

Tear Along Dotted Line

New Zip-Close RESEALABLE PACKAGING

# ERBAR™

EMERGENCY RATION FOOD PROVISIONS

3600 CALORIES

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

### 3 Day Food Supply

Each 27 oz. packet contains 9 individual 410 calorie rations, for a total of 3690 calories (15,449 kj).  
Recommended minimum 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. 27 oz. (765 g.)

# ERBAR™

EMERGENCY RATION FOOD PROVISIONS

3600 CALORIES

INGREDIENTS: Bleached, Enriched Flour (Wheat Flour, Malted Barley Flour, Iron, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Sugar, Corn Syrup, Soy Flour, Cornstarch, Natural and Artificial Flavors, Calcium Propionate, Dextrose, Yellow 5, Yellow 6, Ascorbic Acid (Vitamin C), dl-Alpha Tocopherol Acetate (Vitamin E), Maltodextrin, Niacinamide, Electrolytic Iron, Zinc Oxide, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Copper Gluconate, Riboflavin (Vitamin B2) Thiamine Mononitrate (Vitamin B1), Biotin, Potassium Iodide, Vitamin K1, Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12).

Contains Soy, Wheat.

**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**

### Nutrition Facts

Serving Size 3 oz. (85g)  
Servings Per Container 9

Amount Per Serving		Calories from Fat 170	
		% Daily Value*	
<b>Calories</b> 410			
<b>Total Fat</b> 19g			<b>29%</b>
Saturated Fat 9g			<b>45%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 5mg			<b>0%</b>
<b>Total Carbohydrate</b> 52g			<b>17%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 16g			
<b>Protein</b> 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	Less than	300g	375g
Dietary Fiber		25g	30g

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

Item #1B



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**DO NOT EAT IF SEAL IS BROKEN**