

Creamy Pasta and Vegetable Rotini

Nutrition Facts

Serving Size: 1/4 Pouch (51g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 35	
Calories 200			
		% Daily Value*	
Total Fat 4g			6%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 600mg			25%
Total Carbohydrate 35g			12%
Dietary Fiber 2g			8%
Sugars 4g			
Protein 6g			

Vitamin A 20% • Vitamin C 2%
Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sodium lowered 25% from 800 mg to 600 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch - Modif ed, Maltodextrin, Whey Powder, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Textured Vegetable Protein (Soy Flour), Dried Carrots, Freeze-Dried Zucchini Squash and Peas, Natural Flavor, Yeast Extract, Dried Onion, Salt, Xanthan Gum, Partially Hydrogenated Soybean Oil, Spices, Disodium Inosinate and Disodium Guanylate, Turmeric and Annatto (color).

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 204g (7.2 OZ)

Chili Macaroni

Nutrition Facts

Serving Size: 1/4 Pouch (69g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 10	
Calories 240			
		% Daily Value*	
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 610mg			25%
Total Carbohydrate 48g			16%
Dietary Fiber 5g			20%
Sugars 3g			
Protein 11g			

Vitamin A 30% • Vitamin C 10%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sodium lowered 37% from 970 mg to 610 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Textured Vegetable Protein (Soy Flour), Caramel Color, Sweet Whey Powder, Pinto Beans, Bleached Wheat Flour (Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tomato Powder, Dried Onion, Spices, Salt, Sugar, Hydrolyzed Soy Protein, Guar Gum, Natural Flavors, Garlic Powder, Caramel Color, Disodium Inosinate and Disodium Guanylate, Citric Acid, Yeast Extract, Turmeric (color), Coconut Oil.

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% Vegetarian

NET WT. 275g (9.7 OZ)

Chicken Flavored Noodle Soup

Nutrition Facts

Serving Size: 1/4 Pouch (50g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 15	
Calories 180			
		% Daily Value*	
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 530mg			22%
Total Carbohydrate 34g			11%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 8g			

Vitamin A 4% • Vitamin C 4%
Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Pasta (Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Textured Vegetable Protein (Soy Flour), Yeast Extract, Dried Carrots and Celery, Dried Onion, Salt, Partially Hydrogenated Soybean Oil, Chicken Broth Powder, Garlic Powder, Disodium Inosinate and Disodium Guanylate, Natural Flavors, Spices, Whey Powder, Turmeric (color)

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

NET WT. 198g (7 OZ)

Hearty Tortilla Soup

Nutrition Facts

Serving Size: 1/4 Pouch (45g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 10	
Calories 150			
		% Daily Value*	
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 960mg			40%
Total Carbohydrate 33g			11%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 4g			

Vitamin A 20% • Vitamin C 6%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Precooked Long Grain Rice, Maltodextrin, Dried Black Beans, White Corn Masa (Ground White Corn Masa Flour, Sorbic Acid, Carboxymethyl Cellulose, Calcium Propionate, Fumaric Acid, Guar Gum, Enzymes, Trace of Lime), Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Salt, Tomato Powder, Food Starch - Modif ed, Black Bean Flour, Spices, Freeze-Dried Corn, Guar Gum, Paprika (color), Caramel Color, Natural Mesquite Smoke Flavoring, Citric Acid, Natural Flavors.

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 181g (6.4 OZ)

SUGGESTED STORAGE CONDITIONS

1. Store product in a dry, cool, and dark location.
2. Optimal Storage (basement/cold room) Temperature 55 degrees F (12.7 C).
3. Keep pouches in protective bucket.

- **Temperature:** Storing Wise Company product at a high temperature can increase the speed that nutrition and vitamins will degrade over time. Store product in a cool location to ensure the longest shelf life possible.

- **Humidity:** The effect of humidity is very similar to that of high temperature. Humidity can impact the shelf life of the product. As humidity varies with geographical location, please use your own discretion to ensure the longest shelf life possible.

Savory Stroganoff

Nutrition Facts

Serving Size: 1/4 Pouch (64g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 40	
Calories	250	% Daily Value*	
Total Fat	4.5g		7%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	310mg		13%
Total Carbohydrate	45g		15%
Dietary Fiber	2g		8%
Sugars	8g		
Protein	7g		
Vitamin A 0% • Vitamin C 2%			
Calcium 8% • Iron 8%			

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sodium lowered 67% from 960 mg to 310 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Sweet Whey Powder, Maltodextrin, Potato Flour, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Textured Vegetable Protein (Soy Flour, Caramel Color), Food Starch - Modified, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Nondairy Creamer (High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Mixed Tocopherols [to preserve freshness]), Dried Onion, Salt, Natural and Artificial Flavors, Xanthan Gum, Dried Mushrooms, Partially Hydrogenated Soybean Oil, Dried Onions, Garlic Powder, Lactic Acid Powder, Titanium Dioxide (for color), Spice, Disodium Inosinate and Disodium Guanylate, Caramel Color.

CONTAINS: MILK, SOY, WHEAT
PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN
NET WT. 256g (9.02)

Cheesy Macaroni

Nutrition Facts

Serving Size: 1/4 Pouch (65g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 70	
Calories	270	% Daily Value*	
Total Fat	7g		11%
Saturated Fat	3.5g		18%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	820mg		34%
Total Carbohydrate	44g		15%
Dietary Fiber	1g		4%
Sugars	4g		
Protein	6g		
Vitamin A 0% • Vitamin C 0%			
Calcium 6% • Iron 8%			

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sodium lowered 23% from 1070 mg to 820 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch - Modified, Maltodextrin, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Mono and Diglycerides, Dipotassium Phosphate), Cheese Powder (Whey, Cheeses [Granular and Cheddar [Pasteurized Milk, Cheese Culture, Salt, Enzymes]], Buttermilk Solids, Whey Protein Concentrate, Salt, Contains Less Than 2% of Sodium Phosphate, Citric Acid, Lactic Acid), Nondairy Creamer (High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Mixed Tocopherols [to preserve freshness]), Textured Vegetable Protein (Soy Flour, Red 3), Soybean Oil, Water, Salt, Hydrolyzed Protein [Corn, Soy, Wheat], Brown Sugar, Yeast Extract, Smoke Flavoring, Artificial Flavoring, Thiamine Hydrochloride, Dextrose, Partially Hydrogenated Cottonseed Oil, Disodium Inosinate, Disodium Guanylate, Spice Extract), Salt, Partially Hydrogenated Soybean Oil, Yeast Extract, Disodium Inosinate and Disodium Guanylate, Lactic Acid Powder, Spice, Natural Flavor, Disodium Phosphate, Annatto (color).

CONTAINS: MILK, SOY, WHEAT
PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN
NET WT. 260g (9.2 OZ)

Pasta Alfredo

Nutrition Facts

Serving Size: 1/4 Pouch (65g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 80	
Calories	280	% Daily Value*	
Total Fat	9g		14%
Saturated Fat	4g		20%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	770mg		32%
Total Carbohydrate	43g		14%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	5g		
Vitamin A 0% • Vitamin C 2%			
Calcium 2% • Iron 8%			

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sodium lowered 28% from 1070 mg to 770 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch - Modified, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Nondairy Creamer (High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Mixed Tocopherols [to preserve freshness]), Maltodextrin, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Hydrolyzed Soy Protein, Parmesan Flavor (Salt, Yeast Extract, Potato Maltodextrin, Coconut Oil), Partially Hydrogenated Soybean Oil, Salt, Garlic Powder, Spices, Dried Onion, Disodium Inosinate and Disodium Guanylate, Disodium Phosphate, Natural Flavor.

CONTAINS: MILK, SOY, WHEAT
PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN
NET WT. 260g (9.2 OZ)

Apple Cinnamon Cereal

Nutrition Facts

Serving Size 1/4 Pouch (66g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 35	
Calories	260	% Daily Value*	
Total Fat	4g		6%
Saturated Fat	1g		5%
Trans Fat	1g		
Cholesterol	0mg		0%
Sodium	135mg		6%
Total Carbohydrate	46g		15%
Dietary Fiber	7g		28%
Sugars	16g		
Protein	6g		
Vitamin A 0% • Vitamin C 0%			
Calcium 4% • Iron 10%			

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Six Grain Mix (Hard Red Winter Wheat, Soft White Wheat, Barley, Rye, Rolled Oats, Triticale), Brown Sugar, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Corn Syrup Solids, Natural and Artificial Flavors, Natural Cinnamon Flavor, Dried Apples, Salt, Cellulose Gum, Sodium Caseinate (From Milk), Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate, Carrageenan.

CONTAINS: MILK, SOY, WHEAT
PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN
NET WT. 265g (9.3 OZ)



QUICK COOK



EMERGENCY RECOMMENDED



EXTENDED SHELF-LIFE



JUST ADD BOILING WATER

• NO ADDED TRANS FATS • LOWER SODIUM •

Granola Strawberry Crunch

Nutrition Facts

Serving Size 1/4 Pouch (62g)
Servings Per Container 4

Amount Per Serving	
Calories 270	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	16%
Sugars 16g	
Protein 6g	
Vitamin A 0% • Vitamin C 2%	
Calcium 8% • Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Granola (Whole Grain Rolled Oats, Brown Sugar, Canola Oil, Whole Grain Rolled Wheat, Corn Syrup, Oat Flour, Salt, Cinnamon, Soy Lecithin, Mixed Tocopherols (to preserve freshness)), Sweet Whey Powder, Freeze-Dried Strawberries, Dipotassium Phosphate, Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Nonfat Dry Milk, Sugar, Sodium Caseinate (From Milk), Tricalcium Phosphate, Mono and Diglycerides, Dipotassium Phosphate, Carrageenan.

CONTAINS: MILK, SOY, WHEAT.

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 248g (8.7 OZ)

Brown Sugar And Maple Multi-Grain Cereal

Nutrition Facts

Serving Size 1/4 Pouch (66g)
Servings Per Container 4

Amount Per Serving	
Calories 260	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 46g	15%
Dietary Fiber 7g	28%
Sugars 16g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Six Grain Mix (Hard Red Winter Wheat, Soft White Wheat, Barley, Rye, Rolled Oats, Triticale), Brown Sugar, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Corn Syrup Solids, Natural and Artificial Flavors, Cinnamon, Salt, Cellulose Gum, Sodium Caseinate (From Milk), Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate, Carrageenan.

CONTAINS: MILK, SOY WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 265g (9.3 OZ)

 **WARNING**
 **AVISO**



Children can fall into bucket and drown. Keep children away from bucket with even a small amount of liquid.

Los niños pueden caerse a esta cubo y ahogarse. No deja que los niños se acerquen a este cubo aunque sólo contenga una pequeña cantidad de liquido.

COOKING DIRECTIONS

1. Remove OXYGEN ABSORBER prior to preparation.
2. Bring 4 cups water to a boil, add contents of this package into boiling water and stir.
3. Turn off heat, cover and let stand for 12 to 15 minutes stirring occasionally.
4. Uncover and let cool for 2 to 3 minutes.

Distributed by: Wise Company
3676 California Ave. Suite B-100
Salt Lake City Utah 84104
801-335-0345
wisefoodstorage.com

