

## G/FREE FOOD BUCKET 1 (weighs 26 lbs.) 2 buckets \$210.00

(packed in mylar with oxygen absorber for LONG TERM storage- approx. 15years)

### To feed 2 people (one meal per day) for approximately 1 month

\$102.50 per person (60 servings: each approx a 1200 Calorie meal)

- 6 lbs. Non GMO white Rice (18 portions of 1 Cup)
- 2 lbs. EA. Small red, Black & Navy Beans (24 x 1/2 cup portions)
- 1 lb. EA. Nat. Harvest & Org. Harmony Soup (4 x 1 cup portions- see label for directions)
- 1 lb. EA. Organic Red lentils & Green split Pea's (8 x 1/2 Cup portions)
- 2 lbs. Gluten free Penne (6 portions for 2)
- 4oz. Tomato powder (Mix 1 Tbl. powder with 1 cup water for flavor)
- 8 each Chicken & Beef Bouillon cubes (add 1 cube to 1 cup water)
- 9 oz. Natural dried vegetable mix (8 x 1Tbsp. Portions for flavor)
- 12 oz. Cheese powder (use to make sauces)
- 12oz. Instant Potato pieces (4 x 1 cup portions to make mash)
- 4 oz. Salt Shaker (add according to taste)
- 5 bottles of Spices-, Chili powder, Black pepper, Basil, Chopped Onion & Taco seasoning
- 16oz. Coconut Oil- refined (use in place of margarine for recipes, and for frying)
- 1lb. Organic Popcorn (use as snack or grind for cornmeal)

#### Serving suggestions:

- Make rice for 2 people with 1 cup rice added to 2 cups water- bring to boil, cover and allow to simmer until ready. (Salt as desired).
- Cook beans for 2 people with 1/2 cup beans & 2 cups water until soft. Soak for as long as possible before adding onions, chicken, beef or tomato powder for flavor.
- Cook 1/2 cup of green split pea's or 1/2 cup lentils to 2 cups water - flavor as desired with beef or chicken cubes. (Makes a "stew" to eat with rice).
- Boil 3 cups water for any pasta portion & simmer until soft- add veg./spices for flavor, and make a sauce if desired.
- Mix 1 tablespoon of Tapioca starch to 1 cup water to thicken any sauces made with cheese powder.

\*NO water is not included- please make sure you have an adequate supply for cooking, drinking and personal use- you will need approx 9 gallons of water to prepare all these meals. You may also wish to add meat or fish to these dishes (not included).

Keep easy recipes on hand to help prepare different meals each day- variety is key!

Down to Earth Foods, Springfield MO- <http://www.d2efoods.com>

## G/FREE FOOD BUCKET 2 (weighs 26 lbs.) 2 buckets \$210.00

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**To feed 2 people (one meal per day) for approximately 1 month**

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2.8lbs. G/free rolled Oats	(12 portions of 1 Cup each)
2.5lbs. G/free A/P flour	(7 x 1 cup portions- use to make bread, biscuits & gravy)
2.6lbs. G/free White rice flour	(8 x 1cup portions to use as desired)
1lb. G/free Coconut flour	(use as desired in favorite recipes)
4oz. G/free Xanthan gum	(use in baking)
1lb. G/free Tapioca Starch	(use as a thickener when cooking/baking)
1lb. Raisins	(add to bread or oats for sweetness)
14oz. Golden Flax Seed	(sprinkle as desired or grind into meal)
1lb. Raw Honey	(use as sweetener- warm if crystals appear)
2 x 1lb. Whole milk powder	(add 1 Tbl. powder to 1cup water- makes 4-5 gall.)
2 x 8oz. Whole dried egg powder	(1 Tbl = 1egg, approx 3 dozen)
12oz. Dutch Cocoa powder	(use for baking & in a hot beverage)
8oz. Real Salt	(use 1/2tsp. as desired)
2oz. Cinnamon	(sprinkle as desired for flavor)
12oz. Butter & 7oz. cheese (Canned)	1.5lb. Organic Quinoa
1lb. Organic Cane Sugar	(use as desired)

### Serving suggestions:

- Make scrambled eggs for 2 people with 2Tbsp. each of egg & milk powder & 1tsp. cornstarch added to 2 cups water- add salt for flavor.
- Cook oats for 2 people with 1 cups oats, & 2 ½ cups water. Add cinnamon, honey & raisins for flavor. (Quinoa can be cooked the same way up for extra protein).
- Use A/P, rice & coconut flour with xanthan gum in your bread or cookie recipe.
- Milk powder can be added to oats and cereal while cooking for a Creamier texture, or prepared separately (1Tbl. powder per cup water) for drinking purposes.
- Tapioca starch used for thickening gravy & baking.
- Use flax seeds as desired for extra in cooking or baking (grind into meal).
- Cocoa powder can be used in baking, or place 1 tsp. in a mug with 2tsp. milk powder & sugar if desired. Add hot water & stir well- enjoy!

**All items are assumed gluten free because of the food content and ingredients- please test for allergies if necessary.**

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