

# Rainy Day Foods

## Price List

### 3-24-2025

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.....	55.59 50
W003 ___ Double Plastic Hard Red 50# Bag ...	55.89 50
W002 ___ Double Plastic Hard Red 25# Bag ...	30.89 25
W007 ___ 5 Gallon Hard Red 36 lbs SP.....	62.29 39
W008 ___ Hard Red Wheat 88 oz # 10 Can.....	15.39 7
W009 ___ Hard Red Wheat # 10 Case .....	81.29 39

### Hard White Wheat

W031 ___ Paper Hard White 50 lbs Bag .....	58.09 50
W032 ___ Double Plastic Hard White 50# Bag	58.39 50
W030 ___ Double Plastic Hard White 25# Bag.	32.19 25
W034 ___ 5 Gallon Hard White 36 lbs SP .....	64.09 39
W036 ___ Hard White Wheat 88 oz #10 Can...	15.59 7
W035 ___ Hard White Wheat #10 Case .....	82.89 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 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.....	58.09
A103	16 Bean Mix © 50 lbs Bag.....	112.09
A001	Baby Lima Beans 25 lbs Bag.....	66.79
A098	Baby Lima Beans 50 lbs Bag.....	125.49
A006	Black Eye Beans 25 lbs Bag.....	65.09
A004	Black Turtle Beans 25 lbs Bag.....	48.89
A114	Black Turtle Beans 50 lbs Bag.....	93.79
A008	Garbanzo Beans 25 lbs Bag.....	48.09
A010	Great Northern Beans 25 lbs Bag.....	51.39
A134	Great Northern Beans 50 lbs Bag.....	98.79
A012	Kidney Beans 25 lbs Bag.....	54.69
A116	Kidney Beans 50 lbs Bag.....	101.29
A015	Lentils 25 lbs Bag.....	50.59
A105	Lentils 50 lbs Bag.....	92.99
A066	Red Lentils 25 lbs Bag.....	50.19
A018	Pink Beans 25 lbs Bag.....	51.39
A020	Pinto Beans 25 lbs Bag.....	44.29
A135	Pinto Beans 50 lbs Bag.....	84.69
A024	Small Red Beans 25 lbs Bag.....	50.99
A136	Small Red Beans 50 lbs Bag.....	97.99
A022	Small White Beans 25 lbs Bag.....	54.29
A137	Small White Beans 50 lbs Bag.....	100.49
A028	Green Split Peas 25 lbs Bag.....	41.39
A139	Green Split Peas 50 lbs Bag.....	78.89
A030	Yellow Split Peas 25 lbs Bag.....	40.59
A064	Whole Green Peas 25 lbs Bag.....	40.59
A112	Whole Green Peas 50 lbs Bag.....	77.19
A031	7 Grain Mix (whole)① 25 lbs Bag.....	40.59
A057	Pearl Barley 25 lbs Bag.....	43.09
B043	Ezekiel Mix 25 lbs Bag.....	46.79
B007	Soft Wheat (for pastries) 50 lbs Bag.....	67.99
A067	Hulled Millet 50 lbs Bag.....	90.49
A069	Oat Groats 25 lbs Bag.....	37.69
A080	Oat Groats 50 lbs Bag.....	67.19
A078	Rye 50 lbs Bag.....	72.19
B038	Triticale 50 lbs Bag.....	64.69
U032	Flax-Brown 5 lbs Bag.....	23.79
B040	Flax-Brown 25 lbs Bag.....	91.29
B079	Flax-Brown 50 lbs Bag.....	174.49
U193	Golden Flax 5 lbs Bag.....	23.39
B078	Golden Flax 25 lbs Bag.....	89.29
B080	Golden Flax 50 lbs Bag.....	170.39
A070	Popcorn Yellow 50 lbs Bag.....	77.99
A033	Par Boiled Rice 25 lbs Bag.....	80.09
A133	Par Boiled Rice 50 lbs Bag.....	152.09
A071	White Rice (long) 25 lbs Bag.....	33.89
A072	White Basmati Rice 25lbs bag.....	99.19
A073	Brown Rice (long) 25 lbs Bag.....	35.19
B001	Cornmeal, yellow 50 lbs Bag.....	52.19
A075	6 Grain Rolled ⑤ 50 lbs Bag.....	80.49
A061	9 Grain Cracked Cereal ④ 50 lbs Bag.....	64.69
B010	Germade Cereal 44 lbs bag.....	74.69
A083	Quick Rolled Oats 25 lbs Bag.....	38.89
A076	Quick Rolled Oats 50 lbs Bag.....	69.69
A084	Regular Rolled Oats 25 lbs Bag.....	38.89

A077	Regular Rolled Oats 50 lbs Bag.....	69.69
A068	Steel Cut Oats 25 lb Bag.....	38.89
A051	ABC Soup Mix 25 lbs bag.....	67.99
P030	Refried Beans 35 lbs Bag.....	123.79
A063	Durum Wheat 25 lbs bag.....	28.49

## Cooking Supplies

P005	Baking Soda 50 lbs Bag.....	87.99
P006	Cornstarch 55 lbs Bag.....	218.39
N006	Dough Enhancer Professional 20 oz Can.....	11.69
B057	Lecithin (liquid) 41 lbs Bucket.....	135.69
B073	Lecithin Powder 1.5# Bag.....	17.89
B070	Iodized Salt 25 lbs Bag.....	57.59
O090	Real Salt 25 lbs bag.....	156.19
O096	Real Salt Pouch Case (6-26 oz pouches).....	85.09
B071	Vital Wheat Gluten 5 lbs Bag.....	26.09
P004	Vital Wheat Gluten 50 lbs Bag.....	197.79
N012	Yeast Package - Saf-Instant 1 lb.....	9.99
N016	Yeast Case-20 package Saf-Instant Yeast.....	173.39

## Dairy

P012	Instant Milk (non-fat) 55 lbs Bag.....	291.59
P011	Regular Milk (non-fat) 55 lb Bag.....	221.99
L022	Butter Powder 10 lbs Box.....	107.49
B011	Buttermilk Powder 55 lbs Bag.....	275.09
L030	Buttermilk Powder 20 lbs Box.....	106.79
L031	Cheese Blend 20 lbs Box.....	177.99
L029	Cheddar Cheese Powder 10 lbs Box.....	99.79
L062	Shortening Powder 50 lbs Bag.....	266.09
L024	Shortening Powder 15 lbs Box.....	86.69
L028	Sour Cream Powder 10 lbs Box.....	101.19

## Drinks

P002	Hot Cocoa (add water) 25 lbs Bag.....	170.39
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## Flour

B004	All Purpose Flour 50 lbs Bag.....	55.59
B005	Bakers Flour High-Protein 50 lbs Bag.....	56.39
B006	Unbleached Flour 50 lbs Bag.....	55.59

## Fruits (● Imitation flavoring)

L033	Apple Slices 15 lbs Box.....	159.79
L027	Applesauce 15 lbs Box.....	203.49
L035	Banana Slices 14 lbs Box.....	47.79

## Imitation Meat Flavor Textured Vegetable Protein

L063	Bacon Flavored Bits 30 lbs Box.....	119.59
L064	Beef Flavored Bits 25 lbs Box.....	97.59
L065	Chicken Flavored Bits 25 lbs Box.....	97.59
L071	Sausage Flavored Bits 25 lbs Box.....	97.59
L066	Taco Flavored Bits 25 lbs Box.....	100.89

## Mixes (\*\* complete)

P023\_\_\_Buttermilk Pancake Mix \*\* 25 lbs Bag .... 77.19

## Pasta

B059\_\_\_Elbow Macaroni 20 lbs Box ..... 65.99  
B062\_\_\_Curly Egg Noodles 10 lbs Box ..... 36.59  
B067\_\_\_Spaghetti Long 20 lbs Box ..... 75.49

## Sugar, Honey and Molasses

P018\_\_\_Creamy Honey (whipped) 5 lb pail.....37.79  
P008\_\_\_Case 6-5 lb pails Creamy Honey (whipped).219.09  
P019\_\_\_Cox Grade A Liquid Honey 5 lb pail ..... 36.69  
P009\_\_\_Cse 6-5 lb pails Cox Grade A Liquid Honey 212.49  
P007\_\_\_Honey 48# Bucket Grade A Clover ..... 256.39  
P010\_\_\_Bucket Molasses(sweet-unsulfured) 59 lbs .214.09  
P016\_\_\_Brown Sugar 25 lbs Bag ..... 53.09  
P017\_\_\_Powdered Sugar 25 lbs Bag ..... 48.89

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

## Vegetables

L001\_\_\_Broccoli 15 lbs Box.....166.59  
L016\_\_\_Cabbage 15 lbs Box.....86.69  
L003\_\_\_Carrot Dices 20 lbs Box.....108.49  
L015\_\_\_Celery 10 lbs Box.....100.19  
L002\_\_\_Corn, Sweet 20 lbs Box.....172.99  
L004\_\_\_Green Beans 13 lb Box.....153.09  
L007\_\_\_Mushrooms 5 lbs Box.....170.49  
L008\_\_\_Onions, Chopped 15 lbs Box.....100.89  
L005\_\_\_Garden Peas, Sweet 25 lbs box.....208.69  
L017\_\_\_Peppers-Mixed (red and green) 15# Box..162.09  
L009\_\_\_Potato Dices 13 lbs box.....77.59  
L010\_\_\_Potato Flakes 12 lbs Box.....33.09  
L018\_\_\_Potato Flakes 40 lb bag.....93.19  
L014\_\_\_Potato Granules 50 lbs bag.....103.79  
L076\_\_\_Potato Butter Bits 40 lbs Box.....181.19  
L032\_\_\_Potato Butter Bits 20 lbs Box.....97.19  
L011\_\_\_Potato Slices 20 lbs (4-5 lb bags).....59.19  
L046\_\_\_Spinach Flakes 5 lbs Box.....61.19  
L020\_\_\_Sweet Potato Dices 25 lbs Box.....132.89  
L021\_\_\_Tomato Powder 15 lbs Box.....89.89  
L013\_\_\_Vegetable Stew Blend 25 lbs Box ..... 184.89  
L025\_\_\_Vegetable Stew Blend 15 lbs Box.....117.39

## Sprouting

### Sprout Master -Seed Sprout Kits

N020\_\_\_Single Kit-2 lids.....19.89 2  
N021\_\_\_Triple Kit (stackable)-4 lids .....47.59 3  
N022\_\_\_Triple Mini Kit (stackable)-4 lids .....29.49 2

### Sprouting Mix ⑦

Q011\_\_\_Sprouting Mix 1.5 lbs .....9.29 2  
Q012\_\_\_Sprouting Mix 5 lbs.....15.69 5

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

Q001\_\_\_Alfalfa 1.5 lbs .....15.79 2  
Q006\_\_\_Lentils 1.5 lbs .....9.19 2  
Q004\_\_\_Garbanzo Beans 1.5 lbs.....8.99 2  
Q003\_\_\_Whole Peas 1.5 lbs .....8.59 2  
Q002\_\_\_Triticale 1.5 lbs .....8.29 2  
Q008\_\_\_Case of 7 mylar bags .....78.29 14

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

### Special Sprouting Seed

Q016\_\_\_Broccoli 1.5 lbs.....47.29 2  
Q017\_\_\_Radish 1.5 lbs .....19.79 2

### Alfalfa Sprouting Seed

A052\_\_\_Alfalfa 5 lb bag .....37.79 5  
A054\_\_\_Alfalfa 25 lb bag.....161.19 25  
Y001\_\_\_Alfalfa 36 lbs 5 gal SP.....251.59 39  
K003\_\_\_Alfalfa 88oz #10 can .....44.29 7

### Natural Sprouting Seed

Q007\_\_\_Natural Adzuki Beans 1.5 lbs ..... 11.59 2  
Q050\_\_\_Natural Black Turtle Beans 1.5 lbs .... 11.09 2  
Q052\_\_\_Natural Hulled Buckwheat 1.5 lbs ..... 11.69 2  
Q053\_\_\_Natural Kamut 1.5 lbs.....9.99 2  
Q056\_\_\_Natural Soybeans 1.5 lbs .....9.49 2  
Q055\_\_\_Natural Spelt 1.5 lbs .....10.59 2  
Q051\_\_\_Natural Hard Red Wheat 1.5 lbs .....8.59 2  
Q057\_\_\_Case of 7 mylar bags (natural seeds) ..85.09 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.....100.89 38
E001	Baby Lima Beans 35 lbs ..... 113.09 38
E003	Black Turtle Beans 35 lbs ..... 88.09 38
E004	Black Eye Beans 31 lbs .....101.09 34
E005	Garbanzo Beans 33 lbs ..... 83.39 36
E006	Great Northern Beans 35 lbs ..... 91.59 38
E007	Kidney Beans 33 lbs ..... 92.19 36
E042	Lentils 36 lbs ..... 92.19 39
E009	Pink Beans 34 lbs ..... 89.69 37
E010	Pinto Beans 34 lbs ..... 80.09 37
E011	Small Red Beans 34 lbs..... 89.09 37
E012	Small White Beans 36 lbs ..... 97.59 39
E055	Green Split Peas 37 lbs ..... 80.49 40
E041	Whole Green Peas 35 lbs ..... 76.39 38
E035	Pearl Barley 36 lbs ..... 81.39 39
E066	7 Grain Mix (whole)① 35 lbs ..... 76.39 38
E038	9 Grain Cracked Cereal④ 29 lbs..... 62.99 32
E043	Hulled Millet 36 lbs ..... 90.39 39
E070	Ezekial Mix③ 34 lbs ..... 83.49 37
E045	Oat Groats 35 lbs ..... 72.29 38
E046	Popcorn Yellow 38 lbs ..... 84.49 41
E067	ParBoiled Rice 35 lbs ..... 131.69 38
E048	White Rice (long) 36 lbs ..... 73.09 39
E047	Brown Rice (long) 35 lbs ..... 68.79 38
E053	White Basmati Rice 36 lbs .....167.09 39
E049	6 Grain Rolled Cereal ⑤20 lbs ..... 57.89 23
E050	Quick Rolled Oats 19 lbs ..... 52.29 22
E051	Regular Rolled Oats 20 lbs ..... 53.59 23
E030	Steel Cut Oats 33 lbs ..... 71.39 36
E052	Rye 35 lbs ..... 75.79 38
E073	Cornmeal 32 lbs ..... 58.79 35
E078	Soft Wheat (for pastries) 36 lbs ..... 74.29 39
E079	Germade Cereal 30 lbs ..... 76.19 33
E056	Triticale 33 lbs ..... 68.09 36
E064	Flax-Brown 31 lbs ..... 133.59 34
E101	Golden Flax 31 lbs ..... 130.99 34
E080	Elbow Macaroni 20 lbs ..... 90.89 23
E083	Curly Egg Noodles 7 lbs ..... 50.89 10
E084	Spaghetti 30 lbs ..... 128.69 33
E075	All Purpose Flour 31 lbs ..... 59.89 34
E057	Bakers Flour 31 lbs ..... 60.39 34
E076	Unbleached Flour 31 lbs ..... 59.89 34
E088	Brown Sugar 37 lbs .....102.69 40
E089	Powdered Sugar 31 lbs ..... 80.99 34
Y013	White Sugar 37 lbs ..... 98.99 40
E092	Refried Beans 16 lbs ..... 82.19 19
E031	ABC Soup Mix 35 lbs .....114.89 38
E040	Durum Wheat 35 lbs ..... 59.49 38

### Cooking Supplies

		wt
E090	Iodized Salt 50 lbs .....141.09	53
O092	Real Salt 50 lbs SP .....338.29	53

### Dairy

Y004	Milk, instant (non-fat) 25 lbs .....162.99	28
Y005	Milk, regular (non-fat) 28 lbs .....141.09	31

### Drinks

Y003	Hot Cocoa (add water) 30 lbs .....224.99	33
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### Fruits

F033	Apple Slices 6 lbs .....87.29	9
F035	Banana Slices 14 lbs .....66.89	17

### Imitation Meat Flavor Textured Vegetable Protein

F072	Bacon flavored Bits 16 lbs .....86.19	19
F073	Beef flavored Bits 18 lbs .....91.29	21
F074	Chicken flavored Bits 16 lbs .....84.09	19
F057	Sausage flavored Bits 16 lbs .....84.09	19
F075	Taco flavored Bits 20 lbs .....101.19	23

### Mixes

Y011	Buttermilk Pancake Mix 25 lbs .....96.19	28
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### Vegetables

F001	Broccoli 10 lbs .....132.49	13
F002	Carrot Dices 16 lbs .....107.29	19
F003	Corn, Super Sweet 16 lbs .....158.89	19
F004	Garden Peas, Sweet 20 lbs .....187.39	23
F005	Green Beans 10 lbs .....138.49	13
F007	Chopped Onions 14 lbs .....113.69	17
F008	Potato Dices 13 lbs .....96.59	16
F009	Potato Flakes 12 lbs .....52.09	15
F013	Potato Granules 38 lbs .....99.69	41
E110	Potato Butter Bits 20 lbs .....116.19	23
F010	Potato Slices 8 lbs .....47.09	11
F012	Vegetable Stew Blend 13 lbs .....121.69	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 .	42.59 25
O003__ Natural Hard Red 50 lbs Dbl Plastic .	79.19 50
O002__ Natural Hard Red 50 lbs Paper bag ..	78.89 50
O005__ Natural Hard Red Wheat 36 lbs SP ..	78.99 39
O006__ Natural Hard Red Wheat 88oz #10 ..	17.89 7
O007__ Natural Hard Red Wheat #10 case ...	96.69 39

## Hard White Wheat

O008__ Natural Hard White 50 lbs Paper bag	78.89 50
O010__ Natural Hard White Wheat 36 lbs SP.	78.99 39
O011__ Natural Hard White Wheat 88oz #10 .	17.89 7
O012__ Natural Hard White Wheat #10 case..	96.69 39

## Pinto Beans

O070__ Natural Pinto Beans 25 lbs bag.....	76.39 25
O072__ Natural Pinto Beans 34 lbs SP .....	128.19 37

## Small White Beans

O074__ Natural Small White 25 lbs bag.....	72.99 25
O076__ Natural Small White 36 lbs SP .....	124.59 39

## Small Red Beans

O078__ Natural Small Red Beans 25 lbs bag .....	70.09 25
O080__ Natural Small Red Beans 34 lbs SP .....	119.69 37

## Soybeans

O082__ Natural Soybeans 25 lbs bag .....	70.49 25
O084__ Natural Soybeans 33 lbs SP .....	117.49 36

## Oat Groats

O014__ Natural Oat Groats 25 lbs bag.....	50.59 25
O017__ Natural Oat Groats 50 lbs bag.....	91.29 50
O016__ Natural Oat Groats 35 lbs SP .....	89.19 38

## Rolled Oats-Regular

O020__ Natural Regular Oats 50 lbs bag .....	91.29 50
O022__ Natural Regular Oats 20 lbs SP .....	62.29 23

## Rolled Oats-Quick

O024__ Natural Quick Oats 50 lbs bag .....	91.29 50
O026__ Natural Quick Oats 19 lbs SP.....	60.49 22

## Hulled Millet

O030__ Natural Hulled Millet 25 lbs bag.....	61.39 25
O032__ Natural Hulled Millet 36 lbs SP .....	112.59 39

## Hulled Buckwheat

	wt
O034__ Natural Hulled Buckwheat 25# bag.....	92.59 25
O037__ Natural Hulled Buckwheat 32# SP .....	138.69 35
O038__ Natural Hulled Buckwheat 78oz can ....	26.79 6

## Kamut®

O039__ Natural Kamut® 25 lbs bag .....	63.49 25
O042__ Natural Kamut® 35 lbs SP .....	108.39 38
O043__ Natural Kamut® 85oz #10 can .....	22.49 7

## Quinoa

O044__ Natural Quinoa 25 lbs bag .....	111.29 25
O045__ Natural Quinoa 10 lbs box.....	48.69 10
O046__ Natural Quinoa 35 lbs SP.....	180.09 38
O047__ Natural Quinoa 85oz #10 can .....	33.39 7

## Amaranth

O048__ Natural Amaranth 25 lbs bag.....	76.39 25
O051__ Natural Amaranth 37 lbs SP.....	132.19 40
O052__ Natural Amaranth 88oz #10 can.....	25.59 7

## Spelt

O053__ Natural Spelt 25 lbs bag .....	73.89 25
O054__ Natural Spelt 50 lbs bag .....	139.59 50
O056__ Natural Spelt 35 lbs SP .....	122.99 38
O057__ Natural Spelt 85oz #10 can.....	24.69 7

## Golden Flax

O060__ Natural Golden Flax 5 lbs bag.....	26.09 5
O061__ Natural Golden Flax 25 lbs bag.....	99.69 25
O059__ Natural Golden Flax 31 lbs SP .....	148.09 34

## Adzuki Beans-domestic

O062__ Natural Adzuki Domestic 25# bag .....	91.29 25
O064__ Natural Adzuki Domestic 37# SP .....	154.39 40
O065__ Natural Adzuki Domestic 84oz #10 ...	28.19 7

## Black Turtle Beans

O097__ Natural Black Turtle 25 lbs bag .....	82.19 25
O099__ Natural Black Turtle 35 lbs SP .....	134.69 38

## Books

X031	Country Bean Cookbook.....	17.89	1
X023	Herbs to the Rescue-Cookbook.....	10.39	1
X038	Instant Delight-Clear Gel Recipe .....	8.69	1
Q059	Made Simple .....	22.89	1
Q039	Mix A Meal Cookbook.....	18.69	1
X039	Natural Meals in Minutes Cookbook... ..	18.69	1
X044	The Amazing Wheat Cookbook .....	14.49	1
X045	The New Passport To Survival .....	19.99	1
Q036	Emergency Food Storage & Survival Bk .....	28.69	1
X046	The Art of Baking with Natural Yeast... ..	27.59	2
X048	Whole Grain Flour Power.....	34.99	2
Q029	You Can Have Your Food Storage And Eat It Too.....	20.09	1

## Balm, Clay, Emergency Supplies

AA07	Bag Balm 8 oz.....	16.59	1
S010	Redmond Bentonite Clay 10 oz .....	24.09	1
S011	Redmond Bentonite Clay 6 lb bag .....	70.79	6
Q023	Emergency Thermal Space Blanket.....	4.09	.5
	USA made - foil material - reusable		
Q025	Hand Warmers single package .....	2.69	.5
	(up to 6 hrs heat each)		
Q026	Hand Warmers case (60 Pkg) .....	40.79	4
Q038	Pocket Size Sleeping Bag 36"x84".....	5.19	.5
Q064	Tarp – small (4'6"x6'6" finished) .....	4.99	2
Q066	Emergency Glow Stick-set of 2 .....	3.49	1

## Stoves

X035	Alpaca Kerosene Cook Stove.....	162.69	15
	8500 BT / comes with one wick		
X036	Alpaca 7C wick Replacement.....	13.39	.5
X037	Camp Chef Stryker Stove.....	68.79	2
	(propane not included)		

## Water Storage Solutions

N015	QAO2™Oxygenate Water Treatment 4oz..	16.39	1
N013	Water Purification Coghlan's Tablets..	10.79	.5
	50 tablets - Treats 6.25 gallons (2 Tablets per 1 Quart water)		
P070	First Need Water Purifier.....	138.49	3
P071	First Need Replacement Canister.....	54.59	2
N014	Square 5 gal Blue Water Drum.....	34.69	5
N010	Poly Water Drum-blue 15 gal.....	90.19	8
N011	Poly Water Drum-blue 55 gal.....	158.49	22
N001	Drum Pump #330 adjustable.....	12.39	2
N030	Siphon Pump.....	21.59	5
N002	Flo-Rite Spigot 3/4".....	4.39	.5
P094	Water Basics Replacement Filter.....	26.99	1
P095	Lifestraw Personal Water Filter.....	25.99	1
P096	Aquamira Water Basics water bottle... ..	44.29	2

## Candles

X028	Candle Survival 36 hour w/matches....	8.69	1
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## Buckets, Containers and Packaging Supplies

N007	4.25 gallon plastic bucket-gasket lid...	27.79	5
N008	5 gallon plastic bucket-gasket lid.....	25.99	5
N003	Lid Remover Bung Nut Wrench.....	6.09	1
	Gamma Seal Lids - Air tight-Screws on and off Reusable FDA Food Grade Colors		
I080	Gamma Seal Lid-White each lid.....	12.99	2
I081	Gamma Seal Lid Red each lid.....	12.99	2
I082	Gamma Seal Lid Blue each lid.....	12.99	2
I128	Gamma Seal Lid Black each lid.....	12.99	2
I084	Gamma Seal Lid-Yellow each lid.....	12.99	2
I083	Gamma Seal Lid-Orange each lid.....	12.99	2
I127	Gamma Seal Lid-Green each lid.....	12.99	2
K085	Plastic Lid for #10 can.....	2.29	1
K185	Plastic Lid for #2.5 can.....	2.29	1
P039	Plastic Lids 549 per box for #10 cans...	165.49	45
P043	Cans #10 w/metal lids 448(1 pallet).	1620.59	525
P121	Can #10 w/metal lid.....	8.89	2
P057	Box for 4 #10 Cans.....	5.19	2
P042	Box for 6 #10 Cans.....	8.99	2
P058	Box for 6 #2.5 Cans.....	4.89	2
P041	Oxygen Absorbers 500cc (40 per bag)..	11.09	2
P048	Oxygen Absorbers 200cc (50 per bag)..	6.19	1
F015	20" x 30" Mylar.....	4.19	.3
F016	20" x 29" Mylar with zip lock.....	8.29	.3
F018	10.5" x 17.5" Mylar with zip lock.....	3.39	.3
F085	Red 6.5"x 10.5" Mylar with zip lock.....	3.19	.3

## Grinders, Bosch and Accessories

X024	VKP Deluxe Grain Mill VKP1024.....	134.29	5
X091	Wonder Mill-electric .....	334.99	15
X026	Wonder Mill Junior (Deluxe) manual .....	334.99	15
Z011	Country Living Mill hand-electric .....	859.09	15
	(designed to be motorized-you supply slow RPM motor-belt-pulley)		
Z012	Country Living Extra set Burrs .....	202.99	3
Z013	Country Living Power Bar Extension ...	33.19	3
	(Converts 12" Flywheel to 19 inches)		
Z014	Country Living Bean Auger Assembly	59.89	3
Z015	Country Living Clear Flour Bin w/lid ....	39.89	3
H030	Bosch Universal Kitchen Machine.....	542.49	17
H032	Bosch Batter Whisks (set) .....	24.99	1
H033	Bosch Wire Whips (set) .....	22.09	1
H034	Bosch Meat Grinder.....	192.29	5
H038	Bosch Bowl Scraper.....	29.99	2
H037	Bosch Cookie Paddle w/driver.....	36.49	2
H039	Bosch Large Slicer Shredder.....	79.99	5
	Fits on bowl of Universal Mixer		
H040	Bosch Dough Hook Extender.....	10.19	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.....	25.79 3
I002 __ Broccoli Case.....	143.89 15
I031 __ Cabbage 22oz.....	17.19 3
I032 __ Cabbage Case.....	92.39 15
I003 __ Carrot Dices 38oz.....	21.99 4
I004 __ Carrot Dices Case.....	120.29 20
I029 __ Celery 18oz.....	19.99 2
I030 __ Celery Case.....	111.19 13
I005 __ Corn, Super Sweet 40oz.....	30.59 4
I006 __ Corn, Super Sweet Case.....	172.59 21
I007 __ Garden Peas, sweet 49oz.....	34.29 4
I008 __ Garden Peas, sweet Case.....	196.09 24
I009 __ Green Beans 20oz.....	23.99 3
I010 __ Green Beans Case.....	132.19 13
I013 __ Mushroom Slices 9oz.....	28.39 2
I014 __ Mushroom Slices Case.....	158.99 10
I015 __ Onions Chopped 36oz.....	24.09 4
I016 __ Onions Chopped Case.....	132.29 19
I033 __ Peppers-Mixed (red & green) 20oz.....	22.89 3
I034 __ Peppers-Mixed (red & green) Case.....	125.39 13
I017 __ Potato Dices 36oz.....	22.19 4
I018 __ Potato Dices Case.....	121.09 19
I019 __ Potato Flakes 30oz.....	13.69 3
I020 __ Potato Flakes Case.....	72.29 17
I021 __ Potato Granules 70oz.....	18.39 6
I022 __ Potato Granules Case.....	99.49 33
I122 __ Potato Butter Bits 48 oz.....	23.09 4
I123 __ Potato Butter Bits Case.....	129.19 24
I023 __ Potato Slices 20oz.....	13.29 3
I024 __ Potato Slices Case.....	67.49 13
I064 __ Spinach Flakes 10oz.....	16.59 2
I110 __ Spinach Flakes Case.....	88.89 10
I072 __ Sweet Potato Dices 40 oz.....	22.39 4
I108 __ Sweet Potato Dices Case.....	124.29 22
I025 __ Tomato Powder 60oz.....	30.39 5
I026 __ Tomato Powder Case.....	173.19 30
I027 __ Vegetable Stew Blend 33oz.....	24.69 3
I028 __ Vegetable Stew Blend Case.....	138.99 18

### FRUITS

I051 __ Apple Slices 17oz.....	20.39 2
I052 __ Apple Slices Case.....	113.59 13
I053 __ Applesauce 44oz.....	45.69 4
I054 __ Applesauce Case.....	264.39 23
I055 __ Banana Slices 36oz.....	16.49 4
I056 __ Banana Slices Case.....	87.69 20
I067 __ Peach Dices 52oz.....	49.69 5
I070 __ Nectarine Dices 40oz.....	35.69 4
I071 __ Plum Dices 40 oz.....	33.59 4

## DAIRY and EGGS

R001 __ Milk, instant (non-fat) 60oz.....	30.49 5
R002 __ Milk, instant (non-fat) Case.....	172.69 29
T001 __ Milk, regular (non-fat) 64oz.....	26.39 5
T002 __ Milk, regular (non-fat) Case.....	149.59 30
J001 __ Butter Powder 44oz.....	37.29 4
J002 __ Butter Powder Case.....	213.89 23
J019 __ Shortening Powder 44oz.....	24.29 4
J020 __ Shortening Powder Case.....	141.29 23
J003 __ Cheese Blend 60oz.....	41.69 5
J004 __ Cheese Blend Case.....	240.69 29
J037 __ Cheddar Cheese Powder 51oz.....	39.59 5
I073 __ Sour Cream Powder 48oz.....	37.69 4
J021 __ Whip Topping 71oz.....	31.99 6
J022 __ Whip Topping Case.....	181.09 33
J011 __ Whole Eggs 40oz.....	75.19 4
J012 __ Whole Eggs (100% eggs) Case.....	441.69 21
J125 __ Ova Easy Egg 36oz.....	75.99 4
J010 __ Cinnamon French Toast Dip 55oz.....	33.69 5
J015 __ Buttermilk Powder 68oz.....	31.79 6
J016 __ Buttermilk Powder Case.....	180.89 32

### DRINKS

J005 __ Hot Cocoa 90oz.....	47.09 7
J006 __ Hot Cocoa Case.....	271.99 40
K055 __ Apple Drink 94oz.....	31.69 7
K056 __ Apple Drink Case.....	180.79 42
K057 __ Orange Drink 94oz.....	34.89 7
K058 __ Orange Drink Case.....	200.09 42
K059 __ Peach Drink 94oz.....	31.99 7
K060 __ Peach Drink Case.....	182.49 42

### COOKING SUPPLIES

J051 __ Baking Powder 80oz.....	27.39 6
J052 __ Baking Powder Case.....	155.19 36
J053 __ Baking Soda 116oz.....	22.59 9
J054 __ Baking Soda Case.....	123.89 50
J059 __ Cornstarch 68oz.....	28.19 6
J060 __ Cornstarch Case.....	154.59 32
J141 __ Clear Jel (hot) 64oz.....	32.89 5
J142 __ Instant Tender-Jel@C Starch 57oz.....	26.49 5
J077 __ White Cream Sauce 53oz.....	37.79 5
J078 __ White Cream Sauce Case.....	214.79 26
J055 __ Beef Bouillon 102 oz.....	51.89 8
J056 __ Beef Bouillon Case.....	300.19 45
J057 __ Chicken Bouillon 102 oz.....	40.39 8
J058 __ Chicken Bouillon Case.....	231.49 45
J182 __ Baking Cocoa 48oz.....	22.09 4
K092 __ Iodized Salt 128oz.....	28.39 9
K093 __ Iodized Salt Case.....	161.19 54
O093 __ Real Salt 128oz #10 can.....	59.89 9
I107 __ Vital Wheat Gluten 64oz #10 can.....	25.29 5
J040 __ Molasses Powder 60oz #10 can.....	27.59 5
P013 __ Molasses Powder 5# bag.....	30.29 5
J045 __ Honey Powder 65oz #10 can.....	30.29 5
P015 __ Honey Powder 5# bag.....	31.89 5



**FLOUR**

		wt
K061	All Purpose Flour 64oz.....	13.89 5
K062	All Purpose Flour Case.....	74.29 30

**GRAINS, LEGUMES and MISC**

K005	Baby Lima Beans 88oz.....	23.49 7
K006	Baby Lima Beans Case.....	130.19 39
K041	16 Bean Mix © 84oz.....	21.19 7
K042	16 Bean Mix © Case.....	115.69 38
K045	Black Turtle Beans 85oz.....	19.39 7
K046	Black Turtle Beans Case.....	104.59 38
K049	Garbanzo Beans 80oz.....	18.19 6
K013	Great Northern Beans 84oz.....	19.79 7
K014	Great Northern Beans Case.....	107.29 38
K019	Kidney Beans 76oz.....	19.19 6
K020	Kidney Beans Case.....	105.59 35
K021	Lentils 88oz.....	19.89 7
K022	Lentils Case.....	108.69 39
K023	Pinto Beans 84oz.....	18.29 7
K024	Pinto Beans Case.....	98.39 38
K037	Small White Beans 90oz.....	20.89 7
K038	Small White Beans Case.....	115.29 40
K035	Small Red Beans 86oz.....	19.89 7
K036	Small Red Beans Case.....	108.39 39
K017	Green Split Peas 92oz.....	18.09 7
K018	Green Split Peas Case.....	99.19 41
K007	Pearl Barley 88oz.....	18.29 7
K008	Pearl Barley Case.....	98.89 39
K073	Oat Groats 85oz.....	16.99 7
K088	9 Grain Cracked Cereal④ 69oz.....	15.39 6
K089	9 Grain Cracked Cereal④ Case.....	81.09 32
J063	Flax 76oz.....	26.19 6
J124	Flax Case.....	147.29 35
J183	Golden Flax 76oz.....	25.79 6
K025	Popcorn Yellow 90oz.....	18.39 7
K026	Popcorn Yellow Case.....	100.19 40
I062	Par Boiled Rice 82oz.....	24.89 6
K031	White Rice (long) 88oz.....	16.99 7
K032	White Rice (long) Case.....	91.19 39
K029	Brown Rice (long) 84oz.....	16.39 7
K030	Brown Rice (long) Case.....	86.89 38
K033	White Basmati Rice 84oz.....	30.59 7
K034	White Basmati Rice Case.....	171.79 38
K090	6 Grain Rolled⑤ 48oz.....	14.29 4
K091	6 Grain Rolled ⑤ Case.....	76.79 24
K027	Quick Oats 40oz.....	13.29 4
K028	Quick Oats Case.....	68.79 21
K086	Rolled Oats, regular 40oz.....	13.29 4
K087	Rolled Oats, regular Case.....	68.79 21
K050	Steel Cut Oats 75 oz.....	16.19 6
J061	7 Grain Mix (whole)① 83oz.....	17.49 7
K051	Cornmeal, yellow 72 oz.....	14.39 6
K052	Cornmeal, yellow Case.....	75.79 33
K065	Germade Cereal 73oz.....	16.59 6
K066	Germade Cereal Case.....	94.29 34
K129	Ezekial Mix③ 88oz.....	19.09 7

J079	Refried Beans 40oz.....	18.59 4
J080	Refried Beans Case.....	100.79 21
K001	ABC Soup Mix 84 oz.....	23.29 7
K002	ABC Soup Mix Case.....	128.29 38

**SUGAR**

K079	Brown Sugar 67oz.....	18.69 6
K080	Brown Sugar Case.....	100.69 32
K081	Powdered Sugar 60oz.....	16.29 5
K082	Powdered Sugar Case.....	88.29 29
K083	White Sugar 94oz.....	21.19 7
K084	White Sugar Case.....	117.99 42

**PASTA**

K067	Elbow Macaroni 50oz.....	20.19 5
K068	Elbow Macaroni Case.....	108.99 25
K069	Curly Egg Noodles 20oz.....	14.39 3
K070	Curly Egg Noodles Case.....	74.99 14
K077	Spaghetti 51oz.....	20.89 5
K078	Spaghetti Case.....	114.09 26

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

K130	Hearty Wheat Bread Mix 63oz.....	19.39 5
K128	White Bread & Roll Mix 68 oz.....	18.59 6
K071	Buttermilk Pancake Mix 63oz **.....	20.59 5
K072	Buttermilk Pancake Mix ** Case.....	114.59 30
K100	Basic Muffin Mix 5# mylar bag**.....	14.79 5
J067	Fudge Brownie Mix 66oz **.....	23.79 6
J095	Banana Pudding-instant 80oz.....	50.39 6
J033	Chocolate Pudding-instant 76oz.....	48.49 6
J093	Vanilla Pudding-instant 76oz.....	48.49 6
I078	Tapioca Instant 70oz.....	21.89 6
I075	Strawberry Gelatin 96oz.....	27.29 7
I076	Cherry Gelatin 96 Oz.....	27.29 7
K103	Banana Muffin Mix 5# mylar bag**.....	16.99 5
K102	Lemon Poppy Muffin Mix 5# mylar**.....	18.09 5
K106	Blueberry Muffin Mix 5# mylar bag**.....	18.59 5
K107	Oatmeal Jumble Cookie Mix 5 lb mylar.....	36.79 5
K108	Chocolate Crinkle Cookie Mix 5 lb mylar.....	25.69 5

**Imitation Meat Flavored Textured Vegetable Protein**

J071	Beef Flavored Bits 40 oz.....	18.89 4
J072	Beef Flavored Bits case.....	102.49 21
J073	Chicken Flavored Bits 33 oz.....	16.99 3
J074	Chicken Flavored Bits Case.....	93.39 19
J083	Sausage Flavored Bits 40oz.....	18.89 4
J084	Sausage Flavored Bits case.....	102.49 21
J075	Taco Flavored Bits 56oz.....	22.99 5
J076	Taco Flavored Bits case.....	126.99 27
J069	Bacon Flavored Bits 36oz.....	18.39 4

## Meals

J164	___	Stroganoff Gravy Mix 49oz.....	29.79	4
J153	___	Brown Gravy Mix 60oz.....	36.19	5
J151	___	Chicken Gravy Mix 60oz.....	31.39	5
I044	___	Turkey Gravy Mix 55oz.....	38.89	5
I046	___	Pork Gravy Mix 55oz.....	36.29	5
I049	___	Pepper Biscuit Gravy 44 oz.....	31.49	4
I150	___	Baked Potato Cheese Soup 65oz.....	50.39	5
I151	___	Broccoli Cheese Soup Mix 65oz.....	51.39	5
I144	___	Bacon Potato Chowder 57 oz.....	33.19	5
I143	___	Lasagna 38 oz.....	42.19	4
I142	___	Enchilada Beans & Rice 85 oz.....	36.89	7
J085	___	Onion Seasoning/Soup Mix 60 oz.....	54.49	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.....	12.29	2
G014	___	Broccoli Case.....	58.59	5
G019	___	Carrot Dices 11oz.....	11.59	2
G020	___	Carrot Dices Case.....	55.69	7
G021	___	Corn Super Sweet 11oz.....	13.79	2
G022	___	Corn Super Sweet case.....	68.99	7
G023	___	Garden Peas - sweet 13oz.....	14.59	2
G024	___	Garden Peas-sweet Case.....	74.29	8
G025	___	Green Beans 6oz.....	12.49	2
G026	___	Green Beans Case.....	59.99	5
G011	___	Sliced Mushrooms 2oz.....	12.09	1
G012	___	Sliced Mushrooms Case.....	59.49	4
G007	___	Chopped Onion 9oz.....	11.69	2
G008	___	Chopped Onion Case.....	56.39	6
G009	___	Tomato Powder 12oz.....	12.19	2
G010	___	Tomato Powder Case.....	59.39	7
G005	___	Vegetable Stew Blend 9oz.....	12.29	2
G006	___	Vegetable Stew Blend Case.....	59.49	6
G015	___	Celery 5oz.....	10.69	1
G016	___	Celery Case.....	52.39	5
G027	___	Cabbage 6oz.....	10.29	2
G028	___	Cabbage Case.....	46.69	5
G017	___	Mixed Peppers 5oz.....	10.99	1
G018	___	Mixed Peppers Case.....	54.39	5

### Fruits (● Imitation flavoring)

U019	___	Banana Slices 9oz.....	9.79	2
U075	___	Banana Slices Case.....	45.09	7
U021	___	Apple Slices 4oz.....	10.29	1
U074	___	Apple Slices Case.....	50.39	5
G033	___	Applesauce 10oz.....	16.39	2
G034	___	Applesauce Case.....	84.09	7
G097	___	Peach Dices 14oz.....	18.69	2
G098	___	Peach Dices Case.....	98.89	8
G105	___	Nectarine Dices 10oz.....	14.49	2
G106	___	Plum Dices 10oz.....	13.99	2

## Dairy and Eggs

G067	___	Butter Powder 14oz.....	16.79	2
G068	___	Butter Powder Case.....	87.29	8
G065	___	Shortening Powder 14oz.....	12.59	2
G066	___	Shortening Powder Case.....	62.49	8
G061	___	Cheese Blend 16oz.....	16.39	2
G062	___	Cheese Blend Case.....	86.09	9
G063	___	Cheddar Cheese 13oz.....	15.59	2
G064	___	Cheddar Cheese Case.....	80.09	8
G029	___	Sour Cream Powder 12oz.....	15.09	2
G102	___	Sour Cream Powder Case.....	76.79	7
G043	___	Whip Topping 18oz.....	13.49	2
G044	___	Whip Topping Case.....	68.59	10
G100	___	Cinnamon French Toast Dip 15oz.....	14.39	2
G069	___	Buttermilk Powder 17oz.....	13.99	2
G070	___	Buttermilk Powder Case.....	68.59	9
R003	___	Instant Milk 15oz.....	13.79	2
R004	___	Instant Milk Case.....	66.79	9
T005	___	Regular Milk 16oz.....	12.79	2
T006	___	Regular Milk Case.....	61.49	9

### Drinks

G059	___	Hot Cocoa 24oz.....	18.09	3
G060	___	Hot Cocoa Case.....	94.49	12
G093	___	Apple Drink 25oz.....	13.39	2
G094	___	Apple Drink Case.....	69.79	12
G091	___	Orange Drink 25oz.....	14.29	2
G092	___	Orange Drink Case.....	74.89	12
G089	___	Peach Drink 25oz.....	13.49	2
G090	___	Peach Drink Case.....	70.29	12

### Cooking Aids and Seasonings

G077	___	White Cream Sauce 16oz.....	16.29	2
G078	___	White Cream Sauce Case.....	85.09	9
G071	___	Beef Bouillon 29oz.....	19.99	3
G072	___	Beef Bouillon Case.....	106.49	14
G073	___	Chicken Bouillon 29oz.....	16.69	3
G074	___	Chicken Bouillon Case.....	86.89	14
G079	___	Baking Soda 32oz.....	11.39	3
G080	___	Baking Soda Case.....	55.69	15
U035	___	Baking Powder 30oz.....	14.69	3
U034	___	Baking Powder Case.....	75.39	15
G075	___	Cornstarch 18oz.....	12.99	2
G076	___	Cornstarch Case.....	63.49	10
J155	___	Brown Gravy Mix 16oz.....	14.99	2
J157	___	Chicken Gravy Mix 16oz.....	13.69	2
J159	___	Stroganoff Gravy Mix 11oz.....	12.59	2
G035	___	Turkey Gravy Mix 15oz.....	15.89	2
G037	___	Pork Gravy Mix 15oz.....	15.19	2
G036	___	Pepper Biscuit Gravy 15oz.....	15.39	2
G095	___	Iodized Salt 32oz.....	13.19	3
G096	___	Iodized Salt Case.....	64.39	15
O094	___	Real Salt 32oz 2.5 can.....	21.09	3
U175	___	Pepper Ground Black 14oz.....	14.29	2
U141	___	Clear Jel Regular (hot) 17oz.....	14.09	2
U142	___	Instant Tender-Jel®C Starch 17oz.....	12.89	2
U178	___	Chili Powder Blend 16oz.....	17.69	2
U179	___	Cinnamon Powder 16oz.....	12.59	2

U184	Montreal Chicken Seasoning 16oz...	13.09	2
U185	Montreal Steak Seasoning 16oz .....	13.09	2
U176	Pizza Seasoning Blend 11oz .....	15.49	2
U174	Spaghetti Seasoning Blend 19oz .....	13.69	2
U177	Taco Seasoning Blend 16oz .....	19.29	2
U172	BBQ Seasoning/Sauce Mix 20oz.....	22.69	2
U171	Onion Seasoning/Soup Mix 16oz .....	19.89	2
U133	Garlic Granules 18oz.....	16.89	2
U014	Spaghetti Sauce Mix 18oz.....	17.49	2
U016	Alfredo Sauce Mix 16oz.....	18.19	2
U018	Teriyaki Sauce Mix 16oz.....	13.19	2
U013	Instant Basil Pesto Sauce Mix 12oz..	14.79	2
U011	Sun-dried Tomato Pesto Sauce Mix14oz.	19.39	2
U010	Roasted Red Bell Pepper Pesto Sauce12oz.	14.49	2
U181	Baking Cocoa 14oz.....	11.69	2
G116	Blueberry Nuggets (imitation) 17oz .....	16.69	2
G118	Apple Cinn Nuggets (imitation) 15oz...	13.69	2
G117	Raspberry Nuggets (imitation)15oz..	14.09	2
G041	Nacho Cheese Sauce Mix 14oz.....	14.69	2
G042	Enchilada/Burrito Sauce Mix 18oz....	13.79	2
G030	Molasses Powder 17oz.....	12.69	2
G040	Honey Powder 18oz.....	13.59	2

**Imitation Meat Flavor Textured Vegetable Protein**

G083	Bacon Flavored Bits 11oz.....	10.69	2
G081	Beef Flavored Bits 10oz .....	10.39	2
G082	Beef Flavored Bits Case.....	48.59	7
I093	Chicken Flavored Bits 11oz.....	10.59	2
I094	Chicken Flavored Bits Case.....	49.69	7
G085	Taco Flavored Bits 12oz.....	10.89	2
G086	Taco Flavored Bits Case .....	51.39	7
G087	Sausage Flavored Bits 10oz .....	10.39	2
G088	Sausage Flavored Bits Case.....	48.59	7

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

I129	Strawberry Gelatin 27oz.....	13.09	3
I113	Raspberry Gelatin 27 oz.....	13.09	3
I114	Lemon Gelatin 27 oz.....	13.09	3
I116	Cherry Gelatin 27 oz.....	13.09	3
I117	Orange Gelatin 27 oz.....	13.09	3
I115	Lime Gelatin 27 oz.....	13.09	3
I087	Banana Pudding-instant 22oz** .....	18.99	2
I088	Banana Pudding-instant ** Case.....	102.19	11
I089	Chocolate Pudding-instant 22oz** . . .	18.99	2
I090	Chocolate Pudding-instant** Case..	102.19	11
I085	Vanilla Pudding-instant 22oz*.....	18.99	2
I086	Vanilla Pudding-instant** Case.....	102.19	11

**Mountain House Freeze Dried Food**

**Mylar Pouches**

			wt
M400	Beef Stew .....	13.59	.5
M101	Beef Stroganoff .....	13.09	.5
M203	Chicken Teriyaki w/Rice .....	13.29	.5
M103	Chili Mac.....	13.09	.5
M104	Lasagna w/Meat Sauce .....	13.09	.5
M206	Macaroni & Cheese.....	12.29	.5
M105	Pasta Primavera (vegetable) .....	12.29	.5
M209	Rice & Chicken.....	13.09	.5
M107	Spaghetti w/Meat Sauce .....	13.09	.5
M108	Granola w/Blueberries & Milk.....	9.09	.5
M111	Fettuccine Alfredo w/Chicken .....	13.59	.5
M117	Scrambled Eggs with Bacon .....	11.29	.5
M118	Biscuits and Gravy .....	11.79	.5
M119	Breakfast Skillet.....	13.59	.5
M121	Chicken Fajita Bowl.....	13.59	.5
M214	Breakfast Skillet #10 can.....	62.29	2
M215	Granola w/Blueberries/Milk #10 can.....	55.09	4

**Gluten Free Products**

			wt
GF064	Sorghum Flour 56oz can.....	15.59	5
GF065	Sorghum Flour 5# bag.....	14.69	5
GF066	Tapioca Starch 56oz can.....	15.19	5
GF067	Tapioca Starch 5# bag.....	13.99	5
GF068	Potato Starch 70oz can.....	19.89	5
GF069	Potato Starch 5# bag.....	18.49	5
GF074	White Rice Flour 64oz can.....	17.09	5
GF075	White Rice Flour 5# bag.....	15.89	5

## FREEZE DRIED

### Fruit #10 cans

		wt
K135	Apple Dices 10 oz #10 can	29.69 2
K136	Apple Dices 6 #10 cans	166.79 10
K149	Bananas Sliced 14 oz #10 can	25.79 2
K150	Bananas Sliced 6 #10 cans	145.29 12
K145	Blueberries Whole 10 oz #10 can	35.59 2
K146	Blueberries Whole 6 #10 cans	202.09 10
K141	Mango 12 oz #10 can	35.99 2
K142	Mango 6 #10 cans	206.19 11
K137	Raspberries Whole 9 oz #10 can	46.09 2
K138	Raspberries Whole 6 #10 cans	263.59 10
K151	Strawberries Sliced 6 oz #10 can	26.79 2
K152	Strawberries Sliced 6 #10 cans	148.39 9
K143	Pomegranate Arils 25 oz #10 can	62.49 3
K144	Pomegranate Arils 6 #10 cans	363.39 16
K175	Tart Cherry Dices 22 oz #10 can	55.59 3
K176	Tart Cherry Dices 6 #10 cans	322.79 15
K177	Cranberries-whole 7 oz #10 can	28.69 2
K178	Cranberries-whole 6 #10 cans	161.29 9
K179	Pineapple Pieces 11 oz #10 can	39.89 2
K180	Pineapple Pieces 6 #10 cans	229.99 11

### Vegetables #10 can

K155	Garden Peas 18 oz #10 can	27.89 3
K156	Garden Peas 6 #10 cans	155.09 13
K157	Green Beans 6 oz #10 can	25.49 2
K158	Green Beans 6 #10 cans	141.19 9
K159	Corn Super Sweet 16 oz #10 can	25.59 2
K160	Corn Super Sweet 6 #10 cans	144.79 12
K161	Cauliflower Pearls 5 oz #10 can	21.69 2
K162	Cauliflower Pearls 6 #10 cans	117.29 8
K165	Broccoli 7 oz #10 can	28.39 2
K166	Broccoli 6 #10 cans	159.09 9
K153	Jalapeno Peppers 9 oz #10 can	39.99 2
K154	Jalapeno Peppers 6 #10 cans	227.89 10

### Meat #10 cans

T007	Diced Chicken 17oz #10 can	67.69 2
T009	Ground Beef 28.2oz #10 can	82.39 3
T011	Diced Beef 17oz #10 can	94.39 2

### Fruit #2.5 cans

		wt
G119	Apple Dices 3 oz #2.5 can	13.79 1
G120	Apple Dices 6 #2.5 cans	70.49 4
G134	Bananas Sliced 4 oz #2.5 can	12.39 1
G135	Bananas Sliced 6 #2.5 cans	62.19 4
G129	Blueberries Whole 3 oz #2.5 can	15.59 1
G130	Blueberries Whole 6 #2.5 cans	81.09 4
G125	Mango 4 oz #2.5 can	16.49 1
G126	Mango 6 #2.5 cans	87.09 4
G121	Raspberries Whole 2.5 oz #2.5 can	17.99 1
G122	Raspberries Whole 6 #2.5 cans	94.69 4
G136	Strawberries Sliced 2 oz #2.5 can	13.59 1
G137	Strawberries Sliced 6 #2.5 cans	68.29 4
G138	Pomegranate Arils 5 oz #2.5 can	18.49 1
G139	Pomegranate Arils 6 #2.5 cans	97.99 5
G165	Tart Cherry Dices 6 oz #2.5 can	20.29 1
G166	Tart Cherry Dices 6 #2.5 cans	110.79 6
G167	Cranberries-whole 2 oz #2.5 can	13.39 1
G168	Cranberries-whole 6 #2.5 cans	68.29 4
G153	Pineapple Pieces 3 oz #2.5 can	16.09 1
G154	Pineapple Pieces 6 #2.5 cans	84.69 4

### Vegetables #2.5 cans

G140	Garden Peas 5 oz #2.5 can	12.79 1
G141	Garden Peas 6 #2.5 cans	64.69 5
G142	Green Beans 1.8 oz #2.5 can	12.79 1
G143	Green Beans 6 #2.5 cans	62.99 4
G144	Corn Super Sweet 4 oz #2.5 can	11.79 1
G145	Corn Super Sweet 6 #2.5 cans	58.69 4
G146	Cauliflower Pearls 1 oz #2.5 can	10.39 1
G147	Cauliflower Pearls 6 #2.5 cans	48.59 3
G150	Broccoli 2 oz #2.5 can	13.29 1
G151	Broccoli 6 #2.5 cans	66.59 4
G127	Jalapeno Peppers 2.6 oz #2.5 can	16.79 1
G128	Jalapeno Peppers 6 #2.5 cans	86.89 4

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

**UU080\_\_2 Month Unit .....595.29**

107 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 Potato Butter Bits
- 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 Ova Easy Eggs
- 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
- 2062 Calories per day

**UU040\_\_New Deluxe 1 Year Unit .....2893.89**

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
- 1 can FD Green 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

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

**UU025\_\_Basic 1 Year Unit.....1318.39**

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.....77.89 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.....72.99 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.....60.29 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.....87.69 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.....84.19 12**

**U077\_\_GRAVY PAK.....83.89 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.....123.79 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 .....89.19 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.....21.69 3**

(dehydrated products)

**Freeze Dried Paks**

wt

**U068\_\_Freeze Dried Vegetable Pak.....68.89 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.....87.19 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.....27.29 2**

(freeze dried products)