

# Rainy Day Foods

## Price List

### 4-1-2026

24377 US Highway 89 - P.O. Box 291  
 Montpelier, Idaho 83254  
 (208) 847-2683 - FAX (208) 847-3357  
 Web site at [rainydayfoods.com](http://rainydayfoods.com)  
 E Mail: [info@rainydayfoods.com](mailto:info@rainydayfoods.com)  
 Monday - Friday 8:00am - 5:00pm MT  
 Find Us on Facebook and X.com

Accepts Discover, Visa, Master Card, American Express, and PayPal

*Discounted Shipping Rates not included in these prices.*

**Prices are Subject to Change Without Notice**

### Hard Red Wheat

	wt
W001 ___ Paper Hard Red 50 lbs Bag.....	60.69 50
W003 ___ Double Plastic Hard Red 50# Bag ...	60.99 50
W002 ___ Double Plastic Hard Red 25# Bag ...	33.49 25
W007 ___ 5 Gallon Hard Red 36 lbs SP.....	66.29 39
W008 ___ Hard Red Wheat 88 oz # 10 Can.....	16.19 7
W009 ___ Hard Red Wheat # 10 Case .....	86.09 39

### Hard White Wheat

W031 ___ Paper Hard White 50 lbs Bag .....	63.19 50
W032 ___ Double Plastic Hard White 50# Bag	63.49 50
W030 ___ Double Plastic Hard White 25# Bag.	34.79 25
W034 ___ 5 Gallon Hard White 36 lbs SP .....	68.09 39
W036 ___ Hard White Wheat 88 oz #10 Can ...	16.39 7
W035 ___ Hard White Wheat #10 Case .....	87.79 39

### Bulk Items

Most Items Packaged in Paper Bags or Boxes

### 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** Blackeye beans, garbanzo beans, large lima and baby lima beans, dark red and light red kidney beans, yellow and green split peas, lentils, pearl barley, small white beans, great northern beans, pinto beans, pink beans, small red beans, black beans.

**Sprouting Mix** Hard Red Wheat, Hard White Wheat, Soft Wheat, Adzuki Beans, Whole Green Peas, Garbanzo Beans, Triticale, Spelt, Red Lentils, Lentils  
**ABC Soup Mix** Green split peas, yellow split peas, rice, pearl barley, ABC pasta, and lentils

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**\*\*Please see our website, [www.rainydayfoods.com](http://www.rainydayfoods.com), for the most current prices, detailed product information, nutrition, and shelf life.\*\***

**\*Return Policy:** Unopened and unused products may be returned to us within 30 days of the original purchase date with our authorization and a refund of the purchase price of the products less a 15% restocking fee will be issued when the product is received. Shipping costs will NOT be refunded and the cost to return the items to us will NOT be reimbursed.

\*\*Because the actual shelf life of products will vary depending on the conditions in which they are stored, Rainy Day Foods does NOT guarantee the longevity of the products and will NOT replace or refund any product that has an original purchase date of more than six months.\*\*

## Beans, Grains and Rice

A003	16 Bean Mix © 25 lbs Bag	63.19
A103	16 Bean Mix © 50 lbs Bag	122.19
A001	Baby Lima Beans 25 lbs Bag	69.39
A098	Baby Lima Beans 50 lbs Bag	130.49
A006	Black Eye Beans 25 lbs Bag	67.69
A004	Black Turtle Beans 25 lbs Bag	51.89
A114	Black Turtle Beans 50 lbs Bag	99.79
A008	Garbanzo Beans 25 lbs Bag	52.79
A010	Great Northern Beans 25 lbs Bag	53.99
A134	Great Northern Beans 50 lbs Bag	103.89
A012	Kidney Beans 25 lbs Bag	57.29
A116	Kidney Beans 50 lbs Bag	106.39
A015	Lentils 25 lbs Bag	53.19
A105	Lentils 50 lbs Bag	98.09
A066	Red Lentils 25 lbs Bag	59.79
A018	Pink Beans 25 lbs Bag	53.99
A020	Pinto Beans 25 lbs Bag	46.89
A135	Pinto Beans 50 lbs Bag	89.79
A024	Small Red Beans 25 lbs Bag	53.59
A136	Small Red Beans 50 lbs Bag	103.09
A022	Small White Beans 25 lbs Bag	56.89
A137	Small White Beans 50 lbs Bag	105.59
A028	Green Split Peas 25 lbs Bag	43.99
A139	Green Split Peas 50 lbs Bag	83.99
A030	Yellow Split Peas 25 lbs Bag	45.29
A064	Whole Green Peas 25 lbs Bag	43.19
A112	Whole Green Peas 50 lbs Bag	82.29
A031	7 Grain Mix (whole)Ⓛ 25 lbs Bag	45.69
A057	Pearl Barley 25 lbs Bag	45.69
B043	Ezekiel Mix 25 lbs Bag	49.39
B007	Soft Wheat (for pastries) 50 lbs Bag	73.09
A067	Hulled Millet 50 lbs Bag	123.09
A069	Oat Groats 25 lbs Bag	43.19
A080	Oat Groats 50 lbs Bag	78.09
A078	Rye 50 lbs Bag	70.59
B038	Triticale 50 lbs Bag	75.59
U032	Brown Flaxseed 5 lbs Bag	22.89
B040	Brown Flaxseed 25 lbs Bag	76.39
B079	Brown Flaxseed 50 lbs Bag	164.69
U193	Golden Flaxseed 5 lbs Bag	21.29
B078	Golden Flaxseed 25 lbs Bag	78.49
B080	Golden Flaxseed 50 lbs Bag	148.79
A070	Popcorn Yellow 50 lbs Bag	108.09
A033	Par Boiled Rice 25 lbs Bag	82.69
A133	Par Boiled Rice 50 lbs Bag	157.19
A071	White Rice (long) 25 lbs Bag	61.49
A072	White Basmati Rice 25lbs Bag	96.79
A073	Brown Rice (long) 25 lbs Bag	61.09
B001	Cornmeal, yellow 50 lbs Bag	74.79
A075	6 Grain Rolled Ⓢ 50 lbs Bag	85.59
A061	9 Grain Cracked Cereal Ⓞ 50 lbs Bag	74.79
B010	Germade Cereal 44 lbs bag	79.19
A083	Quick Rolled Oats 25 lbs Bag	43.19
A076	Quick Rolled Oats 50 lbs Bag	78.09
A084	Regular Rolled Oats 25 lbs Bag	43.19

A077	Regular Rolled Oats 50 lbs Bag	78.09
A068	Steel Cut Oats 25 lb Bag	44.79
A051	ABC Soup Mix 25 lbs bag	72.69
P030	Refried Beans 35 lbs Bag	163.49
A063	Durum Wheat 25 lbs bag	35.69
A002	Einkorn Wheat 25 lb bag	152.19

## Cooking Supplies

P005	Baking Soda 50 lbs Bag	98.09
N006	Dough Enhancer Professional 20 oz Can	12.09
B073	Lecithin Powder 1.5# Bag	18.19
B070	Iodized Salt 25 lbs Bag	70.59
O090	Real Salt 25 lbs bag	164.19
O096	Real Salt Pouch Case (6-26 oz pouches)	86.29
B071	Vital Wheat Gluten 5 lbs Bag	22.39
P004	Vital Wheat Gluten 50 lbs Bag	159.69
N012	Yeast Package - Saf-Instant 1 lb	10.19
N016	Yeast Case-20 package Saf-Instant Yeast	175.69

## Dairy

P012	Instant Milk (non-fat) 55 lbs Bag	340.19
P011	Regular Milk (non-fat) 55 lb Bag	218.49
L022	Butter Powder 10 lbs Box	108.59
B011	Buttermilk Powder 55 lbs Bag	229.49
L030	Buttermilk Powder 20 lbs Box	90.29
L031	Cheese Blend 20 lbs Box	180.09
L029	Cheddar Cheese Powder 10 lbs Box	100.89
L024	Shortening Powder 15 lbs Box	88.29
L028	Sour Cream Powder 10 lbs Box	102.29

## Drinks

P002	Hot Cocoa (add water) 25 lbs Bag	172.99
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## Flour

B004	All Purpose Flour 50 lbs Bag	63.99
B005	Bakers Flour High-Protein 50 lbs Bag	64.79
B006	Unbleached Flour 50 lbs Bag	60.69

## Fruits (● Imitation flavoring)

L033	Apple Slices 15 lbs Box	161.39
L027	Applesauce 15 lbs Box	205.09
L035	Banana Slices 14 lbs Box	49.29

## Imitation Meat Flavor Textured Vegetable Protein

L063	Bacon Flavored Bits 30 lbs Box	146.69
L064	Beef Flavored Bits 25 lbs Box	100.19
L065	Chicken Flavored Bits 25 lbs Box	100.19
L071	Sausage Flavored Bits 25 lbs Box	100.19
L066	Taco Flavored Bits 25 lbs Box	153.39

## Pasta

B059	Elbow Macaroni 20 lbs Box	69.79
B062	Curly Egg Noodles 10 lbs Box	51.49
B067	Spaghetti Long 20 lbs Box	70.99

## Sugar, Honey and Molasses

P018	Creamy Honey (whipped) 5 lb pail	40.79
P008	Case 6-5 lb pails Creamy Honey (whipped)	236.79
P019	Cox Grade A Liquid Honey 5 lb pail	39.09
P009	Cse 6-5 lb pails Cox Grade A Liquid Honey	226.79
P007	Honey 48# Bucket Grade A Clover	261.29
P010	Bucket Molasses(sweet-unsulfured) 59 lbs	220.09
P016	Brown Sugar 25 lbs Bag	59.79
P017	Powdered Sugar 25 lbs Bag	60.19

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

## Vegetables

L001	Broccoli 15 lbs Box	168.19
L016	Cabbage 15 lbs Box	88.29
L003	Carrot Dices 20 lbs Box	110.59
L015	Celery 10 lbs Box	101.29
L002	Corn, Sweet 20 lbs Box	175.19
L004	Green Beans 13 lb Box	154.49
L007	Mushrooms 5 lbs Box	171.09
L008	Onions, Chopped 15 lbs Box	102.49
L005	Garden Peas, Sweet 25 lbs box	211.19
L017	Peppers-Mixed (red and green) 15# Box	163.69
L009	Potato Dices 13 lbs box	78.99
L010	Potato Flakes 12 lbs Box	34.39
L014	Potato Granules 50 lbs bag	108.89
L074	Buttery Mashed Potatoes 25 lbs Box	158.39
L011	Potato Slices 20 lbs (4-5 lb bags)	66.59
L046	Spinach Flakes 5 lbs Box	61.79
L020	Sweet Potato Dices 25 lbs Box	135.49
L021	Tomato Powder 15 lbs Box	91.49
L013	Vegetable Stew Blend 25 lbs Box	187.49
L025	Vegetable Stew Blend 15 lbs Box	118.99

## Sprouting

### Sprout Master -Seed Sprout Kits

N020	Single Kit-2 lids	20.19	2
N021	Triple Kit (stackable)-4 lids	47.99	3
N022	Triple Mini Kit (stackable)-4 lids	29.79	2

### Sprouting Mix ⑦

Q011	Sprouting Mix 1.5 lbs	9.79	2
Q012	Sprouting Mix 5 lbs	16.99	5

### Sprouting Seed: Packaged in Zip Lock Mylar Bags

Q001	Alfalfa 1.5 lbs	16.09	2
Q006	Lentils 1.5 lbs	9.49	2
Q004	Garbanzo Beans 1.5 lbs	9.49	2
Q003	Whole Peas 1.5 lbs	8.89	2
Q002	Triticale 1.5 lbs	8.79	2
Q008	Case of 7 mylar bags	84.09	14

Includes: Alfalfa, triticale, whole green peas, garbanzo beans, lentils, natural adzuki beans, natural soy beans

### Special Sprouting Seed

Q017	Radish 1.5 lbs	20.09	2
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### Alfalfa Sprouting Seed

A052	Alfalfa 5 lb bag	38.39	5
A054	Alfalfa 25 lb bag	163.79	25
Y001	Alfalfa 36 lbs 5 gal SP	255.59	39

### Natural Sprouting Seed

Q007	Natural Adzuki Beans 1.5 lbs	11.89	2
Q050	Natural Black Turtle Beans 1.5 lbs	11.59	2
Q052	Natural Hulled Buckwheat 1.5 lbs	12.89	2
Q053	Natural Kamut 1.5 lbs	12.79	2
Q056	Natural Soybeans 1.5 lbs	11.69	2
Q055	Natural Spelt 1.5 lbs	10.89	2
Q051	Natural Hard Red Wheat 1.5 lbs	9.39	2
Q057	Case of 7 mylar bags (natural seeds)	94.79	14

Includes: Natural black turtle beans, natural hard red wheat, natural buckwheat, natural kamut, natural spelt, natural adzuki beans, natural soy beans

## 5 Gallon Superpail Buckets-SP

\*SP is a 5 gallon heavy plastic bucket with a metalized non-porous bag. The bag is filled with product and oxygen absorbers to remove the oxygen leaving nitrogen. The bag is heat sealed, the bucket is sealed with a silicone ringed lid. This bag protects the product from light or moisture.

### Beans, Grains and Dehydrated Items

	wt
E002	16 Bean Mix © 35 lbs..... 108.29 38
E001	Baby Lima Beans 35 lbs ..... 116.99 38
E003	Black Turtle Beans 35 lbs ..... 92.49 38
E004	Black Eye Beans 31 lbs ..... 104.59 34
E005	Garbanzo Beans 33 lbs ..... 89.89 36
E006	Great Northern Beans 35 lbs ..... 95.49 38
E007	Kidney Beans 33 lbs ..... 95.89 36
E042	Lentils 36 lbs ..... 96.19 39
E009	Pink Beans 34 lbs ..... 93.49 37
E010	Pinto Beans 34 lbs ..... 83.89 37
E011	Small Red Beans 34 lbs ..... 92.89 37
E012	Small White Beans 36 lbs ..... 101.59 39
E055	Green Split Peas 37 lbs ..... 84.59 40
E041	Whole Green Peas 35 lbs ..... 80.29 38
E035	Pearl Barley 36 lbs ..... 85.39 39
E066	7 Grain Mix (whole)① 35 lbs ..... 83.79 38
E038	9 Grain Cracked Cereal④ 29 lbs..... 69.19 32
E043	Hulled Millet 36 lbs ..... 114.19 39
E070	Ezekial Mix③ 34 lbs ..... 87.29 37
E045	Oat Groats 35 lbs ..... 80.29 38
E046	Popcorn Yellow 38 lbs ..... 107.69 41
E067	ParBoiled Rice 35 lbs ..... 135.59 38
E048	White Rice (long) 36 lbs ..... 108.19 39
E047	Brown Rice (long) 35 lbs ..... 105.39 38
E053	White Basmati Rice 36 lbs ..... 163.89 39
E049	6 Grain Rolled Cereal ⑤ 20 lbs ..... 60.29 23
E050	Quick Rolled Oats 19 lbs ..... 55.79 22
E051	Regular Rolled Oats 20 lbs ..... 57.29 23
E030	Steel Cut Oats 33 lbs ..... 79.39 36
E052	Rye 35 lbs ..... 75.09 38
E073	Cornmeal 32 lbs ..... 73.59 35
E078	Soft Wheat (for pastries) 36 lbs ..... 78.19 39
E079	Germade Cereal 30 lbs ..... 79.59 33
E056	Triticale 33 lbs ..... 75.59 36
E064	Brown Flaxseed 31 lbs ..... 127.79 34
E101	Golden Flaxseed 31 lbs ..... 117.99 34
E080	Elbow Macaroni 20 lbs ..... 94.99 23
E083	Curly Egg Noodles 7 lbs ..... 61.69 10
E084	Spaghetti 30 lbs ..... 122.09 33
E075	All Purpose Flour 31 lbs ..... 65.39 34
E057	Bakers Flour 31 lbs ..... 65.89 34
E076	Unbleached Flour 31 lbs ..... 63.39 34
E088	Brown Sugar 37 lbs ..... 106.79 40
E089	Powdered Sugar 31 lbs ..... 95.29 34
Y013	White Sugar 37 lbs ..... 103.09 40
E092	Refried Beans 16 lbs ..... 100.69 19
E031	ABC Soup Mix 35 lbs ..... 121.69 38
E040	Durum Wheat 35 lbs ..... 69.79 38

E008\_\_ Einkorn Wheat 36 lbs..... 243.59 39

### Cooking Supplies

		wt
E090	Iodized Salt 50 lbs ..... 167.29	53
O092	Real Salt 50 lbs SP ..... 354.49	53

### Dairy

Y004	Milk, instant (non-fat) 25 lbs ..... 185.49	28
Y005	Milk, regular (non-fat) 28 lbs ..... 139.59	31

### Drinks

Y003\_\_ Hot Cocoa (add water) 30 lbs ..... 228.39 33

### Fruits

F033	Apple Slices 6 lbs ..... 88.29	9
F035	Banana Slices 14 lbs ..... 68.69	17

### Imitation Meat Flavor Textured Vegetable Protein

F072	Bacon flavored Bits 16 lbs ..... 100.99	19
F073	Beef flavored Bits 18 lbs ..... 93.49	21
F074	Chicken flavored Bits 16 lbs ..... 86.09	19
F057	Sausage flavored Bits 16 lbs ..... 86.09	19
F075	Taco flavored Bits 20 lbs ..... 143.49	23

### Mixes

Y011\_\_ Buttermilk Pancake Mix 25 lbs ..... 99.09 28

### Vegetables

F001	Broccoli 10 lbs ..... 133.89	13
F002	Carrot Dices 16 lbs ..... 109.29	19
F003	Corn, Super Sweet 16 lbs ..... 160.89	19
F004	Garden Peas, Sweet 20 lbs ..... 189.79	23
F005	Green Beans 10 lbs ..... 139.89	13
F007	Chopped Onions 14 lbs ..... 115.49	17
F008	Potato Dices 13 lbs ..... 98.29	16
F009	Potato Flakes 12 lbs ..... 53.69	15
F013	Potato Granules 38 lbs ..... 103.89	41
F011	Buttery Mashed Potatoes 22 lbs ..... 159.59	25
F010	Potato Slices 8 lbs ..... 50.39	11
F012	Vegetable Stew Blend 13 lbs ..... 123.39	16

**Note:** Due to elevation and/or temperature changes, buckets may be concave or convex upon arrival, normally this is not a problem. Buckets may be reshaped by removing lid, reshaping bucket and then replacing the lid. Product is not compromised since it is protected by the mylar bag.

## Natural Foods

### Hard Red Wheat

		wt
O001__	Natural Hard Red 25 lbs Dbl Plastic	.53.49 25
O003__	Natural Hard Red 50 lbs Dbl Plastic..	100.89 50
O002__	Natural Hard Red 50 lbs Paper bag	100.59 50
O005__	Natural Hard Red Wheat 36 lbs SP	..94.99 39
O006__	Natural Hard Red Wheat 88oz #10	..20.59 7
O007__	Natural Hard Red Wheat #10 case	.112.49 39

### Hard White Wheat

O008__	Natural Hard White 50 lbs Paper bag	97.29 50
O010__	Natural Hard White Wheat 36 lbs SP	.92.59 39
O011__	Natural Hard White Wheat 88oz #10	.20.19 7
O012__	Natural Hard White Wheat #10 case	110.29 39

### Pinto Beans

O070__	Natural Pinto Beans 25 lbs bag	.....84.39 25
O072__	Natural Pinto Beans 34 lbs SP	.....139.29 37

### Small White Beans

O074__	Natural Small White 25 lbs bag	.....94.39 25
O076__	Natural Small White 36 lbs SP	.....155.49 39

### Small Red Beans

O078__	Natural Small Red Beans 25 lbs bag	.....85.19 25
O080__	Natural Small Red Beans 34 lbs SP	....140.39 37

### Soybeans

O082__	Natural Soybeans 25 lbs bag	.....89.79 25
O084__	Natural Soybeans 33 lbs SP	.....138.69 36

### Oat Groats

O014__	Natural Oat Groats 25 lbs bag	.....53.19 25
O017__	Natural Oat Groats 50 lbs bag	.....96.39 50
O016__	Natural Oat Groats 35 lbs SP	.....93.09 38

### Rolled Oats-Regular

O020__	Natural Regular Oats 50 lbs bag	.....106.39 50
O022__	Natural Regular Oats 20 lbs SP	.....68.69 23

### Rolled Oats-Quick

O024__	Natural Quick Oats 50 lbs bag	.....106.39 50
O026__	Natural Quick Oats 19 lbs SP	.....66.59 22

### Hulled Millet

O030__	Natural Hulled Millet 25 lbs bag	.....63.99 25
O032__	Natural Hulled Millet 36 lbs SP	.....116.59 39

### Hulled Buckwheat

		wt
O034__	Natural Hulled Buckwheat 25# bag	....110.59 25
O037__	Natural Hulled Buckwheat 32# SP	.....161.99 35
O038__	Natural Hulled Buckwheat 78oz can	....30.49 6

### Kamut®

O039__	Natural Kamut® 25 lbs bag	.....107.69 25
O042__	Natural Kamut® 35 lbs SP	.....170.59 38
O043__	Natural Kamut® 85oz #10 can	.....32.09 7

### Quinoa

O044__	Natural Quinoa 25 lbs bag	.....121.79 25
O045__	Natural Quinoa 10 lbs box	.....52.99 10
O046__	Natural Quinoa 35 lbs SP	.....194.99 38
O047__	Natural Quinoa 85oz #10 can	.....35.79 7

### Amaranth

O048__	Natural Amaranth 25 lbs bag	.....110.59 25
O051__	Natural Amaranth 37 lbs SP	.....183.09 40
O052__	Natural Amaranth 88oz #10 can	.....33.39 7

### Spelt

O053__	Natural Spelt 25 lbs bag	.....76.49 25
O054__	Natural Spelt 50 lbs bag	.....144.69 50
O056__	Natural Spelt 35 lbs SP	.....126.89 38
O057__	Natural Spelt 85oz #10 can	.....25.49 7

### Golden Flaxseed

O060__	Natural Golden Flaxseed 5 lbs bag	....26.69 5
O061__	Natural Golden Flaxseed 25 lbs bag	.102.29 25
O059__	Natural Golden Flaxseed 31 lbs SP	.151.59 34

### Adzuki Beans-domestic

O062__	Natural Adzuki Domestic 25# bag	.....93.89 25
O064__	Natural Adzuki Domestic 37# SP	....158.49 40
O065__	Natural Adzuki Domestic 84oz #10	...28.99 7

### Black Turtle Beans

O097__	Natural Black Turtle 25 lbs bag	.....88.89 25
O099__	Natural Black Turtle 35 lbs SP	.....144.39 38

## Books

X031	Country Bean Cookbook.....	18.09	1
X023	Herbs to the Rescue-Cookbook.....	10.59	1
X038	Instant Delight-Clear Gel Recipe .....	8.89	1
Q059	Made Simple .....	23.09	1
Q039	Mix A Meal Cookbook.....	22.19	1
X039	Natural Meals in Minutes Cookbook... ..	18.89	1
X044	The Amazing Wheat Cookbook .....	14.69	1
X045	The New Passport To Survival .....	20.19	1
Q036	Emergency Food Storage & Survival Bk .....	16.39	1
X046	The Art of Baking with Natural Yeast... ..	27.89	2
X048	Whole Grain Flour Power.....	34.99	2
Q029	You Can Have Your Food Storage And Eat It Too.....	27.19	1
Q033	Cookin' with Potatoes .....	13.19	1

## Balm, Clay, Emergency Supplies

AA07	Bag Balm 8 oz.....	16.79	1
S010	Redmond Bentonite Clay 10 oz.....	24.29	1
S011	Redmond Bentonite Clay 6 lb bag .....	71.49	6
Q023	Emergency Thermal Space Blanket..... USA made - foil material - reusable	4.29	.5
Q025	Hand Warmers single package .....	2.89	.5
	(up to 6 hrs heat each)		
Q026	Hand Warmers case (60 Pkg) .....	41.29	4
Q038	Pocket Size Sleeping Bag 36"x84".....	5.39	.5
Q064	Tarp – small (4'6"x6'6" finished) .....	5.29	2
Q066	Emergency Glow Stick-set of 2 .....	3.69	1

## Stoves

X035	Alpaca Kerosene Cook Stove..... 8500 BT / comes with one wick	164.29	15
X036	Alpaca 7C wick Replacement.....	13.59	.5
X037	Camp Chef Stryker Stove..... (propane not included)	69.09	2

## Water Storage Solutions

N015	QAO2™Oxygenate Water Treatment 4oz..	16.59	1
N013	Water Purification Coghlan's Tablets.. 50 tablets - Treats 6.25 gallons (2 Tablets per 1 Quart water)	10.99	.5
P070	First Need Water Purifier.....	205.39	3
P071	First Need Replacement Canister.....	97.19	2
N014	Square 5 gal Blue Water Drum.....	35.29	5
N010	Poly Water Drum-blue 15 gal.....	86.09	8
N011	Poly Water Drum-blue 55 gal.....	160.79	22
N001	Drum Pump #330 adjustable.....	12.69	2
N030	Siphon Pump.....	22.19	5
N002	Flo-Rite Spigot 3/4".....	4.59	.5
P094	Water Basics Replacement Filter.....	27.19	1
P095	Lifestraw Personal Water Filter.....	26.19	1
P096	Aquamira Water Basics water bottle...	44.59	2

## Candles

X028	Candle Survival 36 hour w/matches....	8.89	1
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## Buckets, Containers and Packaging Supplies

N008	5 gallon plastic bucket-gasket lid.....	26.59	5
N003	Lid Remover Bung Nut Wrench.....	6.69	1
	Gamma Seal Lids - Air tight-Screws on and off		
	Reusable FDA Food Grade Colors		
I080	Gamma Seal Lid-White each lid.....	13.29	2
I081	Gamma Seal Lid Red each lid.....	13.29	2
I082	Gamma Seal Lid Blue each lid.....	13.29	2
I128	Gamma Seal Lid Black each lid.....	13.29	2
I084	Gamma Seal Lid-Yellow each lid.....	13.29	2
I083	Gamma Seal Lid-Orange each lid.....	13.29	2
I127	Gamma Seal Lid-Green each lid.....	13.29	2
K085	Plastic Lid for #10 can.....	2.49	1
K185	Plastic Lid for #2.5 can.....	2.49	1
P039	Plastic Lids 549 per box for #10 cans...	170.09	45
P043	Cans #10 w/metal lids 448(1 pallet).	1784.89	525
P121	Can #10 w/metal lid.....	9.49	2
P057	Box for 4 #10 Cans.....	5.49	2
P042	Box for 6 #10 Cans.....	9.29	2
P058	Box for 6 #2.5 Cans.....	5.19	2
P041	Oxygen Absorbers 500cc (40 per bag)..	11.39	2
P048	Oxygen Absorbers 200cc (50 per bag)..	6.39	1
F015	20" x 30" Mylar.....	4.39	3
F016	20" x 29" Mylar with zip lock.....	8.49	3
F018	10.5" x 17.5" Mylar with zip lock.....	3.59	3
F085	Red 6.5"x 10.5" Mylar with zip lock.....	3.39	3

## Grinders, Bosch and Accessories

X024	VKP Deluxe Grain Mill VKP1024.....	134.89	5
X091	Wonder Mill-electric .....	361.49	15
X026	Wonder Mill Junior (Deluxe) manual .....	361.49	15
Z011	Country Living Mill hand-electric .....	910.59	15
	(designed to be motorized-you supply slow RPM motor-belt-pulley)		
Z012	Country Living Extra set Burrs .....	203.39	3
Z013	Country Living Power Bar Extension ...	36.99	3
	(Converts 12" Flywheel to 19 inches)		
Z014	Country Living Bean Auger Assembly	60.29	3
Z015	Country Living Clear Flour Bin w/lid ....	40.29	3
H030	Bosch Universal Kitchen Machine.....	594.19	17
H032	Bosch Batter Whisks (set) .....	24.99	1
H033	Bosch Wire Whips (set) .....	22.29	1
H034	Bosch Meat Grinder.....	192.89	5
H038	Bosch Bowl Scraper.....	29.99	2
H037	Bosch Cookie Paddle w/driver.....	36.79	2
H039	Bosch Large Slicer Shredder.....	79.99	5
	Fits on bowl of Universal Mixer		
H040	Bosch Dough Hook Extender.....	10.39	1
H041	Bosch Cake Paddles.....	24.99	2
H042	Bosch Blender.....	79.99	2

## #10 CANS and CASES

One 500cc 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 24oz.....	26.19 3
I002 __ Broccoli Case.....	146.29 15
I031 __ Cabbage 22oz.....	17.59 3
I032 __ Cabbage Case.....	94.89 15
I003 __ Carrot Dices 38oz.....	22.49 4
I004 __ Carrot Dices Case.....	123.19 20
I029 __ Celery 18oz.....	20.29 2
I030 __ Celery Case.....	113.39 13
I005 __ Corn, Super Sweet 40oz.....	31.09 4
I006 __ Corn, Super Sweet Case.....	175.69 21
I007 __ Garden Peas, sweet 49oz.....	34.79 4
I008 __ Garden Peas, sweet Case.....	199.49 24
I009 __ Green Beans 20oz.....	24.39 3
I010 __ Green Beans Case.....	134.39 13
I013 __ Mushroom Slices 9oz.....	28.69 2
I014 __ Mushroom Slices Case.....	160.89 10
I015 __ Onions Chopped 36oz.....	24.59 4
I016 __ Onions Chopped Case.....	135.09 19
I033 __ Peppers-Mixed (red & green) 20oz.....	23.29 3
I034 __ Peppers-Mixed (red & green) Case.....	127.69 13
I017 __ Potato Dices 36oz.....	22.69 4
I018 __ Potato Dices Case.....	123.89 19
I019 __ Potato Flakes 30oz.....	14.09 3
I020 __ Potato Flakes Case.....	74.99 17
I021 __ Potato Granules 70oz.....	19.09 6
I022 __ Potato Granules Case.....	103.69 33
I040 __ Buttery Mashed Potatoes 50 oz.....	29.29 5
I041 __ Buttery Mashed Potatoes Case.....	164.69 27
I023 __ Potato Slices 20oz.....	13.99 3
I024 __ Potato Slices Case.....	71.69 13
I064 __ Spinach Flakes 10oz.....	16.89 2
I110 __ Spinach Flakes Case.....	90.89 10
I072 __ Sweet Potato Dices 40 oz.....	22.89 4
I108 __ Sweet Potato Dices Case.....	127.49 22
I025 __ Tomato Powder 60oz.....	30.99 5
I026 __ Tomato Powder Case.....	177.09 30
I027 __ Vegetable Stew Blend 33oz.....	25.09 3
I028 __ Vegetable Stew Blend Case.....	141.69 18

### FRUITS

I051 __ Apple Slices 17oz.....	20.69 2
I052 __ Apple Slices Case.....	115.79 13
I053 __ Applesauce 44oz.....	46.19 4
I054 __ Applesauce Case.....	267.69 23
I055 __ Banana Slices 36oz.....	16.99 4
I056 __ Banana Slices Case.....	90.69 20
I067 __ Peach Dices 52oz.....	50.29 5
I070 __ Nectarine Dices 40oz.....	36.29 4
I071 __ Plum Dices 40 oz.....	34.19 4

## DAIRY and EGGS

R001 __ Milk, instant (non-fat) 60oz.....	34.09 5
R002 __ Milk, instant (non-fat) Case.....	194.19 29
T001 __ Milk, regular (non-fat) 64oz.....	26.39 5
T002 __ Milk, regular (non-fat) Case.....	149.49 30
J001 __ Butter Powder 44oz.....	37.79 4
J002 __ Butter Powder Case.....	217.19 23
J019 __ Shortening Powder 44oz.....	24.79 4
J020 __ Shortening Powder Case.....	145.49 23
J003 __ Cheese Blend 60oz.....	42.29 5
J004 __ Cheese Blend Case.....	244.49 29
J037 __ Cheddar Cheese Powder 51oz.....	40.19 5
I073 __ Sour Cream Powder 48oz.....	38.19 4
J021 __ Whip Topping 71oz.....	32.69 6
J022 __ Whip Topping Case.....	185.29 33
J011 __ Whole Eggs 40oz.....	75.69 4
J012 __ Whole Eggs (100% eggs) Case.....	443.89 21
J125 __ Ova Easy Egg 36oz.....	76.49 4
J010 __ Cinnamon French Toast Dip 55oz.....	34.29 5
J015 __ Buttermilk Powder 68oz.....	28.49 6
J016 __ Buttermilk Powder Case.....	161.29 32

### DRINKS

J005 __ Hot Cocoa 90oz.....	47.89 7
J006 __ Hot Cocoa Case.....	276.89 40
K055 __ Apple Drink 94oz.....	32.49 7
K056 __ Apple Drink Case.....	185.89 42
K057 __ Orange Drink 94oz.....	35.69 7
K058 __ Orange Drink Case.....	205.29 42
K059 __ Peach Drink 94oz.....	32.79 7
K060 __ Peach Drink Case.....	187.69 42

### COOKING SUPPLIES

J051 __ Baking Powder 80oz.....	28.09 6
J052 __ Baking Powder Case.....	159.69 36
J053 __ Baking Soda 116oz.....	24.29 9
J054 __ Baking Soda Case.....	134.19 50
J059 __ Cornstarch 68oz.....	23.89 6
J060 __ Cornstarch Case.....	132.09 32
J142 __ Instant Tender-Jel®C Starch 57oz.....	27.09 5
J077 __ White Cream Sauce 53oz.....	38.39 5
J078 __ White Cream Sauce Case.....	218.29 26
J055 __ Beef Bouillon 102 oz.....	52.79 8
J056 __ Beef Bouillon Case.....	305.59 45
J057 __ Chicken Bouillon 102 oz.....	41.29 8
J058 __ Chicken Bouillon Case.....	236.89 45
J182 __ Baking Cocoa 48oz.....	22.59 4
K092 __ Iodized Salt 128oz.....	32.69 9
K093 __ Iodized Salt Case.....	187.49 54
O093 __ Real Salt 128oz #10 can.....	62.69 9
I107 __ Vital Wheat Gluten 64oz #10 can.....	22.39 5
J040 __ Molasses Powder 60oz #10 can.....	28.19 5
P013 __ Molasses Powder 5# bag.....	30.89 5
J045 __ Honey Powder 65oz #10 can.....	35.29 5
P015 __ Honey Powder 5# bag.....	37.99 5

### FLOUR

	wt
K061 __ All Purpose Flour 64oz.....	14.79 5
K062 __ All Purpose Flour Case.....	79.79 30

## GRAINS, LEGUMES and MISC

K005	Baby Lima Beans 88oz	24.29	7
K006	Baby Lima Beans Case	134.99	39
K041	16 Bean Mix © 84oz	22.49	7
K042	16 Bean Mix © Case	123.59	38
K045	Black Turtle Beans 85oz	20.29	7
K046	Black Turtle Beans Case	109.89	38
K049	Garbanzo Beans 80oz	19.29	6
K013	Great Northern Beans 84oz	20.59	7
K014	Great Northern Beans Case	112.09	38
K019	Kidney Beans 76oz	19.89	6
K020	Kidney Beans Case	109.99	35
K021	Lentils 88oz	20.69	7
K022	Lentils Case	113.59	39
K023	Pinto Beans 84oz	19.09	7
K024	Pinto Beans Case	103.19	38
K037	Small White Beans 90oz	21.69	7
K038	Small White Beans Case	120.19	40
K035	Small Red Beans 86oz	20.69	7
K036	Small Red Beans Case	113.19	39
K017	Green Split Peas 92oz	18.89	7
K018	Green Split Peas Case	104.19	41
K007	Pearl Barley 88oz	19.09	7
K008	Pearl Barley Case	103.69	39
K073	Oat Groats 85oz	18.39	7
K088	9 Grain Cracked Cereal④ 69oz	16.59	6
K089	9 Grain Cracked Cereal④ Case	87.89	32
J063	Brown Flaxseed 76oz	25.39	6
J124	Brown Flaxseed Case	143.19	35
J183	Golden Flaxseed 76oz	23.89	6
K025	Popcorn Yellow 90oz	21.99	7
K026	Popcorn Yellow Case	121.89	40
I062	Par Boiled Rice 82oz	25.59	6
K031	White Rice (long) 88oz	22.59	7
K032	White Rice (long) Case	124.59	39
K029	Brown Rice (long) 84oz	22.09	7
K030	Brown Rice (long) Case	120.99	38
K033	White Basmati Rice 84oz	30.29	7
K034	White Basmati Rice Case	170.29	38
K090	6 Grain Rolled⑤ 48oz	14.79	4
K091	6 Grain Rolled ⑤ Case	80.09	24
K027	Quick Rolled Oats 40oz	13.89	4
K028	Quick Rolled Oats Case	72.79	21
K086	Rolled Oats, regular 40oz	13.89	4
K087	Rolled Oats, regular Case	72.79	21
K050	Steel Cut Oats 75 oz	17.49	6
J061	7 Grain Mix (whole)① 83oz	18.79	7
K051	Cornmeal, yellow 72 oz	16.69	6
K052	Cornmeal, yellow Case	89.39	33
K065	Germade Cereal 73oz	18.09	6
K066	Germade Cereal Case	98.59	34
K129	Ezekial Mix③ 88oz	19.89	7
J079	Refried Beans 40oz	21.69	4
J080	Refried Beans Case	119.29	21
K001	ABC Soup Mix 84 oz	24.49	7
K002	ABC Soup Mix Case	135.69	38

K004\_\_ Einkorn Wheat 82 oz #10 can .....41.29 7

## SUGAR

K079	Brown Sugar 67oz	19.39	6
K080	Brown Sugar Case	104.79	32
K081	Powdered Sugar 60oz	18.19	5
K082	Powdered Sugar Case	99.99	29
K083	White Sugar 94oz	21.99	7
K084	White Sugar Case	123.09	42

## PASTA

K067	Elbow Macaroni 50oz	21.09	5
K068	Elbow Macaroni Case	113.99	25
K069	Curly Egg Noodles 20oz	16.49	3
K070	Curly Egg Noodles Case	87.69	14
K077	Spaghetti 51oz	20.49	5
K078	Spaghetti Case	111.29	26

## MIXES and DESSERTS (\*\*complete, no oxygen absorber)

K130	Hearty Wheat Bread Mix 63oz	19.99	5
K071	Buttermilk Pancake Mix 63oz **	21.19	5
K072	Buttermilk Pancake Mix ** Case	118.59	30
K100	Basic Muffin Mix 5# mylar bag**	15.39	5
J067	Fudge Brownie Mix 66oz **	24.49	6
J095	Banana Pudding-instant 80oz	51.09	6
J033	Chocolate Pudding-instant 76oz	49.19	6
J093	Vanilla Pudding-instant 76oz	49.19	6
I078	Tapioca Instant 70oz	22.59	6
I075	Strawberry Gelatin 96oz	28.09	7
I076	Cherry Gelatin 96 Oz	28.09	7
K102	Lemon Poppy Muffin Mix 5# mylar**	18.69	5
K106	Blueberry Muffin Mix 5# mylar bag**	19.19	5
K107	Oatmeal Jumble Cookie Mix 5 lb mylar	37.39	5
K108	Chocolate Crinkle Cookie Mix 5 lb mylar	26.29	5

## Imitation Meat Flavored Textured Vegetable Protein

J071	Beef Flavored Bits 40 oz	19.39	4
J072	Beef Flavored Bits case	105.49	21
J073	Chicken Flavored Bits 33 oz	17.39	3
J074	Chicken Flavored Bits Case	96.19	19
J083	Sausage Flavored Bits 40oz	19.39	4
J084	Sausage Flavored Bits case	105.49	21
J075	Taco Flavored Bits 56oz	30.59	5
J076	Taco Flavored Bits case	172.49	27
J069	Bacon Flavored Bits 36oz	20.69	4

## Meals

J164	Stroganoff Gravy Mix 49oz.....	30.29	4
J153	Brown Gravy Mix 60oz.....	36.79	5
J151	Chicken Gravy Mix 60oz.....	31.99	5
I044	Turkey Gravy Mix 55oz.....	39.49	5
I046	Pork Gravy Mix 55oz.....	36.89	5
I049	Pepper Biscuit Gravy 44 oz.....	31.99	4
I150	Baked Potato Cheese Soup 65oz.....	50.99	5
I151	Broccoli Cheese Soup Mix 65oz.....	51.99	5
I144	Bacon Potato Chowder 57 oz.....	33.79	5
I143	Lasagna 38 oz.....	42.69	4
I142	Enchilada Beans & Rice 85 oz.....	37.69	7
J085	Onion Seasoning/Soup Mix 60 oz.....	55.09	5

## #2.5 CANS and CASES

One 200cc 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.....	12.59	2
G014	Broccoli Case.....	60.89	5
G019	Carrot Dices 11oz.....	11.89	2
G020	Carrot Dices Case.....	58.19	7
G021	Corn Super Sweet 11oz.....	14.09	2
G022	Corn Super Sweet case.....	71.49	7
G023	Garden Peas - sweet 13oz.....	14.89	2
G024	Garden Peas-sweet Case.....	76.79	8
G025	Green Beans 6oz.....	12.79	2
G026	Green Beans Case.....	62.19	5
G011	Sliced Mushrooms 2oz.....	12.29	1
G012	Sliced Mushrooms Case.....	61.69	4
G007	Chopped Onion 9oz.....	11.99	2
G008	Chopped Onion Case.....	58.79	6
G009	Tomato Powder 12oz.....	12.49	2
G010	Tomato Powder Case.....	61.79	7
G005	Vegetable Stew Blend 9oz.....	12.59	2
G006	Vegetable Stew Blend Case.....	61.79	6
G015	Celery 5oz.....	10.89	1
G016	Celery Case.....	54.69	5
G027	Cabbage 6oz.....	10.59	2
G028	Cabbage Case.....	48.89	5
G017	Mixed Peppers 5oz.....	11.19	1
G018	Mixed Peppers Case.....	56.59	5

### Fruits (● Imitation flavoring)

U019	Banana Slices 9oz.....	10.09	2
U075	Banana Slices Case.....	47.49	7
U021	Apple Slices 4oz.....	10.49	1
U074	Apple Slices Case.....	52.69	5
G033	Applesauce 10oz.....	16.69	2
G034	Applesauce Case.....	86.59	7
G097	Peach Dices 14oz.....	18.99	2
G098	Peach Dices Case.....	101.39	8
G105	Nectarine Dices 10oz.....	14.79	2
G106	Plum Dices 10oz.....	14.29	2

## Dairy and Eggs

G067	Butter Powder 14oz.....	17.09	2
G068	Butter Powder Case.....	89.89	8
G065	Shortening Powder 14oz.....	12.89	2
G066	Shortening Powder Case.....	65.09	8
G061	Cheese Blend 16oz.....	16.69	2
G062	Cheese Blend Case.....	88.79	9
G063	Cheddar Cheese 13oz.....	15.89	2
G064	Cheddar Cheese Case.....	82.69	8
G029	Sour Cream Powder 12oz.....	15.39	2
G102	Sour Cream Powder Case.....	79.29	7
G043	Whip Topping 18oz.....	13.79	2
G044	Whip Topping Case.....	71.39	10
G100	Cinnamon French Toast Dip 15oz.....	14.69	2
G069	Buttermilk Powder 17oz.....	13.29	2
G070	Buttermilk Powder Case.....	65.29	9
R003	Instant Milk 15oz.....	14.79	2
R004	Instant Milk Case.....	73.89	9
T005	Regular Milk 16oz.....	12.89	2
T006	Regular Milk Case.....	63.09	9

### Drinks

G059	Hot Cocoa 24oz.....	18.49	3
G060	Hot Cocoa Case.....	97.49	12
G093	Apple Drink 25oz.....	13.69	2
G094	Apple Drink Case.....	72.79	12
G091	Orange Drink 25oz.....	14.59	2
G092	Orange Drink Case.....	77.89	12
G089	Peach Drink 25oz.....	13.79	2
G090	Peach Drink Case.....	73.19	12

### Cooking Aids and Seasonings

G077	White Cream Sauce 16oz.....	16.59	2
G078	White Cream Sauce Case.....	87.79	9
G071	Beef Bouillon 29oz.....	20.39	3
G072	Beef Bouillon Case.....	109.59	14
G073	Chicken Bouillon 29oz.....	17.09	3
G074	Chicken Bouillon Case.....	90.09	14
G079	Baking Soda 32oz.....	11.99	3
G080	Baking Soda Case.....	60.09	15
U035	Baking Powder 30oz.....	15.09	3
U034	Baking Powder Case.....	78.69	15
G075	Cornstarch 18oz.....	11.59	2
G076	Cornstarch Case.....	58.79	10
J155	Brown Gravy Mix 16oz.....	15.29	2
J157	Chicken Gravy Mix 16oz.....	13.99	2
J159	Stroganoff Gravy Mix 11oz.....	12.89	2
G035	Turkey Gravy Mix 15oz.....	16.19	2
G037	Pork Gravy Mix 15oz.....	15.49	2
G036	Pepper Biscuit Gravy 15oz.....	15.69	2
G095	Iodized Salt 32oz.....	14.49	3
G096	Iodized Salt Case.....	72.59	15
O094	Real Salt 32oz 2.5 can.....	21.99	3
U175	Pepper Ground Black 14oz.....	14.59	2
U142	Instant Tender-Jel®C Starch 17oz.....	13.19	2
U178	Chili Powder Blend 16oz.....	17.99	2
U179	Cinnamon Powder 16oz.....	12.89	2
U184	Montreal Chicken Seasoning 16oz.....	13.39	2

U185	Montreal Steak Seasoning 16oz	13.39	2
U176	Pizza Seasoning Blend 11oz	15.79	2
U174	Spaghetti Seasoning Blend 19oz	13.99	2
U177	Taco Seasoning Blend 16oz	19.59	2
U172	BBQ Seasoning/Sauce Mix 20oz	22.99	2
U171	Onion Seasoning/Soup Mix 16oz	20.19	2
U133	Garlic Granules 18oz	22.49	2
U014	Spaghetti Sauce Mix 18oz	17.79	2
U016	Alfredo Sauce Mix 16oz	18.49	2
U018	Teriyaki Sauce Mix 16oz	13.49	2
U013	Instant Basil Pesto Sauce Mix 12oz	15.09	2
U011	Sun-dried Tomato Pesto Sauce Mix 14oz	19.69	2
U010	Roasted Red Bell Pepper Pesto Sauce 12oz	14.79	2
U181	Baking Cocoa 14oz	11.99	2
G116	Blueberry Nuggets (imitation) 17oz	17.89	2
G118	Apple Cinn Nuggets (imitation) 15oz	13.99	2
G117	Raspberry Nuggets (imitation) 15oz	14.39	2
G041	Nacho Cheese Sauce Mix 14oz	14.99	2
G042	Enchilada/Burrito Sauce Mix 18oz	14.09	2
G030	Molasses Powder 17oz	12.89	2
G040	Honey Powder 18oz	15.09	2

**Imitation Meat Flavor Textured Vegetable Protein**

G083	Bacon Flavored Bits 11oz	11.49	2
G081	Beef Flavored Bits 10oz	10.69	2
G082	Beef Flavored Bits Case	51.09	7
I093	Chicken Flavored Bits 11oz	10.89	2
I094	Chicken Flavored Bits Case	52.19	7
G085	Taco Flavored Bits 12oz	12.69	2
G086	Taco Flavored Bits Case	62.89	7
G087	Sausage Flavored Bits 10oz	10.69	2
G088	Sausage Flavored Bits Case	51.09	7

**Mixes and Desserts (\*\*complete)**

I129	Strawberry Gelatin 27oz	13.49	3
I113	Raspberry Gelatin 27 oz	13.49	3
I114	Lemon Gelatin 27 oz	13.49	3
I116	Cherry Gelatin 27 oz	13.49	3
I117	Orange Gelatin 27 oz	13.49	3
I115	Lime Gelatin 27 oz	13.49	3
I087	Banana Pudding-instant 22oz**	19.29	2
I088	Banana Pudding-instant ** Case	104.99	11
I089	Chocolate Pudding-instant 22oz**	19.29	2
I090	Chocolate Pudding-instant** Case	104.99	11
I085	Vanilla Pudding-instant 22oz*	19.29	2
I086	Vanilla Pudding-instant** Case	104.99	11

**Mountain House Freeze Dried Food**

**Mylar Pouches**

			wt
M400	Beef Stew	13.79	.5
M101	Beef Stroganoff	13.29	.5
M203	Chicken Teriyaki w/Rice	13.49	.5
M103	Chili Mac	13.29	.5
M104	Lasagna w/Meat Sauce	13.29	.5
M206	Macaroni & Cheese	12.49	.5
M105	Pasta Primavera (vegetable)	12.49	.5
M209	Rice & Chicken	13.29	.5
M107	Spaghetti w/Meat Sauce	13.29	.5
M108	Granola w/Blueberries & Milk	9.29	.5
M111	Fettuccine Alfredo w/Chicken	13.79	.5
M117	Scrambled Eggs with Bacon	11.49	.5
M118	Biscuits and Gravy	11.99	.5
M119	Breakfast Skillet	13.79	.5
M121	Chicken Fajita Bowl	13.79	.5
M214	Breakfast Skillet #10 can	62.59	2
M215	Granola w/Blueberries/Milk #10 can	55.59	4

**Gluten Free Products**

			wt
GF064	Sorghum Flour 56oz can	16.19	5
GF065	Sorghum Flour 5# bag	15.29	5
GF066	Tapioca Starch 56oz can	15.79	5
GF067	Tapioca Starch 5# bag	14.59	5
GF068	Potato Starch 70oz can	20.49	5
GF069	Potato Starch 5# bag	19.09	5
GF074	White Rice Flour 64oz can	17.69	5
GF075	White Rice Flour 5# bag	16.49	5
GF060	Amelia's Flour Blend 60 oz can	27.39	5
GF061	Amelia's Flour blend 5# bag	29.89	5
GF072	Baking and Pancake Mix 57 oz can	23.09	5
GF073	Baking and Pancake Mix 5# bag	24.99	5

## FREEZE DRIED

### Fruit #10 cans

		wt
K135	Apple Dices 10 oz #10 can	30.69 2
K136	Apple Dices 6 #10 cans	173.19 10
K149	Bananas Sliced 14 oz #10 can	26.09 2
K150	Bananas Sliced 6 #10 cans	147.49 12
K145	Blueberries Whole 10 oz #10 can	32.69 2
K146	Blueberries Whole 6 #10 cans	184.99 10
K141	Mango 12 oz #10 can	36.29 2
K142	Mango 6 #10 cans	208.19 11
K137	Raspberries Whole 9 oz #10 can	41.19 2
K138	Raspberries Whole 6 #10 cans	234.79 10
K151	Strawberries Sliced 6 oz #10 can	25.09 2
K152	Strawberries Sliced 6 #10 cans	138.59 9
K143	Pomegranate Arils 25 oz #10 can	53.49 3
K144	Pomegranate Arils 6 #10 cans	309.89 16
K175	Tart Cherry Dices 22 oz #10 can	85.29 3
K176	Tart Cherry Dices 6 #10 cans	501.09 15
K177	Cranberries-whole 7 oz #10 can	28.99 2
K178	Cranberries-whole 6 #10 cans	163.19 9
K179	Pineapple Pieces 11 oz #10 can	40.19 2
K180	Pineapple Pieces 6 #10 cans	231.99 11
K139	Pineapple Chunks 12 oz #10 can	47.89 2
K140	Pineapple Chunks 6 #10 cans	277.99 11
K147	Blackberries-whole 10 oz #10 can	32.49 2
K148	Blackberries-whole 6 #10 cans	183.69 10

### Vegetables #10 can

K155	Garden Peas 18 oz #10 can	28.29 3
K156	Garden Peas 6 #10 cans	157.29 13
K157	Green Beans 6 oz #10 can	25.79 2
K158	Green Beans 6 #10 cans	142.99 9
K159	Corn Super Sweet 16 oz #10 can	25.89 2
K160	Corn Super Sweet 6 #10 cans	146.89 12
K161	Cauliflower Pearls 5 oz #10 can	23.29 2
K162	Cauliflower Pearls 6 #10 cans	126.89 8
K165	Broccoli 7 oz #10 can	28.69 2
K166	Broccoli 6 #10 cans	160.89 9
K153	Jalapeno Peppers 9 oz #10 can	39.09 2
K154	Jalapeno Peppers 6 #10 cans	222.29 10
K163	Asparagus Dices 9 oz #10 can	47.99 2
K164	Asparagus Dices 6 #10 cans	275.09 10

### Meat #10 cans

T007	Diced Chicken 17oz #10 can	75.09 2
T009	Ground Beef 28.2oz #10 can	82.79 3
T011	Diced Beef 17oz #10 can	94.69 2

### Dairy #10 cans

K171	Monterey Jack Cheese 37 oz #10 can	31.39 4
K172	Monterey Jack Cheese 6 #10 cans	178.79 20

### Fruit #2.5 cans

		wt
G119	Apple Dices 3 oz #2.5 can	14.19 1
G120	Apple Dices 6 #2.5 cans	73.99 4
G134	Bananas Sliced 4 oz #2.5 can	12.59 1
G135	Bananas Sliced 6 #2.5 cans	64.29 4
G129	Blueberries Whole 3 oz #2.5 can	14.79 1
G130	Blueberries Whole 6 #2.5 cans	77.49 4
G125	Mango 4 oz #2.5 can	16.69 1
G126	Mango 6 #2.5 cans	89.29 4
G121	Raspberries Whole 2.5 oz #2.5 can	16.69 1
G122	Raspberries Whole 6 #2.5 cans	88.29 4
G136	Strawberries Sliced 2 oz #2.5 can	13.09 1
G137	Strawberries Sliced 6 #2.5 cans	66.49 4
G138	Pomegranate Arils 5 oz #2.5 can	16.69 1
G139	Pomegranate Arils 6 #2.5 cans	89.09 5
G165	Tart Cherry Dices 6 oz #2.5 can	28.49 1
G166	Tart Cherry Dices 6 #2.5 cans	161.59 6
G167	Cranberries-whole 2 oz #2.5 can	13.59 1
G168	Cranberries-whole 6 #2.5 cans	70.49 4
G123	Pineapple Chunks 3.4 oz #2.5 can	19.09 1
G124	Pineapple Chunks 6 #2.5 cans	102.29 5
G131	Blackberries-whole 3 oz #2.5 can	14.69 1
G132	Blackberries-whole 6 #2.5 cans	77.09 4

### Vegetables #2.5 cans

G140	Garden Peas 5 oz #2.5 can	12.99 1
G141	Garden Peas 6 #2.5 cans	66.89 5
G142	Green Beans 1.8 oz #2.5 can	12.99 1
G143	Green Beans 6 #2.5 cans	65.19 4
G144	Corn Super Sweet 4 oz #2.5 can	11.99 1
G145	Corn Super Sweet 6 #2.5 cans	60.89 4
G146	Cauliflower Pearls 1 oz #2.5 can	10.89 1
G147	Cauliflower Pearls 6 #2.5 cans	52.29 3
G150	Broccoli 2 oz #2.5 can	13.49 1
G151	Broccoli 6 #2.5 cans	68.69 4
G127	Jalapeno Peppers 2.6 oz #2.5 can	16.59 1
G128	Jalapeno Peppers 6 #2.5 cans	86.79 4
G148	Asparagus Dices 2.4 oz #2.5 can	17.99 1
G149	Asparagus Dices 6 #2.5 cans	96.89 4

### Dairy #2.5 cans

G161	Monterey Jack Cheese 10 oz #2.5 can	13.69 2
G162	Monterey Jack Cheese 6 #2.5 cans	71.59 7

**DEHYDRATED UNITS  
FOR ONE PERSON  
NO SUBSTITUTIONS ON UNITS**

**UU080\_\_2 Month Unit.....620.09**

108 lbs. shipping weight

**#10 Cans**

- 1 can Potato Dices
- 1 can Instant Milk
- 1 can Pancake Mix
- 1 can Macaroni
- 1 can Banana Slices
- 1 can Parboiled Rice
- 1 can Buttery Mashed Potatoes
- 1 can Ova Easy Eggs
- 1 can Baked Potato Cheese Soup Mix
- 1 can Broccoli & Cheese Soup Mix
- 1 can Black Turtle Beans
- 1 can Germade
- 1 can Quick Oats
- 1 can Refried Beans
- 1 can 9 Grain Cereal
- 1 can Apple Slices
- 1 can ABC Soup Mix
- 1 can Vegetable Stew

**2.5 Cans and Misc.**

- 1 can Cheese Blend
  - 1 can Onion Seasoning
  - 1 can FD Garden Peas
  - 1 can FD Green Beans
  - 2 cans White Cream Sauce
  - 1 can FD Sweet Corn
  - 1 can Orange Drink
  - 1 can Apple Drink
  - 1 can Taco Bits
  - 1 can FD Sweet Corn
  - 1 can Chicken Bits
- 2061 Calories per day

**UU040\_\_New Deluxe 1 Year Unit .....3042.59**

743 lbs. shipping weight

**10-5 Gal Super Pail Buckets**

- 3-Hard Red Wheat
- 3-Hard White Wheat
- 1-White Rice
- 1-Pinto Beans
- 1-Small Red Beans
- 1-Small White Beans

**Case 1:**

- 1 can dehydrated Banana Slices
- 1 can dehydrated Apple Slices
- 1 can FD Strawberries-Slices
- 1 can FD Blueberries
- 1 can dehydrated Applesauce
- 1 can dehydrated Peach Dices

**Case 2:**

- 1 can FD Garden Peas
- beans
- 1 can FD Sweet Corn
- 1 can FD broccoli
- 1 can dehydrated Carrot Dices
- 1 can FD Cauliflower

**Case 3:**

- 1 can Tomato Powder
- 2 cans Vegetable Stew
- 1 can dehydrated Sweet Potatoes
- 1 can Onions
- 1 can Mixed Peppers

**Case 4:**

- 2 cans Potato Granules
- 2 cans dehydrated Potato Dices
- 1 can dehydrated Potato Slices
- 1 can Potato Flakes

**Case 5:**

- 6 cans Instant Non-fat Milk

**Case 6:**

- 6 cans Regular Non-fat Milk

**Case 7:**

- 1 can Whole Egg Powder
- 2 cans Ova Easy Eggs
- 1 can Cheese Blend
- 1 can Butter Powder
- 1 can Shortening Pdr

**Case 8:**

- 2 cans FD Diced Beef
- 2 cans FD Diced Chicken
- 2 cans FD Ground Beef

**Case 9:**

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

**Case 10:**

- 1 can Refried Beans
- 1 can Germade
- 1 can Regular Oats
- 1 can Pearl Barley
- 1 can Cornmeal
- 1 can 9 Grain Cereal

**Case 11:**

- 1 can Hot Cocoa
- 1 can Black Turtle Beans
- 1 can Lentils
- 1 can White Cream Sauce
- 1 can Orange Drink
- 1 can Popcorn

**Case 12:**

- 2 cans Spaghetti
- 3 cans Macaroni
- 1 can Egg Noodles

**Case 13 (#2.5 cans):**

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

**Case 14:**

- 4 #10 cans White Sugar
- 3-1 lb pkgs Yeast

**Case 15:**

- Lid Remover

***You Can Have Your Food Storage and Eat It Too*** cookbook  
Allocation Sheet  
2501 Calories per day

**UU025\_\_Basic 1 Year Unit.....1485.79**

641 lbs. shipping weight

**16-5 Gal Super Pail Buckets**

- 3-Hard Red Wheat            2-Pinto Beans
- 3-Hard White Wheat        1-Small Red Beans
- 3-White Rice                1-Small White Beans
- 1-Black Turtle 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
- Allocation Sheet
- 2385 Calories per day

**Specialty Packages**

wt

**U060\_\_SOUP STARTER PAK.....79.59 12**

- 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.....74.59 11**

- 1 #2.5 Apple Slices        1 #2.5 Plum Dices
- 1 #2.5 Nectarine Dices    1 #2.5 Peach Dices
- 2 #2.5 Banana Slices

**U066\_\_BEGINNER VEGETABLE PAK.....72.79 11**

- 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 Mushrooms

**U067\_\_IMITATION MEAT TRIAL PAK.....63.59 12**

- 1-#2.5 Bacon Bits        2-#2.5 Beef Bits
- 1-#2.5 Chicken Bits      1-#2.5 Taco Bits
- 1-#2.5 Sausage Bits

**U192\_\_SPICE PAK.....90.29 13**

- 1 #2.5 Ground Pepper    1 #2.5 Iodized Salt
- 1 #2.5 Cinnamon        1 #2.5 Chili Blend
- 1 #2.5 Taco Seasoning   1 #2.5 Pizza Blend

**U076\_\_SEASONING/SAUCE PAK.....85.89 12**

- 1 #2.5 Steak Seasoning   1 #2.5 Chicken Seas
- 1 #2.5 Spaghetti Sauce   1 #2.5 Enchilada Sauce
- 1 #2.5 Alfredo Sauce     1 #2.5 Teriyaki Sauce

**U077\_\_GRAVY PAK.....85.59 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.....146.09 41**

- 1 #10 Nat. Buckwheat    1 #10 Spelt
- 1 #10 Amaranth          1 #10 Hard Red Wheat
- 1 #10 Kamut               1 #10 Hard White Wheat

**U078\_\_CEREAL PAK .....93.79 33**

- 1 #10 Steel Cut Oats      1 #10 7 Grain Whole
- 1 #10 Germade            1 #10 6 Grain Rolled
- 1 #10 9 Grain Cracked   1 #10 Quick Rolled Oats

**K075\_Sample Pack 32 oz #10 can.....22.49 3**

(dehydrated products)

**Freeze Dried Paks**

wt

**U068\_\_Freeze Dried Vegetable Pak.....70.29 6**

- 1 #2.5 Broccoli            2 #2.5 Sweet Corn
- 1 #2.5 Cauliflower        1 #2.5 Green Beans
- 1 #2.5 Garden Peas

**U069\_\_Freeze Dried Fruit Pak.....94.69 6**

- 1 #2.5 Bananas            1 #2.5 Mango
- 1 #2.5 Blueberries        1 #2.5 Apple Dices
- 1 #2.5 Tart Cherries      1 #2.5 Strawberries

**K097\_FD Sample Pak 8 oz #10 can.....27.59 2**

(freeze dried products)