima Beans Case.....	84.00	39	K080	Brown Sugar Case.....	70.50	31
K041	16 Bean Mix (17 items)⑥ 84oz.....	15.35	7	K081	Powdered Sugar 60oz.....	12.30	5
K042	16 Bean Mix (17 items)⑥ Case.....	89.00	38	K082	Powdered Sugar Case.....	70.75	29
K045	Black Turtle Beans 90oz.....	11.50	7	K083	White Sugar 94oz.....	14.75	7
K046	Black Turtle Beans Case.....	66.00	40	K084	White Sugar Case.....	85.00	41
K049	Garbanzo Beans 80oz.....	12.75	6	PASTA			
K013	Great Northern Beans 84oz.....	16.00	7	K067	Elbow Macaroni 50oz.....	12.00	5
K014	Great Northern Beans Case.....	93.00	38	K068	Elbow Macaroni Case.....	68.00	25
K019	Kidney Beans 76oz.....	13.50	6	K069	Curly Egg Noodles 27oz.....	9.35	4
K020	Kidney Beans Case.....	78.00	35	K070	Curly Egg Noodles Case.....	53.00	21
K021	Lentils 88oz.....	11.50	7	K077	Spaghetti 51oz.....	12.00	5
K022	Lentils Case.....	66.00	39	K078	Spaghetti Case.....	68.00	25
K023	Pinto Beans 84oz.....	12.85	7	K074	Whole Wheat Spaghetti 51 oz.....	12.50	5
K024	Pinto Beans Case.....	74.00	38	K076	Whole Wheat Spaghetti Case.....	71.50	25
K037	Small White Beans (navy) 90oz.....	15.45	7	K095	Whole Wheat Macaroni 50oz.....	12.50	5
K038	Small White Beans (navy) Case.....	89.75	40	K096	Whole Wheat Macaroni Case.....	71.50	25
K035	Small Red Beans 90oz.....	13.25	7	MIXES and DESSERTS (**complete, no oxygen absorber)			
K036	Small Red Beans Case.....	76.00	40	K105	Buttermilk Biscuit Mix 5# mylar bag... 16.00	5	
K039	Soy Beans 84oz.....	11.00	7	K130	Hearty Wheat Bread Mix 63oz.....	10.00	5
K040	Soy Beans Case.....	63.25	38	K132	Bakers Complete White Cake Mix 69oz.	14.00	5
K017	Green Split Peas 92oz.....	10.35	7	K133	Bakers Complete Chocolate Cake 73oz.	17.00	6
K018	Green Split Peas Case.....	59.00	43	K134	Save Time White Bread 68oz.....	12.00	5
K007	Pearl Barley 88oz.....	11.40	7	K071	Buttermilk Pancake Mix 63oz **.....	11.00	5
K008	Pearl Barley Case.....	65.30	39	K072	Buttermilk Pancake Mix ** Case.....	58.75	30
K073	Oat Groats 85oz.....	7.35	7	K100	Basic Muffin Mix 5# mylar bag**.....	16.00	5
K088	9 Grain Cracked Cereal④ 69oz.....	9.40	6	K101	Corn Muffin Mix 5# mylar bag**.....	16.00	5
K089	9 Grain Cracked Cereal④ Case.....	53.25	32	J067	Brownie Mix 84oz **.....	15.00	7
K053	Cracked Wheat 65oz.....	9.35	5	I048	Scone Fry Bread 65oz.....	11.75	5
K054	Cracked Wheat Case.....	53.00	31	J095	Banana Pudding-instant 80oz.....	26.10	6
J063	Flax 76oz.....	14.00	6	J033	Chocolate Pudding-instant 76oz.....	25.60	6
J124	Flax Case.....	81.00	35	J093	Vanilla Pudding-instant 76oz.....	25.60	6
J183	Golden Flax 76oz.....	13.00	6	I105	Butterscotch Pudding-instant 76oz.....	25.60	6
K025	Popcorn Yellow 96oz.....	11.70	7	I078	Tapioca Instant 70oz.....	16.25	6
K026	Popcorn Yellow Case.....	67.00	42	I075	Strawberry Gelatin 96oz.....	19.75	7
I062	Par Boiled Rice 82oz.....	10.00	6	I076	Cherry Gelatin 96 Oz.....	19.75	2
K031	White Rice (long) 88oz.....	9.40	7	K102	Lemon Poppy Seed Muffin 5# bag**... 16.00	5	
K032	White Rice (long) Case.....	53.25	39	K103	Banana Muffin Mix 5# mylar bag**.....	16.00	5
K029	Brown Rice (long) 84oz.....	9.75	7	K104	Bran Muffin Mix 5\$ mylar bag**.....	16.00	5
K030	Brown Rice (long) Case.....	55.50	38	Imitation Meat Flavored Textured Vegetable Protein			
K033	White Basmati Rice 88oz.....	19.95	7	J069	Bacon Flavored Bits 36oz.....	9.75	4
K034	White Basmati Rice Case.....	115.95	38	I095	Ham Bits 36oz.....	12.00	4
K090	6 Grain Rolled⑤ 48oz.....	8.45	4	J071	Beef Flavored Bits 40oz.....	11.95	4
K091	6 Grain Rolled ⑤ Case.....	47.75	24	J072	Beef Flavored Bits case.....	68.50	21
K027	Quick Oats 40oz.....	7.55	4	J073	Chicken Flavored Bits 33oz.....	10.55	3
K028	Quick Oats Case.....	42.25	21	J074	Chicken Flavored Bits case.....	60.25	18
K086	Rolled Oats, regular 40oz.....	7.55	4	J075	Taco Flavored Bits 56oz.....	15.25	5
K087	Rolled Oats, regular Case.....	42.25	21	J076	Taco Flavored Bits case.....	88.50	27
K011	Granola (Super Nutty) 48oz.....	15.25	4	J083	Sausage Flavored Bits 40oz.....	13.45	4
K012	Granola (Super Nutty) Case.....	92.95	21	J084	Sausage Flavored Bits case.....	77.50	21
K009	French Van. Almond Granola 43oz... 14.95	4					
K010	French Van. Almond Granola Case.. 86.50	21					

J023	Barbecue Flavored Bits 52oz.....	18.45	5
J025	Pepperoni Flavored Bits 52oz.....	14.00	5
J027	Sloppy Joe Flavored Bits 52oz.....	17.80	5
J101	Imagic Bakon Crumbles 56oz.....	19.55	5
J105	Chicken Flavored Strips 40oz.....	20.00	5
J106	Beef Flavored Strips 34oz.....	20.00	5

Meals

J164	Stroganoff Gravy Mix 50oz.....	33.75	4
J153	Brown Gravy Mix 60oz.....	31.00	6
J151	Chicken Gravy Mix 60oz.....	25.00	6
I044	Turkey Gravy Mix 55oz.....	23.00	5
I046	Pork Gravy Mix 55oz.....	23.00	5
I040	Butter Mashed Potato 58oz.....	19.00	5
I150	Baked Potato Cheese Soup 55oz....	34.50	5
I151	Broccoli Cheese Soup Mix 54oz.....	34.50	5
I096	Macaroni & Cheese 56oz.....	13.25	4
U147	Stroganoff Style Casserole 35oz.....	14.00	4
	noodles, beef bits, stroganoff mix		
J039	Chicken Fricassee 64oz.....	16.50	5
	par boiled rice, chicken bits, gravy		
J064	Beef Fricassee 64oz.....	16.50	5
	par boiled rice, beef bits, gravy		
J038	Beef Flavored Stew 40oz.....	15.00	4
	stew blend, carrots, beef bits, peas, potato dices, brown gravy		
I097	Creamy Potato Soup 56oz.....	24.00	5
I098	Creamy Potato Soup case.....	140.00	27
J079	Refried Beans 40oz.....	10.95	4
J080	Refried Beans Case.....	62.50	24

#2.5 CANS and CASES

One Z300 Oxygen Absorber Packet to each can.
 6 #2 5 size enameled cans to a case.
 Price includes 1 plastic lid per can

Vegetables

G013	Broccoli 6 oz.....	8.50	1
G014	Broccoli Case.....	48.00	5
G019	Carrot Dices 11oz.....	8.25	1
G020	Carrot Dices Case.....	47.00	7
G021	Corn Super Sweet 11oz.....	9.60	1
G022	Corn Super Sweet case.....	54.50	7
G023	Garden Peas - sweet 13oz.....	10.25	2
G024	Garden Peas-sweet Case.....	58.00	8
G025	Green Beans 6oz.....	8.35	1
G026	Green Beans Case.....	47.00	5
G011	Sliced Mushrooms 3oz.....	11.25	1
G012	Sliced Mushrooms Case.....	65.00	4
G007	Chopped Onion 11oz.....	7.25	1
G008	Chopped Onion Case.....	40.50	7
G009	Tomato Powder 18oz.....	10.75	2
G010	Tomato Powder Case.....	61.00	10
G005	Vegetable Stew Blend 9oz.....	8.00	1
G006	Vegetable Stew Blend Case.....	45.00	6
G015	Celery 7oz.....	6.75	1
G016	Celery Case.....	37.50	4
G027	Cabbage 6oz.....	7.25	1
G028	Cabbage Case.....	40.50	6
G017	Mixed Peppers 5oz.....	7.70	1
G018	Mixed Peppers Case.....	43.25	5

U029	Potato Granules 24oz.....	6.75	2
U031	Potato Dices 8oz.....	6.00	1
U073	Potato Dices Case.....	33.00	6

Fruits (● Imitation flavoring)

U019	Banana Slices 9oz.....	6.10	1
U075	Banana Slices Case.....	33.50	6
U021	Apple Slices 4oz.....	7.20	1
U074	Apple Slices Case.....	40.00	4
G033	Applesauce 10oz.....	8.45	1
G034	Applesauce Case.....	49.40	7
G031	Fruit Mix 12oz.....	14.45	1
G032	Fruit Mix Case.....	83.70	7
G045	Peach Flavored Apple Flakes 10oz●.....	10.00	1
G046	Peach Flavored Apple Flakes Case●.....	57.00	6
G047	Strawberry Flvrd Apple Flakes10oz●.....	10.00	1
G048	Strawberry Flvrd Apple Flakes Case●.....	57.00	6
G097	Peach Dices 14oz.....	16.15	2
G098	Peach Dices Case.....	87.30	8
G049	Golden Raisins (dried) 11oz.....	9.20	1
G050	Golden Raisins (dried) Case.....	52.00	7
U033	Almonds-Raw 16oz.....	11.85	2

Dairy and Eggs

G067	Butter Powder 14oz.....	12.50	2
G068	Butter Powder Case.....	72.00	8
G057	Margarine Powder 14oz.....	8.25	2
G058	Margarine Powder Case.....	46.50	8
G065	Shortening Powder 14oz.....	8.10	2
G066	Shortening Powder Case.....	45.50	8
G061	Cheese Blend 16oz.....	10.70	2
G062	Cheese Blend Case.....	61.00	9
G063	Cheddar Cheese 13oz.....	11.60	2
G064	Cheddar Cheese Case.....	66.50	8
G029	Sour Cream Powder 12oz.....	11.50	1
G102	Sour Cream Powder Case.....	67.00	7
G043	Whip Topping 22oz.....	12.25	2
G044	Whip Topping Case.....	70.00	11
G053	Egg Mix 12oz (eggs-milk-shortening)	12.25	2
G054	Egg Mix (eggs-milk-shortening) Case....	66.75	7
G051	Whole Eggs (100% eggs) 12oz.....	10.00	2
G052	Whole Eggs (100% eggs) Case.....	50.00	7
G156	Ova Easy Eggs (crystal) 13oz.....	34.00	2
G069	Buttermilk Powder 17oz.....	8.25	2
G070	Buttermilk Powder Case.....	46.50	9
R003	Instant Milk 15oz.....	6.75	2
R004	Instant Milk Case.....	37.25	8
T005	Regular Milk 16oz.....	6.25	2
T006	Regular Milk Case.....	34.50	9

Drinks

G059	Hot Cocoa 24oz.....	9.75	2
G060	Hot Cocoa Case.....	57.00	12
G093	Apple Drink 25oz.....	8.85	2
G094	Apple Drink Case.....	50.00	12
G091	Orange Drink 25oz.....	8.85	2
G092	Orange Drink Case.....	50.00	12
G089	Peach Drink 25oz.....	8.85	2
G090	Peach Drink Case.....	50.00	12

Cooking Aids and Seasonings

G077	White Cream Sauce 16oz.....	10.85	2
G078	White Cream Sauce Case.....	62.00	9
G071	Beef Bouillon 29oz.....	14.00	3
G072	Beef Bouillon Case.....	80.00	14
G073	Chicken Bouillon 29oz.....	11.00	3
G074	Chicken Bouillon Case.....	63.00	14
G079	Baking Soda 32oz.....	6.45	3
G080	Baking Soda Case.....	35.75	15
U035	Baking Powder 30oz.....	9.70	2
U034	Baking Powder Case.....	55.00	9
G075	Cornstarch 18oz.....	6.05	2
G076	Cornstarch Case.....	33.25	9
J155	Brown Gravy Mix 16oz.....	12.00	2
J157	Chicken Gravy Mix 16oz.....	10.00	2
J159	Stroganoff Gravy Mix 15oz.....	13.00	1
G035	Turkey Gravy Mix 15oz.....	9.00	2
G037	Pork Gravy Mix 15oz.....	9.00	2
G036	Country Pepper Gravy 15oz.....	12.75	2
G095	Iodized Salt 32oz.....	5.70	3
G096	Iodized Salt Case.....	31.00	15
O094	Real Salt 32oz 2.5 can.....	12.20	3
U175	Pepper Ground Black 16oz.....	15.50	2
I039	Clear Jel Instant (cold) 17oz.....	9.00	2
U141	Clear Jel Regular (hot) 17oz.....	7.00	2
U178	Chili Powder Blend 16oz.....	13.30	2
U179	Cinnamon Powder 16oz.....	10.65	2
U180	Ground Cloves 13oz.....	15.35	2
U184	Montreal Chicken Seasoning 16oz..	10.70	2
U185	Montreal Beef Seasoning 16oz.....	10.70	2
U176	Pizza Seasoning Blend 11oz.....	12.00	1
U174	Spaghetti Seasoning Blend 22 oz..	11.65	2
U177	Taco Seasoning Blend 16oz.....	13.95	2
U133	Garlic Granules 18oz.....	15.30	2
U014	Spaghetti Sauce Mix 18oz.....	11.00	2
U015	Lasagna Sauce Mix 16oz.....	10.25	2
U016	Alfredo Sauce Mix 16oz.....	12.50	2
U018	Teriyaki Sauce Mix 16oz.....	8.00	2
U181	Cocoa Dutch Baking14oz.....	10.25	2
G116	Blueberry Nuggets (imitation) 22oz.....	9.85	2
G118	Apple Cinn Nuggets (imitation) 22oz.	13.75	2
G099	Orange Nuggets (imitation) 22oz.....	11.50	2
G041	Nacho Cheese Sauce Mix 14oz.....	11.00	1
G042	Enchilada/Burrito Sauce Mix 18oz..	10.25	1
G030	Molasses Powder 17oz.....	6.50	2
G040	Honey Powder 18oz.....	9.00	2
Imitation Meat Flavor Textured Vegetable Protein			
G083	Bacon Flavored Bits 11oz.....	6.00	1
G081	Beef Flavored Bits 10oz.....	6.45	1
G082	Beef Flavored Bits Case.....	35.50	7
I093	Chicken Flavored Bits 11oz.....	6.65	1
I094	Chicken Flavored Bits Case.....	36.50	7
G085	Taco Flavored Bits 12oz	6.95	1
G086	Taco Flavored Bits Case.....	38.50	7
G087	Sausage Flavored Bits 10oz.....	6.85	1
G088	Sausage Flavored Bits Case.....	38.00	7
U023	Ham Flavored Bits 12oz	6.75	1
G109	Barbecue Flavored Bits 10oz	6.75	1
G111	Pepperoni Flavored Bits 10oz.....	6.25	1

G113	Sloppy Joe Flavored Bits 10oz.....	6.75	1
J121	Imagic Bakon Crumbles 11oz.....	7.00	1
U183	Chicken Flavored Strips 10 oz.....	6.50	1
U182	Beef Flavored Strips 8oz.....	6.50	1

Mixes, Meals and Desserts (**complete)

I129	Strawberry Gelatin 27oz.....	8.25	2
I113	Raspberry Gelatin 27 oz.....	8.25	2
I114	Lemon Gelatin 27 oz.....	8.25	2
I115	Lime Gelatin 27 oz.....	8.25	2
I116	Cherry Gelatin 27 oz.....	8.25	2
I117	Orange Gelatin 27 Oz.....	8.25	2
I087	Banana Pudding-instant 22oz**	10.25	2
I088	Banana Pudding-instant ** Case.....	58.00	11
I089	Chocolate Pudding-instant 22oz**	10.25	2
I090	Chocolate Pudding-instant** Case.....	58.00	11
I085	Vanilla Pudding-instant 22oz*.....	10.25	2
I086	Vanilla Pudding-instant** Case.....	58.00	11
G038	Butterscotch Pudding-instant 22oz.....	10.25	2
G039	Butterscotch Pudding-instant Case.....	58.00	11
U051	Macaroni & Cheese 15oz.....	8.45	2
U050	Macaroni & Cheese Case.....	47.50	8

Grains

I035	Granola-(Super Nutty) 14oz.....	8.15	2
I036	Granola-(Super Nutty) Case.....	45.95	8
I037	French Van. Almond Granola 13oz.....	8.50	2
I038	French Van. Almond Granola Case.....	44.55	8
U027	Quick Rolled Oats 10oz.....	5.00	1
U026	Quick Rolled Oats Case.....	27.00	7

SIGNATURE MEATS

MM001	Beef Chunks 14.5 oz small can.....	7.50	1
MM011	Beef Chunks small 12 cans.....	84.00	13
MM002	Beef Chunks 28 oz large can.....	10.00	2
MM012	Beef Chunks large 12 cans.....	118.00	25
MM003	Ground Beef 14.5 oz small can.....	6.65	1
MM013	Ground Beef small 12 cans.....	70.55	13
MM004	Ground Beef 28 oz large can.....	9.35	2
MM014	Ground Beef large 12 cans.....	103.00	25
MM005	Boneless Chicken 14.5 oz small can...	6.65	1
MM015	Boneless Chicken small 12 cans.....	70.55	13
MM006	Boneless Chicken 28 oz large can.....	9.35	2
MM016	Boneless Chicken large 12 cans.....	103.00	25
MM007	Pork 14.5 oz small can.....	6.65	1
MM017	Pork small 12 cans.....	70.55	13
MM008	Pork 28 oz large can.....	9.35	2
MM018	Pork large 12 cans.....	103.00	25
MM009	Turkey 14.5 oz small can.....	6.65	1
MM019	Turkey small 12 cans.....	70.55	13
MM010	Turkey 28 oz large can.....	9.35	2
MM020	Turkey large 12 cans.....	103.00	2

**DEHYDRATED UNITS
FOR ONE PERSON**

STANDARD 1 Year Unit

UU012.....1075.85 wt **376**

One year storage for one person includes allocation sheets

Cases 1-12 includes 6 #10 cans each.

Case 1 #10 Cans.....

- 1 can Applesauce 1 can Apple Slices
- 2 can Banana Slices
- 1 can Peach flavored Apple Flakes
- 1 can Strawberry flavored Apple Flakes

Case 2 #10 Cans.....

- 1 can Green Beans 1 can Carrot Dices
- 1 can Sweet Corn 1 can Garden Peas
- 1 can Chopped Onions 1 can Tomato Powder

Case 3 #10 Cans.....

- 1 can Potato Dices 2 can Vegetable Stew
- 1 can Hash browns 2 can Potato Granules

Case 4 and 5 #10 Cans.....

6 cans Instant Milk each

Case 6 #10 Cans.....

- 1 can Cheese Powder 1 can Shortening Powder
- 1 can White Cream Sauce 1 can Margarine Powder
- 1 can Egg Mix 1 can Whole Egg

Case 7 #10 Cans.....

- 2 cans Beef Bits 1 can Chicken Bits
- 1 can Bacon Bits 1 can Taco Bits
- 1 can Sausage Bits

Case 8 #10 Cans.....

- 1 can Cornmeal 1 can Germade
- 1 can Spaghetti 2 cans Elbow Macaroni
- 1 can Refried Beans

Case 9 #10 Cans.....

- 1 can Small Red Beans 1 can Small White beans
- 3 can White Rice 1 can Pinto Beans

Case 10 #10 Cans.....

- 1 can 6 Way Rolled 2 cans 9 Grain Cracked
- 2 cans Quick Oats 1 can Pearl Barley

Case 11 #10 Cans.....

- 1 can Peach Drink 1 can Cocoa Mix
- 1 can Popcorn 1 can Black Turtle Beans
- 2 cans 16 Bean Soup Mix

Case 12 #2.5 Cans.....

- 1 can Beef Bouillon 1 can Chicken Bouillon
- 2 can Iodized Salt 1 can Baking Soda
- 1 can Baking Powder

Case 13.....

- 1 Allocation Sheet 1 Cookbook

The Standard Unit supplies 1 person with a total 1 year food supply of 1104 calories per day.

UU030 DELUXE 1 YEAR UNIT..... 1474.40

800 lbs shipping wt. **2820 Calories per day

1-STANDARD CASE UNIT (see above)

plus 9 Super Pail Buckets:

- 3-Hard Red Wheat 1-Small Red Beans
- 3-Hard White Wheat 1-Pinto Beans
- 1-Small White Beans
- and #10 cans and yeast
- 4 cans Sugar 1 Lid Remover
- 3-Pkg Saf-Instant Yeast

UU025 Basic 1 Year Unit.....659.25

597 lbs. shipping weight

13-6 Gal Super Pail Buckets

- 3-Hard Red Wheat 1-Pinto Beans
- 2-Hard White Wheat 3-White Rice
- 1-Small White Beans 1-Black Beans
- 1-Instant Milk 1-Quick Rolled Oats

#10 Cans

- 1 Can Shortening Powder
- 1 Can Baking Soda
- 1 Can Baking Powder
- 1 Can Iodized Salt
- 2 Cans Sugar

2.5 Cans and Misc.

- 1 Can Beef Bouillon
- 1 Can Chicken Bouillon
- 3 Pkg Yeast
- 1 Lid Remover

2225 Calories and 94 Grams of protein per day for one year.

UU080 2 MONTH UNIT..... .400.00

110 lbs A quick short term supply

12-#2.5 CANS-2 cases

- 1-Cheese blend 2-White Cream Sauce
- 1-Ova Easy Eggs 1-Banana Pudding
- 1-Orange Drink 1-FD Sweet Corn
- 1- FD Garden Pea 1-Chicken Bits
- 1-FD Green Beans 1-Taco Bits
- 1-Apple Drink

18-#10 CANS-3 cases

- 1-Hashbrowns 1-Spaghetti Meal
- 1-Germade 1-Broccoli Cheese Soup
- 1-Instant Milk 1-Refried Beans
- 1-Quick Oats 1-Macaroni
- 1-Banana Slices 1-Q&E Alfredo Pasta
- 1-Apple Slices 1-Tomato Basil Soup
- 1-Creamy Potato Soup 1-Buttermilk Pancake Mix
- 1-Par Boiled Rice 1-9 Grain Cereal
- 1-Potato Butter Bits 1-Chicken Noodle Soup

1984 Calories per day

NO SUBSTITUTIONS ON UNITS

FREEZE DRIED UNIT FOR ONE PERSON

DELUXE 1 Year Unit wt
UU020.....**1693.20** **716**

One year storage for one person includes allocation sheets

Case 1 #10 Cans.....

- | | |
|----------------------|-----------------------|
| 1 can FD Blueberries | 1 can FD Apples |
| 1 can FD Bananas | 1 can FD Strawberries |
| 1 can FD Pineapple | 1 can FD Blackberries |

Case 2 #10 Cans.....

- | | |
|----------------------|----------------------|
| 1 can FD Green Beans | 1 can FD Broccoli |
| 2 can FD Sweet Corn | 1 can FD Garden Peas |
| 1 can FD Cauliflower | |

Case 3 #10 Cans.....

- | | |
|---------------------|----------------------------|
| 1 can Tomato Powder | 1 can Vegetable Stew Blend |
| 1 can Carrot Dices | 1 can Chopped Onions |
| 1 can Pearl Barley | 1 can Popcorn |

Case 4 #10 Cans.....

- | | |
|--------------------|-----------------------|
| 2 can Potato Dices | 2 can Potato Granules |
| 2 can Hash browns | |

Case 5 #10 Cans.....

- | | |
|-------------------------|------------------------|
| 1 can Cheese Powder | 1 can Ova Easy Eggs |
| 1 can White Cream Sauce | 1 can Margarine Powder |
| 1 can Cornmeal | 1 can Whole Egg |

Case 6 #10 Cans.....

- | | |
|---------------------------|------------------------|
| 1 can FD Diced Turkey | 1 can FD Diced Chicken |
| 1 can FD Ground Beef | 1 can FD Diced Ham |
| 1 can FD Sausage Crumbles | 1 can FD Diced Beef |

Case 7 #10 Cans.....

- | | |
|-------------------|-----------------------|
| 1 can Peach Drink | 1 can Germade |
| 1 can Spaghetti | 2 cans Elbow Macaroni |
| 1 can Hot Cocoa | |

Case 8 #10 Cans.....

- | | |
|--------------------|------------------------|
| 1 can 6 Way Rolled | 2 cans 9 Grain Cracked |
| 2 cans Quick Oats | 1 can Refried Beans |

Case 9 and 10 #10 Cans.....

- 6 cans Instant Milk each

Case 11 #2.5 Cans.....

- | | |
|---------------------|------------------------|
| 1 can Beef Bouillon | 1 can Chicken Bouillon |
| 2 can Iodized Salt | 1 can Baking Soda |
| 1 can Baking Powder | |

Case 12 Misc.....

- | | |
|--------------------|---------------|
| 4 can Sugar | 1 Lid Remover |
| 3 pkgs Yeast | 1 Cookbook |
| 1 Allocation Sheet | |

9-6 Gal Super Pail Buckets

- | | |
|--------------------|---------------|
| 3-Hard Red Wheat | 1-Pinto Beans |
| 2-Hard White Wheat | 1-White Rice |
| 1-Small Red Beans | 1-Black Beans |

The Standard Unit supplies 1 person with a total 1 year food supply of 2720 calories per day.

NO SUBSTITUTIONS ON UNITS

Mountain House Freeze Dried Food

	Number of Servings in ()	wt
M400	Beef Stew (2).....	7.00 1
M101	Beef Stroganoff (1).....	6.00 1
M200	Chicken Ala King & Noodles (2).....	7.50 1
M204	Chicken Breast w/Mashed Potatoes (2)...	9.00 1
M203	Chicken Teriyaki w/Rice (2).....	7.50 1
M103	Chili Mac (1).....	6.00 1
M104	Lasagna w/Meat Sauce (1).....	6.00 1
M206	Macaroni & Cheese (2).....	7.00 1
M207	Noodles & Chicken (2).....	7.00 1
M105	Pasta Primavera (vegetable) (1).....	6.00 1
M209	Rice & Chicken (2).....	7.00 1
M107	Spaghetti w/Meat Sauce (1).....	6.00 1
M211	Sweet & Sour Pork w/Rice.....	7.50 1
M108	Granola w/Blueberries & Milk (1).....	5.00 1
M110	Scrambled Eggs w/Ham (1).....	5.50 1
M111	Blueberry Cheesecake (1).....	7.00 1
M112	Raspberry Crumble (1).....	7.00 1
M117	Pre-cooked Eggs with Bacon(1).....	5.50 1
M113	Apple Crisp (1).....	7.49 1
M114	Neapolitan Ice Cream (1).....	2.99 1
M115	Turkey Tettrazzni (1).....	7.79 1
M116	Italian Style Pepper Steak with Rice (1)....	8.99 1
M117	Pre-cooked Eggs with Bacon (1).....	5.50 1
M118	Biscuits and Gravy (1).....	5.99 1
M119	Breakfast Skillet (1).....	7.49 1

Quick & Easy Meals wt

Meals #10 cans

I130	Cheesy Lasagna 32 oz #10 can.....	18.00 3
I132	Spaghetti Pasta 34 oz #10 can.....	18.50 3
I134	Alfredo Pasta 32 oz #10 can.....	22.00 3
I136	Stroganoff Pasta 40 oz #10 can.....	22.00 4
I138	Teriyaki Oriental Rice 49oz #10 can	20.00 4
I140	Chicken Ala King Rice 42oz #10can	17.00 4
I142	Macaroni & Cheese 32oz #10 can....	18.50 3
I144	Tomato Basil Soup 60oz #10 can....	28.25 5

Meals Mylar Bags

L116	Cheesy Lasagna 6 oz mylar.....	6.75 1
L117	Spaghetti Pasta 6.5 oz mylar.....	6.95 1
L118	Alfredo Pasta 6 oz mylar.....	7.50 1
L119	Stroganoff Pasta 11.3 oz mylar.....	9.50 1
L120	Teriyaki Oriental Rice 7 oz mylar.....	6.50 1
L121	Chicken Ala King Rice 11 oz mylar....	6.00 1
L122	Macaroni & Cheese 6.5 oz mylar.....	7.00 1
L123	Tomato Basil Soup 10.5 oz mylar.....	7.00 1

FREEZE DRIED

Fruit #10 cans

K135	Apple Dices 10 oz #10 can.....	25.90	2
K136	Apple Dices 6 #10 cans.....	152.25	9
K149	Bananas Sliced 14 oz #10 can.....	20.55	2
K150	Bananas Sliced 6 #10 cans.....	117.45	10
K147	Blackberries Whole 9 oz #10 can.....	34.70	2
K148	Blackberries Whole 6 #10 cans.....	205.00	10
K145	Blueberries Whole 10 oz # 10 can....	40.90	2
K146	Blueberries Whole 6 #10 cans.....	242.25	10
K141	Mango 12 oz #10 can.....	24.05	2
K142	Mango 6 #10 cans.....	141.25	10
K143	Peaches Sliced 16 oz #10 can.....	37.25	2
K144	Peaches Sliced 6 #10 cans.....	220.50	10
K139	Pineapple Chunks 16 oz #10 can.....	34.25	2
K140	Pineapple Chunks 6 #10 cans.....	202.50	11
K137	Raspberries Whole 9 oz #10 can.....	36.15	2
K138	Raspberries Whole 6 #10 cans.....	211.10	9
K151	Strawberries Sliced 6 oz #10 can.....	20.50	2
K152	Strawberries Sliced 6 #10 cans.....	117.20	10

Vegetables #10 can

K155	Garden Peas 18 oz #10 can.....	19.10	2
K156	Garden Peas 6 #10 cans.....	111.50	11
K157	Green Beans 6 oz #10 can.....	18.45	2
K158	Green Beans 6 #10 cans.....	107.50	7
K159	Corn Super Sweet 16 oz #10 can.....	20.55	2
K160	Corn Super Sweet 6 #10 cans.....	117.40	12
K161	Cauliflower Pearls 5 oz #10 can.....	18.00	2
K162	Cauliflower Pearls 6 #10 cans.....	104.80	6
K163	Asparagus 5 oz #10 can.....	26.00	2
K164	Asparagus 6 #10 cans.....	153.00	6
K165	Broccoli 7 oz #10 can.....	19.45	3
K166	Broccoli 6 #10 cans.....	113.75	7

Cheese #10 cans

K167	Sharp Cheddar 37 oz #10 can.....	43.75	3
K168	Sharp Cheddar 6 #10 cans.....	259.00	18
K169	Mozzarella 32 oz #10 can.....	40.45	3
K170	Mozzarella 6 #10 cans.....	239.75	18
K171	Monterey Jack 37 oz #10 can.....	45.95	3
K172	Monterey Jack 6 #10 cans.....	272.25	18
K173	Colby 37 oz #10 can.....	45.25	3
K174	Colby 6 #10 cans.....	266.45	19

Meat #10 cans

T007	Diced Chicken 17oz #10 can.....	42.00	2
T009	Ground Beef 29oz #10 can.....	42.00	2
T011	Diced Beef 24oz #10 can.....	49.50	2
T013	Diced Turkey 18oz #10 can.....	36.00	2
T015	Diced Ham 32oz #10 can.....	63.00	2
T017	Sausage Crumbles 32oz #10 can.....	41.00	2

Sample Pak 8 oz #10 can.....13.65 1

Fruit #2.5 cans

G119	Apple Dices 3 oz #2.5 can.....	10.75	1
G120	Apple Dices 6 #2.5 cans.....	62.50	3
G134	Bananas Sliced 4 oz #2.5 can.....	8.95	1
G135	Bananas Sliced 6 #2.5 cans.....	50.60	3
G131	Blackberries Whole 3 oz #2.5 can.....	11.35	1
G132	Blackberries Whole 6 #2.5 cans.....	65.00	3
G129	Blueberries Whole 3 oz #2.5 can.....	13.00	1
G130	Blueberries Whole 6 #2.5 cans.....	75.00	3
G125	Mango 4 oz #2.5 can.....	11.00	1
G126	Mango 6 #2.5 cans.....	63.00	3
G127	Peach Slices 4 oz #2.5 can.....	12.75	1
G128	Peach Slices 6 #2.5 cans.....	73.75	3
G123	Pineapple Chunks 4 oz #2.5 can.....	12.00	1
G124	Pineapple Chunks 6 #2.5 cans.....	69.00	3
G121	Raspberries Whole 2.5 oz #2.5 can.....	10.75	1
G122	Raspberries Whole 6 #2.5 cans.....	62.00	3
G136	Strawberries Sliced 2 oz #2.5 can.....	9.70	1
G137	Strawberries Sliced 6 #2.5 cans.....	55.00	2

Vegetables #2.5 cans

G140	Garden Peas 5 oz #2.5 can.....	8.65	1
G141	Garden Peas 6 #2.5 cans.....	48.85	3
G142	Green Beans 1.8 oz #2.5 can.....	8.75	1
G143	Green Beans 6 #2.5 cans.....	49.25	2
G144	Corn Super Sweet 4 oz #2.5 can.....	7.75	1
G145	Corn Super Sweet 6 #2.5 cans.....	43.35	3
G146	Cauliflower Pearls 1 oz #2.5 can.....	7.10	1
G147	Cauliflower Pearls 6 #2.5 cans.....	39.50	2
G148	Asparagus 1 oz #2.5 can.....	8.25	1
G149	Asparagus 6 #2.5 cans.....	45.75	2
G150	Broccoli 2 oz #2.5 can.....	9.80	1
G151	Broccoli 6 #2.5 cans.....	55.75	2

Cheese #2.5 cans

G157	Sharp Cheddar 10 oz #2.5 can.....	15.15	1
G158	Sharp Cheddar 6 #2.5 cans.....	88.00	6
G159	Mozzarella 9 oz #2.5 can.....	14.75	1
G160	Mozzarella 6 #2.5 cans.....	85.00	6
G161	Monterey Jack 10 oz #2.5 can.....	15.75	1
G162	Monterey Jack 6 #2.5 cans.....	91.50	6
G163	Colby 10 oz #2.5 can.....	14.90	1
G164	Colby 6 #2.5 cans.....	86.50	6

Meals #10 cans

I145	Beef & Mushroom Celebrazione 37.44oz		
#10 can.....	43.00	2
I146	Sausage Crumble with Pasta 46.4oz		
#10 can.....	43.00	3
I147	Beef & Mashed Potatoes 33.92oz		
#10 can.....	25.00	2
I148	Turkey Tetrizzini 40.32oz		
#10 can.....	43.00	2
I149	Tropical Pineapple w/Chicken & Rice 50.88oz		
#10 can.....	43.00	2

Gluten Free Products

wt

Gluten Free Bulk Products

GF076	GF White Rice Flour 50#	\$44.50	50
GF077	GF Baking and Pancake Mix-25#	\$99.95	25
GF078	GF Artisan Flour Blend-25#	\$32.65	25
GF079	GF Potato Starch -50#	\$54.95	50
GF080	GF Tapioca Starch-50#	\$36.90	50
GF081	GF Sorghum Flour- 50#	\$84.95	50
GF082	GF Bread Mix and Flour Blend-25#...	\$59.95	25

Pastas

GF053	Linguine 8oz	4.39	1
GF054	Spaghetti 8oz	4.39	1
GF055	Rotelle 8oz	4.39	1

Flours

GF059	Mom's Best Harvest Blend 2# bag	8.99	2.5
GF060	Mom's Best Artisan Flour 2# bag	8.99	2.5
GF061	Mom's Best Flour Blend 2# bag	8.99	2.5
GF062	Bread Mix & Flour Blend 64oz can	13.00	4.5
GF063	Bread Mix & Flour Blend 5# bag	15.00	5
GF064	Sorghum Flour 56oz can	7.00	4
GF065	Sorghum Flour 5# bag	9.00	5
GF066	Tapioca Starch 56oz can	7.00	4
GF067	Tapioca Starch 5# bag	9.00	5
GF068	Potato Starch 70oz can	9.00	5
GF069	Potato Starch 5# bag	11.00	5
GF070	Artisan Flour Blend 60oz can	11.00	4
GF071	Artisan Flour Blend 5# bag	13.00	5
GF072	Baking & Pancake Mix 57oz can	13.00	4
GF073	Baking & Pancake Mix 5# bag	17.00	5
GF074	White Rice Flour 64oz can	8.00	4.5
GF075	White Rice Flour 5# bag	10.00	5

Breads/Rolls

GF001	Best Sandwich Bread 16oz	6.59	1.5
GF002	Cinnamon Swirl Bread 26oz	7.79	2
GF003	"I Can't Believe its Milk & Wheat Free" Bread 13oz	5.99	1
GF004	Hamburger Buns 12.7oz	6.59	1
GF005	"I Can't Believe These Aren't Wheat" Rolls 12.7oz	6.99	1
GF006	"I Can't Believe It's Not Wheat" Bread 12.7oz	5.99	1
GF007	Scones 5 different ways 35oz	8.39	2.5
GF008	Tuscany Tomato Basil Bread 14oz	6.99	1
GF009	Wonderful White Bread 21oz	5.99	2
GF010	Applesauce Streusel Muffin/Bread 17oz	6.99	1.5
GF011	Banana Muffin/Bread 18oz	7.19	1.5
GF012	Blueberry Muffin w/Crumble Topping 25.5oz	9.59	2
GF013	Buttermilk Pancake & Waffle Mix 26oz	6.99	2

GF014	Cinnamon Swirl Buns 27oz	6.99	2
GF015	Cinnamon Raisin Swirl Buns 30oz	7.79	
2GF016	Cranberry Orange Muffin 13oz	6.99	1
GF017	Honey Harvest Pancake & Waffle Mix 26oz	8.39	2
GF018	Pumpkin Harvest Muffin/Bread with Chocolate Chips 16oz	7.79	1
GF057	Classic Deep Dish Pizza Dough 15.4oz	6.59	1
GF058	Italian Thin Crust Pizza Dough 10.7 oz	6.59	1
GF052	Mom's Flour Tortillas 13oz	5.99	1

Cakes/Cookies

GF019	Buttery Vanilla Pound Cake 31oz	8.39	2
GF020	Carrot Cake w/White Chocolate Cream Cheese Frosting 31oz	9.59	2
GF021	Chocolate Chip Cookies 15.5oz	5.99	1
GF022	Chocolate Sandwich Cookies 18oz	5.99	1
GF023	Chocolate Snickerdoodles 13.5oz	5.99	1
GF024	Grandma's Cinnamon Snickerdoodles 14.5oz	5.99	1
GF025	Creamy Chocolate Cupcakes 25.8oz	7.79	2
GF026	Decadent Devil's Food Cake 25.8oz	7.19	2
GF027	Luscious Lemon Squares 13oz	6.59	1
GF028	Mom's Best Brownies 11oz	5.99	1
GF029	Oatmeal White Chocolate Chip Craze'n Cookies 17.5oz	8.39	1.5
GF030	Graham Cracker Crust 24oz	7.79	2
GF031	White Chocolate Chip Macadamia Cookies 17.5oz	8.39	1.5
GF032	Chocolate Cup O'Cakes 3.8oz	2.69	.5
GF033	Chocolate Raspberry Cup O'Cakes 3.8oz	2.99	.5
GF034	Vanilla Cup O'Cakes 4.2oz	2.69	.5
GF035	Pineapple Upside Down Cake 16.2oz	6.99	1.5
GF056	Blue Ribbon Pie Crust 10oz	5.99	

Soups/Meals

GF042	Onion Soup Mix 2-1oz pkgs	2.39	.5
GF046	Cream of Celery Soup 2.4oz	3.29	.5
GF047	Cream of Chicken Soup 2.4oz	3.29	.5
GF048	Cream of Mushroom Soup 2.4oz	3.29	.5
GF049	Cream of Onion Soup 2.4oz	3.29	.5
GF050	Chicken Noodle Soup 4oz	5.99	.5
GF051	Beef Stroganoff 6.3oz	8.39	1

Spices/Seasonings

GF036	Beef Stew Seasoning 3oz	2.39	.5
GF037	Beef Bouillon 3.5oz	5.99	.5
GF038	Chicken Bouillon 3.5oz	5.99	.5
GF039	Vegetable Bouillon 3.5oz	9.59	.5
GF040	Mild Chili Seasoning 1.1oz	1.79	.5
GF041	Fiesta Chili Lime Dip 1.1oz	1.99	.5
GF043	Mom's Creamy Ranch Dress. 3.1oz	3.59	.5
GF044	Santa Fe Fajita Seasoning 1.1oz	1.79	.5
GF045	Taco Seasoning 1.1oz	1.79	.5