

Protect

True peace of mind comes from knowing you're prepared. In an emergency, you can depend on your 4Patriots survival food. It tastes great, is easy to prepare and protects you - and your family - with a satisfying meal during a crisis.

Prepare

- 1 Open pouch and remove oxygen absorber.
- 2 Add contents to 9 cups of water in a pot.
- 3 Bring pot to a boil while stirring.
- 4 Reduce heat to medium, cook for 10 to 12 minutes, until noodles are cooked.
- 5 Remove from heat, let stand 7 to 10 minutes for sauce to thicken before serving.

Your purchase helps our heroes.
4Patriots donates a portion of its proceeds to support our veterans.

100% MONEY-BACK GUARANTEE:

If for any reason you're not satisfied, just return your survival food within 1 year (365 days) of purchase. We'll refund 100% of your purchase price. You have nothing to lose and you must be completely satisfied, or we'll buy it back. No questions asked.

American owned. Handpacked in USA.

Distributed by 4Patriots, LLC
2920 Berry Hill Dr., Suite 300
Nashville, TN 37204
4patriots.com | (800) 304-4202

Contains a bioengineered food ingredient(s).

Nutrition Facts

8 Servings Per Container
2/3 Cup (75g) Dry
Serving Size (about 1 Cup Prepared)

Amount per Serving
Calories 290

	% Daily Value
Total Fat 7g	9%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 860mg	37%
Total Carbohydrate 49g	18%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes <1g Added Sugars	1%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.9mg	10%
Potassium 300mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

V3.9

INGREDIENTS: Enriched Fettucine Pasta (Wheat flour, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid), Powdered Creamer (coconut oil, corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, sugar, mono and diglycerides, silicon dioxide, poly sorbate 80, tetrasodium pyrophosphate, soy lecithin), White Cheddar Blend (cheddar cheese (pasteurized milk, salt, cheese culture, enzymes), Buttermilk, Whey, Salt, contains less than 2% Silicon Dioxide and less than 2% Disodium Phosphate), Nonfat Dry Milk, Lactaid Salt, Butter Powder (cream, salt, nonfat dry milk, natural Vitamin E and Vitamin C ester, contains less than 2% silicon dioxide as an anti-caking agent), Parmesan Cheese Blend (whey, maltodextrin, buttermilk, natural parmesan cheese flavor, salt), Cornstarch, Garlic Powder, Onion Powder, Spices, Lactic Acid and Calcium Lactate.

Contains: Milk, Soy, Wheat.



Makes 8 Servings

(600g) (zo 2.5 q1 l) zo 91.21.1.W NET WT



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we have the food available.”

preparing for the next time. I feel much safer knowing

“Having been through Hurricane Sandy, we’ve been

We Champion Freedom and Self-Reliance

*Cook before enjoying.

Frank’s Favorite Alfredo

11.5" Compartment

3" Gusset

11.5" Compartment

26"

0.25" Bleed

0.25" Bleed

Fold Line

Fold Line