



# DRIED VEGETABLES









Based on at least 2250 calories a day as recommended by dietitians.

Peace of mind for businesses, organizations, and communities with high-quality, non-perishable foods that sustain the workforce from disaster to recovery.









#### **Product Overview**

- · 8,345 total calories
- · 362 servings
- · 20 sealed mylar pouches for freshness and convenience
- · Up to 25 year shelf life
- · Package dimensions: 15x15x10
- · Product weight: 5 LB 2.44 OZ

With 362 servings of potatoes, sweet corn, sweet peas, broccoli, onion, and green beans, this nutritious kit adds vitamin- and fiberrich sides to any emergency meal.

Freeze-dried vegetables retain up to 97% of its original nutritional content so it is a great addition to emergency food stores.

Food prices rose sharply during the pandemic due to disruptions in food production, transportation, and wild weather patterns. These types of events continue to challenge global food supply and impact the workforce on an individual level. Plan to support your teams with Secure Foods.

## How many people will this feed and for how long?

If you ate 2250 calories from this kit alone, it would last 3.7 days. However, we suggest balancing protein and essential nutrients, with more calories and duration, by combining with other food kits.

## Meal Combination Suggestions

Combined with the 50 Breakfasts and 37 Lunches and Dinners kits, one person would be provided with 2250 calories and more than 70 grams of protein every day for a month!

#### What's Inside

Food Item	Pouches	Servings
• Broccoli	4	60
Chopped Onion	3	72
Diced Potatoes	3	45
Green Beans	4	80
Sweet Corn	4	60
Sweet Peas	3	45





