



SHELF LIFE (STORAGE) AND INGREDIENT LIST

Sunrise Harvest Food Approximate Food Storage Shelf Life Chart

Product Type	Approx. YRS
Baking, Powder	10-15
Baking, Corn Starch	15
Baking, Dehydrated Honey	10
Baking, Flour Unbleached	6-10
Baking, Iodized Salt	20
Baking, Brownie Deluxe Mix	5-10
Baking, Cookie, Basic Mix	5-10
Baking, Muffin, Blueberry Mix	5-10
Baking, Pancake, 6 Grain	5-10
Baking, Pancake, Blueberry	5-10
Baking, Pancake Buttermilk	10-15
Baking, Pudding, Chocolate	5-10
Baking, Pudding, Vanilla	5-10
Baking, Shortening Powder	5-10
Baking, Sugar, Brown	8-10
Baking, Sugar, White	15-20
Beans, Baby Lima	15-20
Beans, Black Turtle	15-20
Beans, Green	15-20
Beans, Lentils	15-20
Beans, Lentils, Red	15-20
Beans, Pinto	15-20
Beans, Red Kidney	15-20
Beans, Small Red	15-20
Beans, Small White Navy	15-20
Beans, Split Peas	15-20
Bouillon, Beef-Vegetarian	10-15
Bouillon, Chicken-Vegetarian	10-15
Cereal, 10 Grain	10-15
Cereal, 6 Grain	8-10
Cereal, Germade/Creamy Farina	10
Cereal, Granola Nutty	4

Product Type	Approx. YRS
Fruit, Mango Chunks	10-15
Fruit, Papaya Chunks	10-15
Fruit, Peach-Apple Flakes	10-15
Fruit, Peaches, Sliced F/D	25
Fruit, Pineapple Chunks	10-15
Fruit, Raisins	8-10
Fruit, Raspberries, Whole F/D	25
Fruit, Raspberry Flavored Apple Nuggets	10-15
Fruit, Strawberries, Sliced F/D	25
Fruit, Strawberry-Apple Flakes	10-15
Grains, Cornmeal	10
Grains, Macaroni, Elbow	10-15
Grains, Popcorn	10-15
Seeds, Garden Seed Pack	4 +
Soup, ABC Blend	10-15
Soup, Baked Potato Cheese	8-10
Soup, Broccoli Cheese	8-10
Soup, Cream Base	10-15
Soup, Cream Soup Base Deluxe	2-3
Soup, Creamy Chicken Noodle	8-10
Soup, Creamy Mushroom	8-10
Soup, Creamy Potato	8-10
Soup, Gumbo	8-10
Soup, Sweet Corn Chowder	8-10
Entrée, Chili	8-10
Entrée, Chicken Teriyaki with Rice	8-10
Entrée, Fried Rice	8-10
Entrée, Beef Stroganoff	8-10
Entrée, Spaghetti with Tomato Sauce	8-10
Entrée, Mac & Cheese	8-10

Cereal, Oats, Quick	10	TVP, Bacon	10-15
Cereal, Wheat, Cracked	10	TVP, Barbeque	10-15
		TVP, Beef	10-15
Dairy, Butter Powder	5-10	TVP, Beef Jerky	10-15
Dairy, Buttermilk Powder	5-10	TVP, Chicken	10-15
Dairy, Margarine Powder	5-10	TVP, Chicken Chunks	10-15
Dairy, Sour Cream Powder	5-10	TVP, Ham	10-15
Dairy, Cheese, Cheddar Powder	5-10	TVP, Pepperoni	10-15
Dairy, Cheese, Romano	5-10	TVP, Sausage	10-15
Dairy, Cheese, Mac & Cheese	5-10	TVP, Sloppy Joe	10-15
Dairy, Country Cream Milk	10-20	TVP, Taco	10-15
Dairy, Country Cream Chocolate	5-8		
Dairy, MilQ	5-10	Vegetables, Broccoli Florets	10-15
		Vegetables, Carrots, Dices	10-15
Drink, Apple	15 +	Vegetables, Celery, Stock & Leaf	10-15
Drink, Lemonade	15 +	Vegetables, Corn F/D	25
Drink, Orange	15 +	Vegetables, Corn Sweet	10-15
Drink, Peach	15 +	Vegetables, Corn Sweet F/D	25
Drink, Strawberry	15 +	Vegetables, Mushroom Slices	10-15
		Vegetables, Onions, Chopped	10-15
Egg, Powder Mix (Scrambled Eggs)	5-8	Vegetables, Peanut Powder	10-15
Egg, Whites Powder	5-8	Vegetables, Peas Sweet F/D	25
Egg, Whole Powder (Use in Recipes)	5-5	Vegetables, Peas, Sweet	10-15
		Vegetables, Peppers, Green & Red Bell	10-15
Fruit, Apple Sauce	5-8	Vegetables, Potato Dices	10-15
Fruit, Apple Slices	10-15	Vegetables, Potato Flakes	10-15
Fruit, Banana Slices	10-15	Vegetables, Potato Hash browns	10-15
Fruit, Banana Slices F/D	25	Vegetables, Potato Pearls	10-15
Fruit, Blackberries, F/D	25	Vegetables, Potato Slices	10-15
Fruit, Blueberries Whole F/D	25	Vegetables, Spinach Flakes	10-15
Fruit, Boysenberries F/D	25	Vegetables, Stew Blend	10-15
Fruit, Fruit Cocktail	10-15	Vegetables, Tomato Powder	10-15

These are approximate estimates based on average storage temperature of 70 degrees. The lower and more constant the temperature, 45 to 65 degrees suggested, the longer the food will last. Once opened, the #1 problem is humidity. Put opened product in an air tight container such as Zip Lock Bags.

INGREDIENT LIST FOR SUNRISE HARVEST FOODS:

For the vast majority of people, the big questions concerning emergency food storage are; **Could they and their family survive for a few weeks, or even several months by eating this food and does it taste Good?** Three additional concerns are; **How different is it from what they normally eat everyday, Is it easy or difficult to prepare in an emergency situation, How long is it's shelf life, and the single largest concern; Is it inexpensive/affordable?** FF2G has addressed these initial major concerns with our initial line of food storage products. Additional specialty lines are in the process of being created. There are plans for many Gluten Free products, as well as a complete line of Kosher, Vegan, Freeze Dried, and 100% Certified Organic/GMO Free Super Healthy+ food offerings. The following product list will be updated as new products are finalized and are ready to be shipped.

CONCERNING ORGANIC & GMO FOODS. While FF2G tries to obtain organic foods and foods free from GMO (Genetically Modified Seed) as much as possible, we cannot do so on all of our products. For example Soy Sauce, which is used in almost all of the oriental dishes, likely contains soy beans which might have been grown from GMO seeds, though we try to avoid it. (59% of the world Soy crop is now grown using 100% GMO seeds.) Also Teriyaki sauce contains autolyzed yeast extract (which help gives Teriyaki Sauce its unique oriental flavor), which...though it is not MSG, people who are allergic to MSG are often allergic to autolyzed yeast extract. Also, TVP (Textured Vegetable Protein) which also comes primarily from soy beans, might also contain soy beans grown from GMO seeds, as well as most corn products.

COMING SOON: A SUPER HEALTHY+ FOOD STORAGE LINE. Therefore, rather than see people starve themselves and their families to death during an emergency, for those few people who... during a time of crises and emergency are not willing to eat anything but 100% guaranteed organic, non-GMO, super health+ food ... FF2G is planning to offer a line of 100% guaranteed organic, non-GMO, super Health+ food (which also avoids all hydrolyzed, hydrogenated, di- foods). Our sources tell us the price will probably be 3-4 x's our current pricing. (So be patient, it's coming.)

1. **ORIENTAL FRIED RICE** (Beef Flavor)

- a. Pre-cooked rice, Textured vegetable protein, Dextrin(start), Carrot dices, Butter powder, Red & Green Bell Pepper, Parsley flakes, Xanthan gum, Yeast extract, Seasonings, Natural and artificial flavors.
- b. This is a Gluten Free product
- c. This is a vegetarian approved product.

2. **6 GRAIN BREAKFAST CEREAL WITH HONEY**

- a. Red wheat, White wheat, Rye, Oats, Barley, Sunflower, Salt, and Honey.
- b. This is a vegetarian approved product

3. **GOURMET CREAMERY MILK**

- a. 100% REAL Instant Nonfat milk with Vitamins A & D added. (Vitamin A:2%, Vitamin C:2%, Calcium:30%, Vitamin D: 10%)
- b. This is a Gluten Free product

4. **SWEET TERIYAKI CHICKEN & RICE**

- a. Molasses, Dextrin, Modified corn starch, White rice, Carrots, Green and red bell peppers, TVP, Powdered Teriyaki Sauce (Partially hydrogenated soybean oil, Autolyzed yeast extract, Hydrolyzed corn protein), Salt, Natural smoke flavoring, Thiamine hydrochloride, Dextrose, Disodium inosinate, Disodium guanylate, Soy sauce, and Spices.
- b. This is a Gluten Free product.

5. **6 GRAIN PANCAKE MIX**

- a. Whole wheat flour, Red winter wheat, Oats, Soft white wheat, Rye, Triticale, Barley, Soy flour, Unbleached flour, (wheat flour, niacin, reduced iron, thiamine, mono-nitrate, riboflavin, folic acid), Brown sugar, oil, dextrose, Salt, Sweet whey, Nonfat dry milk, Lecithin, Buttermilk, Isolated soy protein, Calcium caseinate, Sodium caseinate.
- b. This is a vegetarian approved product

6. **CHEDDAR CHEESE BROCCOLI SOUP**

- a. Partially hydrogenated soybean oil, Corn syrupsolids, sodium caseinate (a milk derivative), Mono-&diglycerides, Sodium citrate (from citric acid), Salt, Dipotassium phosphate, Carrageenan (from seaweed/Irish Moss), Artificial flavor, Non-fat milk, chicken broth, Dehydrated broccoli, F/D broccoli, Cheddar cheese, Onion, Modified Corn starch, and Spices.
- b. This is a Gluten Free product.

7. **DUTCH MILK CHOCOLATE**

- a. Sugar, Sweet dairy whey, corn syrup solids, partially hydrogenated soy oil, Dutch Cocoa, non-fat dry milk, natural and artificial flavor, salt, sodium caseinate, carrageenan, Mono-&diglycerides, dipotassium phosphate, lecithin,
- b. This is a Gluten Free product.