

Mountain House 14 Day Emergency Food Supply

Kit Contents – Per Person

- This kit contains 100 total servings of just-add-water-food:
- Breakfast Skillet 5x— A hearty and satisfying way to start the day. Hash browns, scrambled eggs and pork sausage mixed with peppers and onions. Each pouch yields two 1-cup servings.
- Biscuits & Gravy 3x— Buttermilk biscuits and pork sausage gravy makes for the ultimate breakfast. Each pouch yields two 1-cup servings.
- Eggs & Bacon 2x— A classic breakfast. Each pouch makes 1.5 1-cup servings.
- Eggs with Ham & Peppers 2x— Scrambled eggs with ham, green and red peppers. Each pouch yields 2 ¾-cup servings.
- Granola with Milk & Blueberries 2x— A longtime Mountain House favorite, our granola and blueberries has fueled daring explorers all over the world. Great hot or cold. Each pouch makes 2 ½-cup servings.
- Pasta Primavera 4x— Spiral macaroni with cauliflower, zucchini, broccoli, red and yellow peppers, and green beans smothered in a Parmesan cheese sauce. Each pouch yields 2.5 1-cup servings.
- Rice & Chicken 3x— Rice, chicken and pimientos in a savory sauce.. Each pouch yields three 1-cup servings.
- Beef Stew 2x— A homemade classic. Tender, natural beef with potatoes, peas, and carrots. Each pouch yields 2.5 1-cup servings.
- Beef Stroganoff 2x— A Mountain House favorite. Beef, noodles and mushrooms smothered in sour cream sauce. Each pouch makes 2.5 1-cup servings.
- Chicken Fried Rice 2x— Long grain rice with chicken, scrambled eggs, onions, mushrooms, red peppers, peas and carrots. Each pouch yields 2.5 1-cup servings.
- Chili Mac with Beef 2x— Spicy chili sauce with beef, macaroni noodles, beans and onions. Yields 2.5 1-cup servings per pouch.
- Lasagna with Meat Sauce 2x— Pasta and cheese in a rich Italian style meat sauce. Each pouch yields 2.5 1 ¼-cup servings.
- Macaroni & Cheese 2x— A family favorite. Macaroni noodles in a rich, cheesy sauce. Each pouch makes three 1 ¼-cup servings.
- Mexican Rice & Chicken 2x— Rice, beans, and chicken with peppers, tomatoes and olives. A quick and easy dinner with a kick. Each pouch makes three 1-cup servings.
- Noodles & Chicken 2x— Pasta noodles, red peppers and tender chicken in a yummy cream sauce. Each pouch yields 2.5 1-cup servings.
- Italian Style Pepper Steak with Rice & Tomatoes 2x— Steak and colorful bell peppers complement onions, tomatoes and long grain rice. Each pouch makes 2.5 1-cup servings.
- Spaghetti with Meat Sauce 2x— A meaty tomato sauce paired with tender pasta makes for a satisfying meal. Each pouch yields 2.5 1-cup servings.
- Chicken Teriyaki 1x— Chicken, rice, mushrooms, bamboo shoots and other vegetables smothered in a tangy teriyaki sauce. Contains 2.5 1-cup servings.