

4Patriots

Freeze-Dried Green Beans

We Champion Freedom and Self-Reliance

“I love the feeling of security that comes with having some of this tasty food on hand. This is a great investment for peace of mind.”

— Tammy L.

NET WT. 1.2 oz (32g)

Makes 8 Servings



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

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.

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

INGREDIENTS: green beans.

Nutrition Facts	
8 Servings Per Container	
1/4 Cup (4g)	
Amount per Serving	
Calories	15
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 78mg	2%
- 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.	

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 wholesome nutrition during a crisis.

Protect

Prepare

- 1 Open pouch, remove oxygen absorber.
- 2 Bring 1/8 cup of water to a boil.
- 3 Add 1/4 cup of beans to water and stir.
- 4 Cover and simmer for 5-10 minutes
- 5 Remove from heat and enjoy.

To make one serving: