

Questions?

What Should I Store?

You should store those same foods that you have been relying on for health, energy and resistance to disease. Use the five basic food groups as a guideline. NOAH'S ARK can provide you with the fruits, cereals, vegetables, dairy products and proteins that you rely on, all in dehydrated form.

What About Cost?

A meal consisting of NOAH'S ARK dehydrated foods costs only half as much as the average meal.

How Long Will the Food Keep?

NOAH'S ARK foods are sealed in gold-enameled heavy duty cans with 98% of the moisture removed. No one is certain how long this food will last, but dehydrated foods stored the NOAH'S ARK way will last years longer than any other processing method.

Which is Best—Dehydration or Freeze Drying?

Both dehydrated and freeze dried foods are nutritious, tasty and store indefinitely, but dehydrated foods cost one third as much as freeze dried and take up less space.

Will My Family Eat Dehydrated Food?

As with any food item, there are no guarantees that everyone will like all the food. However, there are families now that use 50% dehydrated foods in their regular menu. NOAH'S ARK foods are delicious, convenient, nutritionally balanced and cost only half as much as regular foods.

Why Buy Now?

Because NOAH'S ARK FOODS ARE AVAILABLE NOW. The economic and food situations are threatening and there is no better way to strengthen the security of your family than storage now.

What About Water?

Water is what reconstitutes dehydrated foods. Caution is necessary as water becomes impure and carries disease, bacteria and virus. Ask your NOAH'S ARK Representative about water purification methods.

Would you like to have a food party? Yes No

Would you like to be a food consultant? Yes No

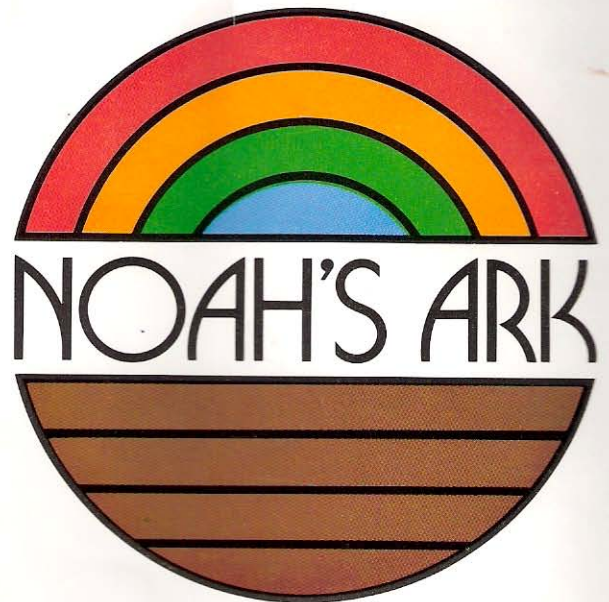
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“Food Will Be As The Ark”



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Why Store Food?

The world population will double in 25 years! What will happen to the price and supply of food?

The current demand for food is up 3%. Our food production increase is only 2½%. What will the other ½ percent of the people do?

5 million people die each year of starvation/malnutrition. 12,000 die each week.

Our food supply is so unsure that a powerful *strike* could tie up entire trucking, shipping and communication systems that would leave millions stranded.

If *energy* shortages can cause such panic and waiting line-ups, think what *food* shortages will do!

We now have population explosion, war, floods, drought, sky-rocketing prices and rising unemployment.

World grain supplies will last only 23 days.

How long can you and your family live on the food presently stored in your home?



Unit 1

Three Month Supply #2½ Cans

CASE A 1: VEGETABLES

4 Mashed Potatoes
1 Diced Potatoes
1 Hash Browns

CASE B 1: VEGETABLES

1 Peas, Green
1 Beans, Green
1 Tomato Crystals
1 Stew Blend
1 Cabbage
1 Carrots

CASE C 1: FRUITS

1 Applesauce
1 Banana Slices
1 Apple Slices
1 Peach Slices
2 Fruit Cocktail

CASE D 1: PROTEIN

1 Bacon Bits
1 Ham TVP
2 Hamburger TVP
1 Multi-Purpose TVP
1 Beef TVP

CASE E 1: PROTEIN

2 E-Z Egg Mix
1 Cheddar Cheese
1 Soybeans
1 Green Split Pea
1 Chili Beans

CASE F 1: ADJUNCTS

2 Butter Powder
2 Soup Base
1 Salt
1 Minced Onion

CASE G 1: GRAIN

2 White Rice
2 Corn Meal
2 Oats

CASE H 1: GRAIN

1 Macaroni
3 Granola
2 Flour

CASE I 1: MILK (2 Cases)

12 Milk Non-Fat Regular

OPTIONAL CASES

CASE R: DAIRY

2 Cheddar Cheese
2 Butter
1 Cream, Sweet
1 Shortening

CASE S: GELATIN DESSERT

1 Cherry Gelatin
1 Orange Gelatin
1 Strawberry Gelatin
1 Lemon Gelatin
1 Lime Gelatin
1 Raspberry Gelatin

CASE T: PUDDING DESSERT

1 Chocolate Pudding
1 Lemon Pudding
1 Tapioca
1 Vanilla Pudding
1 Coconut Pudding
1 Banana Pudding

CASE U: DRINKS

2 Breakfast Orange
1 Breakfast Grape
1 Lemonade
2 Fruit Punch

CASE V: SPROUTING SEEDS

1 Alfalfa
1 Mung Beans
1 Soybeans
1 Alaskan Peas
1 Lentils
1 Garden Seeds

To provide a well balanced supply of food, you should have wheat and sugar:

9 cans of wheat # 10
3 cans of sugar # 10

Unit 2

PRICE _____

Six Month Supply 2½ Cans

CASE 2 A: VEGETABLES

- 4 Mashed Potatoes
- 1 Diced Potatoes
- 1 Hash Browns

CASE 2 B: VEGETABLES

- 2 Green, Beans
- 2 Carrots, Diced
- 1 Cabbage
- 1 Minced Onion

CASE 2 C: VEGETABLES

- 2 Soup Blend
- 2 Beets
- 2 Tomato Crystals

CASE 2 D: VEGETABLES

- 3 Stew Blend
- 2 Garden Peas
- 1 Spinach

CASE 2 E: FRUITS

- 2 Apple Slices
- 2 Applesauce
- 2 Peaches

CASE 2 F: FRUITS

- 1 Pears
- 2 Fruit Galaxy
- 1 Date Nuggets
- 2 Banana Slices

CASE 2 G: FRUITS & ADJUNCTS

- 2 Apple Flavored Nuggets
- 2 Butter
- 1 Margarine
- 1 Shortening

CASE 2 H: ADJUNCTS

- 1 Salt
- 1 Peanut Powder
- 2 Bouillon
- 1 Orange Drink
- 1 Pepper

CASE 2 I: MILK (4 CASES)

- 24 Milk, Non-Fat Regular

CASE 2 J: PROTEIN

- 2 Cheddar Cheese
- 3 Egg Mix
- 1 Cream, Sweet

CASE 2 K: PROTEIN

- 2 Soybeans
- 2 Green Split Peas
- 2 Red Beans

CASE 2 L: PROTEIN

- 4 Beef-Flavored Meat Substitute
- 2 Ham-Flavored Meat Substitute

CASE 2 O: GRAINS

- 4 Rolled Oats
- 2 Corn Meal

CASE 2 P: GRAINS

- 3 White Flour
- 3 Pancake Mix

CASE 2 Q: GRAINS

- 4 Rice
- 2 Macaroni

OPTIONAL CASES

CASE R: DAIRY

- 2 Butter
- 1 Shortening
- 1 Cream
- 2 Cheese

CASE S: GELATIN DESSERTS

- 1 Cherry Gelatin
- 1 Orange Gelatin
- 1 Strawberry Gelatin
- 1 Lemon Gelatin
- 1 Lime Gelatin
- 1 Raspberry Gelatin

CASE T: PUDDING DESSERT

- 1 Chocolate Pudding
- 1 Lemon Pudding
- 1 Tapioca
- 1 Vanilla Pudding
- 1 Coconut Pudding
- 1 Banana Pudding

CASE U: DRINKS

- 2 Breakfast Orange
- 1 Breakfast Grape
- 1 Lemonade
- 2 Fruit Punch

CASE V: SPROUTING SEEDS

- 1 Alfalfa
- 1 Mung Beans
- 1 Soybeans
- 1 Alaskan Peas
- 1 Lentils
- 1 Garden Seeds

CASE 2 M: PROTEIN

- 2 Chicken Flavored Meat Substitute
- 2 Bacon Flavored Meat Substitute
- 2 Hamburger Flavored Meat Substitute

CASE 2 N: GRAINS

- 4 Granola
- 2 Pearl Barley

To provide a well balanced supply of food, you should have wheat and sugar:

3 cases wheat #10 or 3-5 gallon can of wheat
1 case sugar #10 1-5 gallon can of sugar

Unit 3

PRICE 359.50

One Year Supply of Food #10 Cans

CASE A: VEGETABLES

- 1 Carrots
- 1 Green Beans
- 1 Green Peas
- 1 Cabbage
- 2 Tomato Flakes

CASE B: VEGETABLES

- 2 Mashed Potatoes
- 1 Diced Potatoes
- 1 Onions
- 1 Stew Blend
- 1 Soup Blend

CASE C: FRUITS

- 1 Banana Slices
- 2 Fruit Galaxy
- 2 Applesauce
- 1 Apple Slices

CASE D: PROTEINS

- 2 Beef
- 2 Hamburger
- 2 Ham

CASE E: PROTEINS

- 1 Bacon Bits
- 2 Egg Mix
- 1 Chicken TVP
- 2 Navy Beans

CASE F: ADJUNCTS

- 1 Bouillon Beef
- 1 Bouillon Chicken
- 1 Margarine
- 1 Peanut Butter
- 1 Cheddar Cheese
- 1 Cream Powder

CASE G: MILK

- 12 Milk, Non-Fat Regular

CASE H: GRAIN

- 1 Pearl Barley
- 3 White Rice
- 2 Yellow Cornmeal

CASE I: GRAINS

- 2 Rolled Oats
- 1 Elbow Macaroni
- 3 Fruit & Nut Cereal

OPTIONAL CASES

CASE J: DAIRY

- 2 Cheddar Cheese
- 2 Butter
- 1 Cream
- 1 Shortening

CASE K: DAIRY

- 3 E-Z Egg Mix
- 1 Cheese Omelette
- 1 French Toast
- 1 Eggs w/butter

CASE L: GELATIN DESSERT

- 1 Cherry Gelatin
- 1 Orange Gelatin
- 1 Strawberry Gelatin
- 1 Lemon Gelatin
- 1 Lime Gelatin
- 1 Raspberry Gelatin

CASE M: PUDDING DESSERT

- 1 Chocolate Pudding
- 1 Lemon Pudding
- 1 Tapioca
- 1 Vanilla Pudding
- 1 Coconut Pudding
- 1 Banana Pudding

CASE N: FRUITS FREEZE/DRIED

- 1 Strawberry F/D
- 1 Plum F/D
- 1 Peach F/D
- 1 Pear F/D
- 1 Apple F/D
- 1 Blueberry F/D

CASE O: MEAT FREEZE/DRIED

- 1 Beef, Diced F/D
- 1 Chicken, Diced F/D
- 1 Sausage F/D
- 1 Beef Patties F/D
- 1 Ham, Diced F/D
- 1 Beef Steak F/D

CASE P: MAIN DISHES FREEZE/DRIED

- 1 Beef Stew F/D
- 1 Chicken Stew F/D
- 1 Beef & Rice F/D
- 1 Beef Stroganoff F/D
- 1 Shrimp Creole F/D
- 1 Chicken Chop Suey F/D

To provide a well balanced supply of food we recommend you should have wheat and sugar:

5 cases wheat #10 or 5-5 gallon can of wheat
2 cases sugar #10 2-5 gallon can of sugar

Daily Recommended Amounts

Four Major Food Groups

1. Milk Group: Milk, Ice Cream and Cheese. 3 Cups (8 oz) a day p/serving. $\frac{1}{2}$ C. cottage cheese. $\frac{1}{3}$ C. Milk; $\frac{1}{2}$ C. ice cream/ $\frac{1}{4}$ Co. Milk

2. Meat Group: Meat, fish, poultry, eggs, nuts, and beans. 2 or 3 oz of lean cooked meat, fish, or poultry p/serving. 2 eggs p/serving. 2 eggs p/serving. 1 cup cooked dried beans, dry peas, or lentils p/serving. 4 Tablespoons of peanut butter p/serving.

3. Vegetable-Fruit Group: Four or more servings of fruits and vegetables with one serving of fruit/vegetable high in Vitamin C every day;

and a serving of a dark-green or deep-yellow vegetable every other day for vitamin A. $\frac{1}{2}$ Cup of vegetable or fruit p/serving.

4. Bread-Cereal Group: Wheat, barley, oats, macaroni and grain products. 1 slice of bread p/serving. $\frac{1}{2}$ to $\frac{1}{3}$ Cup of cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti p/serving.

* Daily recommended amounts taken from *Food for Fitness, A Daily Food Guide*, Leaflet 424, Agricultural Research Service, United States Department of Agriculture, Revised 1964.

Facts About Storage

1. The three destroyers of food are: Heat, Moisture, Oxygen. The last two are removed in the dehydration process. Dehydrated foods should be stored at room temperature and not in direct sunlight.
2. Foods that are dehydrated have had up to 95% of their moisture removed. Freeze dried products have had less of their moisture removed and retain much of their original size and shape. Dehydrated foods undergo a greater shrinkage, allowing more food per container.
3. A special vacuum process removes all oxygen from the food containers and replaces it with Nitrogen Inert Gas. This odorless, tasteless, colorless and HARMLESS gas acts as a long term preservative for the foods.
4. Your NOAH'S ARK foods come packaged in enameled No. 10 cans, and No. 2 $\frac{1}{2}$ cans. These institution-size cans are designed for efficiency and the enamel retards rust.
5. Only the freshest and ripest foods are dehydrated. The dehydration process removes none of the original good taste and nutrition of the foods—all you do is add water and eat! **No rotation or refrigeration** is necessary and there is **no waste**.
6. The storage life of NOAH'S ARK foods is indefinite. The special vacuum atmosphere of the food con-

tainers keeps the contents fresh and delicious for months and months. Once the can has been opened, and the contents spoon-fed from the top of the can, the storage life continues for 12 to 18 months.

7. NOAH'S ARK foods are color coded on the label for convenient reference.
8. The average cost per meal of dehydrated foods is 35 cents per person! This is $\frac{1}{2}$ the cost of store-bought food. The average weight is $\frac{1}{5}$ of the weight of store bought food! 15 lbs. of store-bought apples becomes 1.25 lbs. of delicious NOAH'S ARK dehydrated apple slices.
9. The use of dehydrated foods is broken down into two categories:
 - A. Half and Half use with regular store-bought foods.
 - B. Complete use (100%) of nutritionally-balanced meals daily.
10. NOAH'S ARK foods are sold in nutritionally-balanced Modular Units, separate unit cases, and a vast assortment of miscellaneous case goods. All food orders are shipped class 60—Mild Solid rate.

MORE FOOD FACTS ARE AVAILABLE FROM YOUR LOCAL NOAH'S ARK FOODS REPRESENTATIVE.