

AlpineAire Foods[®]
presents

Gourmet Reserves[®]

Shelf Stable
Food Systems

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

Anytime / Anywhere



Welcome to Gourmet Reserves®

Gourmet Reserves® product line was developed in 1989 to address the needs for emergency preparedness. **Gourmet Reserves** is suited to meet the needs of individuals or organizations, which desire to be self-sufficient during a situation where normal food supplies are not readily available. We use our familiar, great tasting AlpineAire Foods recipes as well as everyday staples that are practical and easily incorporated into the daily diet. The food systems are formulated to sustain one person for one year, six months, three months, 45 days, one month, two weeks, one week, or three days. All systems are assembled to supply both long and short-term food storage needs.

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

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

Who produces Gourmet Reserves’® products?

AlpineAire Foods®, which is located in Rocklin, California. TyRy, Inc. owns both lines. AlpineAire Foods was created in 1979 in respond to the demand for quality, nutritious, natural foods for recreational use. Our goal is to offer quality products to adventurers, hikers, campers, adventure racers and anyone who enjoys the great outdoors. We have selected only the best quality freeze-dried, dehydrated, instant ingredients and spices available. Our poly-coated foil pouches are unique in the fact most products can be prepared directly in the bag by adding hot or cold water. In 1997 we introduced our “Quick Zip” re-sealable pouch for added convenience of preparation.

We currently offer 34 entrees in addition to a wide variety of individual items. Variety is never a problem at AlpineAire Foods. Our recipes are prepared without adding MSG, preservatives, additives, food colorings or flavorings. A “state of the art” oxygen absorber is added to each pouch prior to sealing to insure freshness. This is why independent taste tests reveal AlpineAire Foods is always selected for the freshest and best-tasting products in their class.

AlpineAire Foods has been the choice for every major expedition including the 35th Anniversary Assault of Mt. Everest, Kevin Foster’s bike trek across the Great Wall of China, as well as being selected the official food sponsor for The Eco-Challenge held in both SE Utah in 1995 and Vancouver Canada in 1996. Brad Van Liew used AlpineAire Foods in his Around Along single-handed 50’ sailboat race around the world, winning each leg as well as the overall race in 2002/2003. You will not find better..*Naturally Good Food Anytime/Anywhere!*

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GOURMET RESERVES®

Shelf Stable Food Systems

SHELF STABLE FOOD SYSTEMS

Gourmet Reserves has shelf stable food systems designed to meet your needs with food that is nutritionally sound, convenient, and familiar. Our systems are practical and easily incorporated into your daily diet. Our exclusive “No Cooking Required” systems are easy to prepare. Items are eat-as-is or prepared by adding hot or cold water to reconstitute. We have selected the very best quality foods, (freeze-dried, dehydrated, instant) completely free of artificial additives. The systems are assembled to supply both your long-term and short-term needs.

FREEZE-DRYING

Freeze-dried products make up the majority of ingredients used for Gourmet Reserves. For instant or quick re-hydration of certain dried foods and for products, which retain their shape and texture, freeze-drying is the preferred method. The first step in freeze-drying is to rapidly freeze the food. The water content, now frozen, is turned directly into a gas and withdrawn from the food during the next steps, vacuum and heat, thus avoiding the shrinkage. Freeze-drying uses a very low heat temperature. Many of Gourmet Reserves products are custom freeze-dried to suit our strict quality requirements. Freeze-dried products include: grains, beans, fruits, meats, seafood, pastas, vegetables and eggs. Using this process, 98% of the moisture is removed.

Key advantages of freeze-dried products:

- Retains the original taste and nutritional value of the food due to very low heat temperature that is used
- Foods are quick and easy to prepare
- No waste
- Ideal method for maintaining flavors of meat, poultry and fish
- Extends the shelf life of the product
- No preservatives are necessary
- Results in a super-lightweight / compact product
- A wide variety of foods are available
- Use hot or cold water to re-hydrate

DEHYDRATION

The standard method of dehydrating vegetables and spices is to place the items on a conveyor belt and run them through an oven at a high temperature for a relatively short time. Between 90% to 95% of the moisture is removed.

Some vegetables are more suited to this form of drying than others. This means that with the addition of water, the product re-hydrates back to its original state more easily. Preferable items include: onions, bell peppers, tomatoes, celery, carrots and mushrooms. Dehydrated items such as peas, corn and green beans do not re-hydrate as well as freeze-dried.

SELECTING A FOOD RESERVE SYSTEM

Some day you may actually need to depend on a food reserve system. The purchase of a system represents a sizable investment. The consumer should be discriminating in selecting the manufacturer. The questions and information below provide a valuable process by which one can identify and determine the most suitable food reserve system.

The following questions will assist you in identifying a system for you and your family:

- A. Under what scenarios do you anticipate the need for using food reserves?
- B. Will you mobile?
- C. Will food preparation facilities, supplies and fuel be available?
- D. Have you determined the length of time you desire the system to sustain you? And your family?
- E. How many people will be depending upon your food?
- F. Are there special nutritional requirements?
- G. How important is ease of preparation?
- H. Have you considered your budget?
- I. How many calories do you require per person?

SPECIFIC FEATURES OF A GOURMET RESERVES FOOD SYSTEM

1. **PURITY OF INGREDIENTS** – Gourmet Reserves foods are all natural, NO artificial preservatives, flavorings, colorings, MSG or white sugar are added.
2. **FAMILIARITY** – Your food system should be familiar, everyday foods easily recognizable and reflect a balanced diet offering good taste. Gourmet Reserve foods offer the best selection from which to choose.
3. **PREPARATION CONVENIENCE** – Gourmet Reserves offers many convenient food systems, which can be prepared with a limited amount of fuel and water.
4. **SHELF LIFE** – Shelf life of any food reserves is always critical. Gourmet Reserves uses the latest technologies available to insure long shelf life. Excessive heat will shorten the shelf life of all products. A rule of thumb: the cooler the better. Please refer to **page 29** for detailed information.
5. **VARIETY** – We have over 170 selections that will prevent appetite fatigue.
6. **PROPER ROTATION** – It is important to rotate food reserves into your daily diet. Gourmet Reserves easily integrates with other foods to meet daily dietary needs. A specialist will be happy to recommend a program that best fits your needs.
7. **SERVING SIZES** – All Gourmet Reserves systems offer generous serving sizes to insure on average 2000+ calories per day. This is very important. When reviewing competitor's food systems, make sure the **caloric counts** are not high due to **refined sugar**. Gourmet Reserves does not use white sugar either in our recipes or as a supplement to increase caloric counts.

GOURMET RESERVES®

Shelf Stable Food Systems

WHAT MAKES GOURMET RESERVES® FOOD SYSTEMS DISTINCTIVE?

- ❑ The largest “No Cook” product selection available in shelf stable cans.
- ❑ We are an established, trusted industry leader with a distinguished reputation since 1979.
- ❑ We offer an extensive variety of products packaged in small and large cans. Items include: complete “No Cook” entrees, breakfasts, side-dishes, individual items, complete food systems from one day to one year, standard commodities and emergency systems.
- ❑ Our manufacturing facilities are inspected daily by a U.S.D.A. resident inspector and comply with strict standards for wholesomeness and cleanliness.
- ❑ Federal inspection enables us to offer a complete line of real poultry and beef products – both as individual items and in meals. We have the largest selection available. We use state-of-the-art canning and oxygen-reducing techniques to provide for long shelf life.
- ❑ We offer great tasting, easy-to-prepare complete meals and individual items.
- ❑ Ingredients used are of the highest quality and are nutritionally superior. Our products are familiar, everyday foods enjoyed by adults and children.
- ❑ Our literature and catalogs supply complete information and our packaging is distinctive and professional. We continue to lead the industry with innovation and integrity.

PACKAGING

All GOURMET RESERVES products are packed in #10 size cans (approximately one gallon) or #2½ size cans (approximately one quart). These cans are heavy-gauge steel and enamel coated on the inside. We use a “state of the art” oxygen absorber in all of our cans to eliminate oxygen. This procedure insures the very best in shelf life. Resealable plastic lids are included in all systems and on individual cans.

REFER TO PAGE 29 FOR SPECIFIC SHELF LIFE INFORMATION

WHY PURCHASE LONG RANGE FOOD RESERVES?

- ❑ Natural disasters
 - ❑ Economic disruption
 - ❑ Political instability
 - ❑ Diminishing world food resources
 - ❑ Inflation hedge
 - ❑ Disruption of employment (loss of job)
 - ❑ Corporate contingency planning
- **Some of our products are organically grown**
 - **Our beef products are hormone free**

THE SUPERPAK SYSTEM™

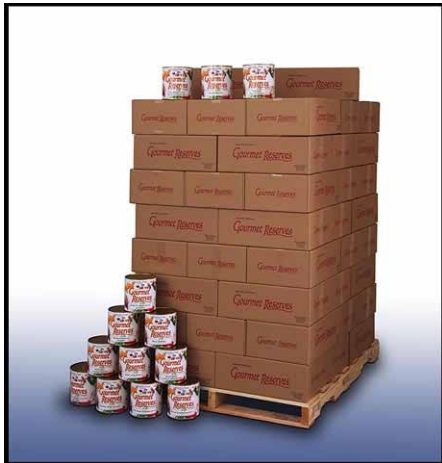


ONE YEAR

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

HIGHLIGHTS

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



Shipping dimensions: 40 x 48 x 69



59 cases / 354 cans

THE SUPERPAK SYSTEM™

ONE YEAR SERVING TWO PEOPLE

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

FD = Freeze Dried

# of cans		Servings Per Can
ENTREES		
6	Chicken Gumbo	10
1	Chicken Primavera	11
6	Mountain Chili	12
6	Potatoes & Cheddar w/ Chives	18
6	Santa Fe Black Beans & Rice	12
1	Sierra Chicken	11
1	Stroganoff Flavored w/ Beef & Noodles	12
1	Teriyaki Turkey	12
6	Texas BBQ Chicken	12
34		
SOUPS		
6	Alpine Minestrone Soup	20
6	Creamy Potato Cheddar Soup	20
6	Multi Bean Soup	20
18		
BREAKFASTS		
6	5-Grain Instant Hot Cereal	22
6	Blueberry Honey Granola with Milk	8
6	Granola, Fat Free	30
18		
FRUITS / DESSERTS		
6	Apple Almond Crisp	20
4	Apple Flakes, Dehydrated	36
6	Apples, Diced, Dehydrated	48
4	Date Pieces	28
20		
DAIRY / EGGS		
3	Cheddar Cheese Powder	36
24	Instant, Nonfat, Dry Milk Powder	10 qts per can
8	Scrambled Eggs, Cooked, FD	28 eggs per can
35		
SNACKS / READY-TO-EAT		
9	Cheese Spread - 1oz pouches	25 ea per can
12	Peanut Butter 1.12oz pouches	25 ea per can
21	Royal Creme Crackers	66 ea per can
10	Honey, Pure (5 lb)	320 tea spoons
52		

# of cans		Servings Per Can
BEANS / GRAINS / PEAS		
6	Cornmeal*	11
12	Couscous, Pre-Cook	20
6	Lentils*	11
6	Lentils, Dehydrated	32
3	Navy Beans, Dehydrated (Small Whites)	9
6	Oat, Baby Flakes, Instant	36
6	Oats, Rolled, Regular*	10
6	Pasta, Instant	113
6	Pearled Barley*	12
6	Pinto Beans, Dehydrated	31
6	Pinto Beans, Regular*	9
12	Rice, White, Cooked, Instant	32
12	Rice, White, Long*	12
6	Soy Grits, Defatted, Small	14
6	Split Peas, Green*	12
6	Textured Vegetable Protein (TVP)	9
6	Wheat Flakes, Instant	165
12	Wheat, Hard*	11
VEGETABLES		
4	Carrots, Diced, Dehydrated	55
4	Corn, Sweet, Freeze-Dried	21
2	Garden Vegetable Mix	28
2	Onions, Chopped, Dehydrated	40
4	Peas, Freeze-Dried	21
6	Potatoes, Diced, Dehydrated	43
8	Potatoes, Mashed Instant	21
1	Tomato Flakes	27
2	Tomato Power	81
3	Vegetable Mix	32
165		
MISCELLANEOUS		
1	Alfafa Seeds	n/a
2	Sea Salt (7lb)	630 tea spoons
9	Columbian Coffee, Spray Dried	185 cups
12		
Vital Information about the system		
Calories per person per day: 2040		
Total Caloires: 1,489,075		
Number of cans : 354		
Approximate Shipping Weight: 1200 pounds		
Storage Area (approx): 6^{1/2}' x 3^{1/4}' x 4'		
Item Code Number: 94381		

*Cooking Required

177

354

177

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.



THE GOURMET SUPREME SYSTEM™

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

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

HIGHLIGHTS

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

One Year System



Six Month System



Three Month System



45 Day System



THE GOURMET SUPREME SYSTEM™

ONE YEAR SERVING ONE PERSON

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

FD = Freeze Dried

**Servings
Per Can**

**Servings
Per Can**

of cans

ENTREES

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

SOUPS

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

BREAKFASTS

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

FRUITS / DESSERTS

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

118

***Cooking Required**

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

of cans

DAIRY / EGGS

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

SNACKS / READY-TO-EAT

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

VEGETABLES

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

MISCELLANEOUS

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

80

198

Vital Information about the System

Calories per day: **1808**

Total Calories: **660,070**

Number of cans : **198**

Approximate Shipping Weight: **410 lbs**

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

Item Code Number: **94477**

THE GOURMET SUPREME SYSTEM™

SIX MONTHS SERVING ONE PERSON

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

FD = Freeze Dried

**Servings
Per Can**

**Servings
Per Can**

of cans

ENTREES

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

SOUPS

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

BREAKFASTS

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

FRUITS / DESSERTS

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

of cans

DAIRY / EGGS

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

SNACKS / READY-TO-EAT

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

VEGETABLES

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

MISCELLANEOUS

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

45

Vital Information about the System

Calories per day: **1830**

Total Calories: **333,144**

Number of cans : **102**

Approximate Shipping Weight: **238 lbs**

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

Item Code Number: **94478**

57

***Cooking Required**

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

THE GOURMET SUPREME SYSTEM™

3 MONTHS SERVING ONE PERSON

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

FD = Freeze Dried

**Servings
Per Can**

**Servings
Per Can**

of cans

ENTREES

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

SOUPS

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

BREAKFASTS

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

FRUITS / DESSERTS

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

of cans

DAIRY / EGGS

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

SNACKS / READY-TO-EAT

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

VEGETABLES

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

MISCELLANEOUS

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

Vital Information about the System

Calories per person per day: 2027
Total Calories: 182,471
Number of cans : 54
Approximate Shipping Weight: 140 lbs
Storage Area (approx): 1^{3/4}' x 1^{3/4}' x 4'
Item Code Number: 94481

31

***Cooking Required**

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

**THE GOURMET SUPREME
SYSTEM™**

45 DAYS SERVING ONE PERSON

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

FD = Freeze Dried

**Servings
Per Can**

**Servings
Per Can**

of cans

ENTREES

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

SOUPS

1	Alpine Minestrone Soup	20
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BREAKFASTS

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

FRUITS / DESSERTS

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

of cans

DAIRY / EGGS

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

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

VEGETABLES

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

MISCELLANEOUS

1	Columbian Coffee, Spray Dried	185 cups
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17

9

Vital Information about the system

Calories per person per day: **2072**

Total Calories: **93,245**

Number of cans : **26**

Approximate Shipping Weight: **62 lbs**

Storage Area (approx): **3^{3/4}' x 2^{1/2}' x 1'**

Item Code Number: **94482**

***Cooking Required**

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.



THE VERSATILE SYSTEM™

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

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

HIGHLIGHTS

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

One Year Versatile System



Six Month Versatile System



Three Month Versatile System



THE VERSATILE SYSTEM™

ONE YEAR SERVING ONE PERSON

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

FD = Freeze Dried

# of cans		Servings Per Can	# of cans		Servings Per Can
ENTREES			BEANS / GRAINS / PEAS		
1	Mountain Chili	12	6	Cornmeal *	11
1	Mushroom Pilaf w/ Vegetables	12	2	Couscous, Pre-Cook	20
1	Potatoes & Cheddar w/ Chives	18	2	Lentils, Dehydrated	32
2	Santa Fe Black Beans & Rice	12	6	Lentils *	11
2	Spaghetti Marinara w/ Mushrooms	12	2	Pasta, Instant	7
7			6	Oats, Rolled, Regular *	10
SOUPS			6	Pearled Barley *	12
1	Alpine Minestrone Soup	20	2	Pinto Beans, Dehydrated	15
1	Creamy Potato Cheddar Soup	20	6	Pinto Beans, Regular *	9
2			2	Rice, White, Cooked, Instant	32
BREAKFASTS			9	Rice, White, Long *	12
1	5-Grain Instant Hot Cereal	22	6	Split Peas, Green *	12
2	Blueberry Honey Granola with Milk	8	2	Textured Vegetable Protein (TVP)	9
6	Granola, Fat Free	30	12	Wheat, Hard *	11
9			69		
FRUITS / DESSERTS			VEGETABLES		
1	Apple Almond Crisp	20	2	Carrots, Diced, Dehydrated	55
2	Apple Flakes, Dehydrated	36	2	Corn, Sweet, FD	21
2	Apples, Diced, Dehydrated	48	1	Onions, Chopped, Dehydrated	40
2	Date Pieces	28	2	Peas, FD	21
7			2	Potatoes, Diced, Dehydrated	43
DAIRY / EGGS			2	Potatoes, Mashed Instant	21
1	Cheddar Cheese Powder	36	1	Tomato Power	81
12	Instant, Nonfat, Dry Milk Powder	10 qts per can	2	Vegetable Mix	32
3	Scrambling Omelet Egg Mix	88 eggs per can	14		
16			MISCELLANEOUS		
SNACKS / READY-TO-EAT			1	Sea Salt (7lb)	630 teaspoons
3	Cheese Spread - 1oz	25 ea per can	4	Columbian Coffee, Spray Dried	185 cups
3	Peanut Butter 1.12oz	25 ea per can	5		
9	Royal Kreem Crackers	66 ea per can	88		
4	Honey, Pure (5 lb)	320 teaspoons	148		
19			Vital Information about the system		
60			Calories per person per day: 2045		
			Total Calories: 746,433		
			Number of cans : 148		
			Approximate Shipping Weight: 580 lbs		
			Storage Area (approx): 3^{1/4}' x 3^{1/4}' x 3'		
			Item Code Number: 94300		

*Cooking Required

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

THE VERSATILE SYSTEM™

SIX MONTHS SERVING ONE PERSON

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

FD = Freeze Dried

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

46
77

Vital Information about the system

Calories per person per day: **2151**

Total Calories: **392,564**

Number of cans : **77**

Approximate Shipping Weight: **290 lbs**

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

Item Code Number: **94308**

31

*Cooking Required

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

THE VERSATILE SYSTEM™

THREE MONTHS SERVING ONE PERSON

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

Quantities are listed under the # sign.

FD = Freeze Dried

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

***Cooking Required**

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

Vital Information about the system

Calories per person per day: **2161**

Total Calories: **194,528**

Number of cans : **44**

Approximate Shipping Weight: **135 lbs**

Storage Area (approx): **3' x 2' x 1^{1/2}'**

Item Code Number: **94307**

THE VERSATILE SYSTEM™

ONE MONTH SERVING ONE PERSON

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

FD = Freeze Dried

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

13

11
24

Vital Information about the system

Calories per person per day: **2625**

Total Calories: **78,756**

Number of cans : **24**

Approximate Shipping Weight: **52 lbs**

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

Item Code Number: **94313**

*Cooking Required

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

THE PRIMARY SYSTEM™



One Year - One Person
One Year - One Person
3 Months - One Person

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

HIGHLIGHTS

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

One Year Primary System



Three Month Primary System



One Month Primary System



THE PRIMARY SYSTEM™

ONE YEAR SERVING ONE PERSON

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

FD = Freeze Dried

# of cans		Servings Per Can
FRUITS / DESSERTS		

2	Apple Flakes, Dehydrated	36
2	Date Pieces	28

4

DAIRY / EGGS / BREAKFAST

10	Instant, Nonfat, Dry Milk Powder	10 qts per can
2	Scrambling & Omelet Egg Mix *	88 Eggs
4	Granola, Fat Free	30

16

VEGETABLES

2	Carrots, Diced Dehydrated	55
4	Potatoes, Mashed Instant	21
2	Vegetable Mix	32

8

28

# of cans		Servings Per Can
BEANS / GRAINS / PEAS		

6	Cornmeal *	11
6	Lentils *	11
9	Oats, Rolled, Regular*	10
12	Pearled Barley *	12
6	Pinto Beans, Regular *	9
21	Rice, White, Long *	12
6	Split Peas, Green *	12
18	Wheat, Hard *	11

84

MISCELLANEOUS

4	Honey, Pure	320 teaspoons
1	Sea Salt (7lb)	630 teaspoons
4	Colombian Coffee, Spray Dried	185 cups

9

93

121

Vital Information about the system

Calories per day: **2088**
 Total Calories: **762,104**
 Number of cans : **121**
 Approximate Shipping Weight: **660 lbs**
 Storage Area (approx): **3^{1/4}' x 3^{1/4}' x 2^{1/4}'**
 Item Code Number: **94310**

*Cooking Required

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

THE PRIMARY SYSTEM™

3-MONTHS SERVING ONE PERSON

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

FD = Freeze Dried

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

1 Apple Flakes, Dehydrated 36

1 Date Pieces 28

2

DAIRY / EGGS / BREAKFAST

2 Instant, Nonfat, Dry Milk Powder 10 qts per can

1 Scrambling & Omelet Egg Mix * 88 Eggs per can

2 Granola, Fat Free 15

5

VEGETABLES

1 Potatoes, Mashed Instant 21

1 Vegetable Mix 32

2

9

BEANS / GRAINS / PEAS

1 Cornmeal * 11

1 Lentils * 11

2 Oats, Rolled, Regular* 10

3 Pearled Barley * 12

2 Pinto Beans, Regular * 9

4 Rice, White, Long * 12

1 Split Peas, Green * 12

6 Wheat, Hard * 11

20

MISCELLANEOUS

1 Honey, Pure 320 teaspoons

1 Sea Salt (7lb) 630 teaspoons

2 Colombian Coffee, Spray Dried 185 cups

4

24

33

Vital Information about the system

Calories per day: 2129

Total Calories: 191,620

Number of cans : 33

Approximate Shipping Weight: 162 lbs

Storage Area (approx): 4 x 3^{1/4}, x 2^{1/4},

Item Code Number: 94315

*Cooking Required

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.

THE PRIMARY SYSTEM™

30 DAYS SERVING ONE PERSON

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

FD = Freeze Dried

# of cans	Servings Per Can	# of cans	Servings Per Can
FRUITS / DESSERTS		BEANS / GRAINS / PEAS	
1	9	1	11
1	12 - ^{1/4} oz	1	11
2		1	10
		1	12
		1	12
		2	11
DAIRY / EGGS / BREAKFAST			
1	10 qts per can	7	
1	16 Eggs per can		
2			
VEGETABLES		MISCELLANEOUS	
1	10	1	320 teaspoons
1	32	1	78 teaspoons
1	6	1	185 cups
3		3	
7		10	
		17	

Vital Information about the system

Calories per day: **2150**
 Total Calories: **64,507**
 Number of cans : **17**
 Approximate Shipping Weight: **62 lbs**
 Storage Area (approx): **2' x 1^{1/2}' x 1'**
 Item Code Number: **94317**

*Cooking Required

System Includes: Plastic lids, Can Opener and Cookbook

All products are packaged by weight not volume.



ADDITIONAL COMPONENTS

3-Day Food Pack
Beef/Poultry Module
Fruit Module

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

ADDITIONAL



COMPONENTS

3-DAY FOOD PACK – 2½ CANS

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

Breakfasts

Blueberry Honey Granola & Milk

5-Grain Instant Cereal

Apple Honey Granola w/ Milk

Lunches

Creamy Potato & Cheddar Soup

Kernel's Corn Chowder

Multi Bean Soup

Dinners

Mountain Chili

Spaghetti Marinara

Santa Fe Black Bean & Rice

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

Net weight: 7lbs

Item Code Number: 96511

MODULES

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

10 CAN BEEF / POULTRY MODULE

3 Each Beef Cooked, Diced, Freeze-dried

2 Each Chicken Cooked, Diced, Freeze-dried

1 Each Turkey Cooked, Diced, Freeze-dried

Item Code Number: 94102

2½ CAN FRUIT MODULE

1 CAN EACH OF THE FOLLOWING:

Apples, Diced, Dehydrated

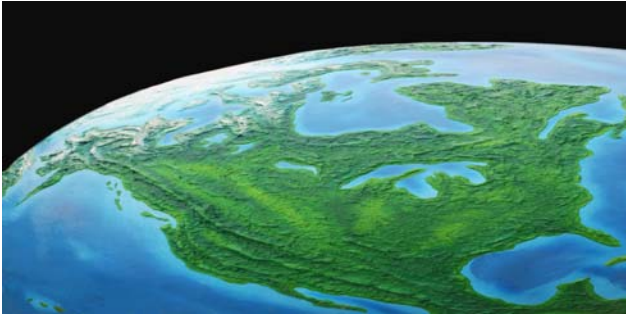
Bananas, Sliced, Freeze-dried

Blueberries, Whole, Freeze-dried

Peaches, Diced, Freeze-dried

Pineapples, Chunks, Freeze-dried

Item Code number: 96204



INDIVIDUAL ITEMS

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

INDIVIDUAL ITEMS

ENTREES/SOUPS/BREAKFASTS/DESSERTS "JUST ADD WATER"

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

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

C = Cup Servings

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

SEAFOOD ENTREES

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

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

TURKEY ENTREES

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

BEEF ENTREES

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

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

BREAKFASTS/DESSERTS

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

BEEF/POULTRY/SEAFOOD

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

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

BEANS / GRAINS / PEAS

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

VEGETABLES

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

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

BEVERAGES/SWEETNERS/OTHER

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

READY-TO-EAT

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

INDIVIDUAL ITEMS



COOKING REQUIRED

SPROUTING SEEDS • #2½ CANS

Item Description	Can Size	Code Number	Net Weight	Sprouted Weight	Approx. Calories
Alfalfa Seeds	#2½	96307	1lb 4oz	varies *	n/a

**BEANS/GRAINS/PEAS
 DRY AND UNCOOKED #10 CANS**
 To be prepared in the traditional manner

Item Description	Code Number	Approximate Servings	Net Weight	Approx. Calories per Can
Barley, Pearled	95100	43 – 1c	5 lbs. 4 oz.	8,376
Beans, Great Northern	95103	33 – 1c	4 lbs. 14 oz.	7,296
Cornmeal	95103	30 - 1c	4 lbs. 4 oz.	6,842
Lentils	95137	33 – 1c	5 lbs.	8,074
Oats, Rolled, Regular	95105	20 – 1c	2 lbs. 8 oz.	4,450
Pinto Beans	95141	32 – 1c	4 lbs. 14 oz.	6,426
Red Beans	95142	32 - 1c	4 lbs. 14 oz.	7,752
Rice, White, Long	95112	30 – 1c	5 lbs.4 oz.	8,532
Split Peas, Green	95135	32 – 1c	5 lbs.4 oz.	8,568
Wheat, Hard	95115	29 – 1c	5 lbs.	7,458

*Nutritious. Fast cooking – no soaking required! Sproutable, too.



GENERAL INFORMATION

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

PROPER FOOD STORAGE TIPS

It is crucial that you store food reserves properly:

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

USES FOR WHEAT

The following suggestions are offered for those with wheat storage:

- FLOUR – Baking, Pancakes and sauces.
- WHOLE GRAIN CEREAL – Cook as is.
- SPROUTING – Eat raw after sprouting. Use in recipes and salads, mix with other ingredients and form loaves.
- WHEAT GRASS JUICE – Grow seed into 5" - 6" grass, juice this grass, drink straight or with other juices.
- SOAKED WHEAT – Soak cleaned wheat in pure water one to two days, drink water and use wheat in cereal or other recipe.
- GLUTEN FOR PROTEIN SUBSTITUTE – Rinse flour to produce gluten product.

STORAGE OF EMERGENCY WATER

Various sources recommend home storage of a two-week supply of water. The amount often recommended is seven gallons per person for drinking and food preparation, and another seven gallons per person for other limited uses such as hand washing, teeth brushing and dish washing (total fourteen gallons per person for two weeks). Both glass and plastic containers are commonly used for water storage at home. Containers should be clean and sanitary. Glass containers are breakable and somewhat heavy compared to plastic, but they are not permeable to vapors and gases, the amount of leaching (dissolving) of chemicals from glass into water is insignificant. Plastic containers are lightweight and substantially more resistant to breakage than glass.

If plastic containers are used, care should be taken to assure that they are made of plastic approved for food contact by the Federal Food and Drug Administration. Polyethylene plastic is approved for food contact and is commonly used for containers of various sizes, including large 55-gallon drums. Certain types of plastic containers are not intended for food contact (such as vinyl plastic waterbeds or trash containers) and may leach undesirable chemicals into stored water. Leaching of chemicals from approved plastics is negligible.

For long-term storage, water should be sterilized or disinfected. Water stored in thoroughly cleaned plastic or glass containers can be chemically disinfected for long-term storage by treating each gallon with 16 drops of liquid chlorine bleach (Clorox or Purex type bleaches, containing 4% to 6% sodium hypochlorite). One teaspoon of bleach disinfects five gallons of water. This level of treatment will prevent growth of microorganisms during storage.

Water stored in plastic containers should not be stored near gasoline, kerosene, pesticides or similar substances. Vapors from these substances could permeate the plastic and affect the water. Thick-walled polyethylene containers are significantly less permeable to vapors than are thin walled containers. Be certain, when selecting a storage container for water, that it has a tight fitting cap or lid to prevent entrance of contaminants and evaporation of water. Because sunlight has an adverse effect on plastic, water should be stored away from direct exposure to sunlight.

Sterilized or disinfected water, stored in clean, food-approved containers with secure lids or caps should be safe for use even after many years of storage. Replacement of stored water with fresh water should be necessary only if the stored water becomes contaminated in some way or if the container should begin to leak. Be certain to label each container so there will be no question about its contents. Include the date and information on the method of disinfections used.

ABOUT SHELF LIFE

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

Extended shelf life is primarily affected by oxygen, fat, moisture, heat and time – the lower the values the better. Excessive quantities of these elements will cause loss of nutritional value off flavors, odors, and rancidity. Handling and physical damage must also be kept to a minimum. Damage to can seams and excessive rust must be avoided. Gourmet Reserves products are sealed in heavy gauge metal cans with an oxygen absorber added. Follow storage tips listed on page 28.

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

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

**SHELF LIFE OF GOURMET RESERVES® PRODUCTS
IN PROPER STORAGE CONDITIONS**

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

BULK POUCH**ITEMS****INDIVIDUAL ITEMS**

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

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

* **Cooking Required**

Please visit our website for an extensive selection of pouch products for backpacking and camping:

www.tyry.com

<http://www.aa-foods.com/>

www.richmoor.com