

7.4960" Repeat

6.7460" ID

0.375 Seal

0.375 Seal

0.8" x 0.25" Eyespot

0.55"

0.5" to Tear Notch

0.0625" (1/16) Clear (No Print) on both side

BACK

K Seal

K Seal

FRONT

0.5" to Tear Notch

0.25" Bleed

0.25" above the zipper

1.5" Header

Tear Notch

Zipper

5.75" Compartment

Fold Line

3" Gusset

Fold Line

5.75" Compartment

Zipper

Tear Notch

1.5" Header

0.25" Bleed

0.25" above the zipper

★★★★★
PREMIUM RECIPE

4Patriots

**Instant Independence
Make-in-Pouch Survival Meals**
Strawberries & Cream Pudding

A Sweet, Velvety Treat for Breakfast or Dessert

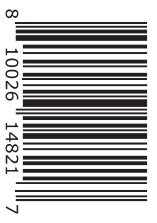
NET WT. 2.1 oz. (60g)
Makes 2 Servings

Nutrition Facts
2 servings per container
Serving size 30 g (1 1/2 cup dry)

Calories	120	240
	1 Serving	Total Package
Total Fat	1.5g 2% DV*	2.5g 4%
Saturated Fat	1g 5%	2g 10%
Trans Fat	0g	0g
Cholesterol	5mg 1%	5mg 2%
Sodium	410mg 18%	810mg 35%
Total Carbohydrate	26g 9%	51g 19%
Dietary Fiber	0g 0%	1g 3%
Total Sugars	18g	36g
Ind. Added Sugars	15g 29%	29g 59%
Protein	1g	2g
Vitamin D	0.1mcg 0%	0.3mcg 2%
Calcium	30mg 2%	70mg 6%
Iron	0.1mg 0%	0.2mg 2%
Potassium	130mg 2%	260mg 6%

* The % Daily Value (DV) 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.

Calories per gram: Carbohydrate 4 Protein 4



Ingredients: Sugar, Modified Food Starch, Whey, Strawberry, Dry Cream (cream, milk), Coconut Oil/Creamer, Corn Syrup Solids, Hydrogenated Coconut Oil, Dipotassium Phosphate, Sodium Caseinate (a milk derivative), Sodium Triphosphate, Dried Egg Whites, Dextrose, Sodium Starch Aluminate Anti-Caking Agent, Natural and Artificial Flavors, Salt, Natural and Artificial Butter & Vanilla Flavor
Contains Milk

Ready to Eat in Minutes – Just Add Water
Premium taste and ultimate convenience in emergency or outdoor situations. Lightweight, gently dehydrated food cooks right in the pouch. Delicious and designed to last 5+ years.

To Prepare:

- 1 Open pouch, remove oxygen absorber.
- 2 Pour 1 cup of cold water into pouch.
- 3 Seal pouch & shake for approximately 3 minutes until a pudding consistency forms.
- 4 Enjoy your delicious dessert!

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