

Tear Along Dotted Line

New Zip-Close RESEALABLE PACKAGING

ERBAR™

2400 CALORIES
EMERGENCY RATION FOOD PROVISIONS

Approved by the
United States Coast Guard
U.S. Department of Homeland Security

3 Day Food Supply

Each 18 oz. packet contains 6 individual 410 calorie rations, for a total of 2,460 calories (10,299 kj.). Recommended consumption is 2 rations per day.

5 Year Shelf Life

Withstands extreme conditions and temperatures (-22 °F to 149 °F).

Non-Thirst Provoking Formula

Ready to eat. Pleasant lemon-vanilla flavor.

Optimal Balance of Nutrients

Enriched with FDA recommended vitamins & minerals. No trans fats, cholesterol, coconut or nuts.

Formulated Specifically for Emergency Victims

All emergencies and locations.



U.S. Coast Guard
Approval #160.046/28/0
Meets International Coast Guard
& SOLAS 74/83 Requirements

MANUFACTURED BY
QUAKE KARE™

Net Wt. 18 oz. (510 g.)

ERBAR™

EMERGENCY RATION FOOD PROVISIONS

2400 CALORIES

Nutrition Facts

Serving Size 3 oz. (85g)
Servings Per Container 6

Amount Per Serving		Calories from Fat 170
		% Daily Value*
Calories 410		
Total Fat 19g		29%
Saturated Fat 9g		45%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 5mg		0%
Total Carbohydrate 52g		17%
Dietary Fiber 2g		8%
Sugars 16g		

Protein 7g

Vitamin A 40%	• Vitamin C 40%
Calcium 8%	• Iron 50%
Vitamin D 0%	• Vitamin E 15%
Vitamin K 40%	• Thiamin 60%
Riboflavin 50%	• Niacin 50%
Vitamin B6 40%	• Vitamin B12 40%
Biotin 40%	• Pantothenic Acid 40%
Iodine 40%	• Zinc 40%
Copper 50%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

QUAKE KARE™

Quake Kare
10440 Trenton Ave.
Saint Louis, MO 63132
www.QuakeKare.com

Date of Manufacture:

Lot Number:

Expiration Date:

For more information:
1-800-2-PREPARE
QuakeKare.com

Item #1A



DO NOT EAT IF SEAL IS BROKEN