

Health Ranger Food Bucket Example (600 Servings) \$485 value per bucket

| Bucket A18 - minimum of 373 servings per pail |
|--|
| Organic Brown Rice (3LB, 1360g) |
| Organic Red Lentils (3.0LB, 1360g) |
| Organic Rolled Oats (3.0LB, 1360g) |
| Organic Baby Lima Beans (3LB, 1360g) |
| Organic Brown Flax Seed (3LB, 1360g) |
| Organic Cashews (0.5 LB, 226g) |
| Organic Almonds (0.5 LB, 226g) |
| Organic Yellow Popcorn (3LB, 1360g) |

| Bucket B14 - minimum of 227 servings per pail |
|--|
| Himalayan Salt (1LB, 454g) |
| Organic Quinoa (2LB, 907g) |
| Organic Black Beans (2 LB, 907g) |
| Organic Coconut Sugar (2LB, 907g) |
| Organic Dark Red Kidney Beans (2LB, 907g) |
| Organic Chia Seeds (15oz, 425g) |
| Organic Mung Beans (2LB,907g) |
| Organic Amaranth (2LB, 907g) |
| Organic Black Eyed Peas (15oz, 425g) |
| Organic Grass-Fed Non-fat Milk Powder (0.5 LB, 226g) |
| Organic Adzuki Beans (2LB, 907g) |

Learn more about each ingredient:

Organic Baby Lima Beans

Organic baby lima beans are highly nutritious legumes packed with protein, fiber, calcium and other nutrients. Their meaty texture and mild buttery flavor make them welcome additions to soups, salads, casseroles and other recipes. Health Ranger Select Organic Baby Lima Beans is vegan, non-GMO, non-China and certified Kosher and organic. It contains no gluten and is lab tested for glyphosate, heavy metals and microbiology.

Organic Black Beans

Organic black beans can be cooked by themselves or added to soups and stews. Enjoy our hand-picked selection of top-quality black beans, your all-natural source of fiber and iron.

Organic Cashews

Cashews are also very filling – small portions are enough to stave off hunger for hours. Plus, they're delicious!

Organic Amaranth

Enjoy the sweet and nutty flavor of amaranth in the Health Ranger's non-GMO and laboratory tested Organic Amaranth.

Recommended as an excellent source of protein and fiber in a non-gluten diet.

Organic Yellow Popcorn

Health Ranger Select Organic Yellow Popcorn is a much healthier alternative to microwave or movie theater popcorn. This ideal guilt-free health snack contains no dangerous chemicals, GMOs, artificial flavorings or any harmful additives. Great for movie nights, picnics, parties or quick snacks, our organic yellow popcorn can be air-popped or cooked directly on the stove. It is vegan, non-GMO, non-China, certified organic and Kosher and is lab tested for glyphosate, heavy metals and microbiology.

Organic Brown Flax Seed

Our brown flax seeds are one of the richest plant sources of Omega-3s and many other nutrients. We have carefully selected our growers and tested each production lot for heavy metals. This product is organic and free of GMOs.

Organic Rolled Oats

Filled with fiber and protein, but low in sugar, rolled oats are a delicious emergency food that can be blended into everything from baking mixes to breakfast cereals.

Organic Brown Rice

The Health Ranger's delicious organic rice is non-GMO and has zero chemical additives. All our rice is scientifically tested for heavy metals to ensure near-zero levels of arsenic, lead and other contaminants that are common in rice. Enjoy its unique, earthy flavor.

Organic Almonds

Packed with fiber, protein, monounsaturated fat, vitamin E, manganese, magnesium, riboflavin, B2 vitamin and phosphorus, almonds are one of nature's nutritional wonders. Very filling, a handful is enough to keep you going for hours. There is hardly a better snack for emergency situations.

Himalayan Salt

Set aside the processed "white salt" and replace it with full-spectrum Himalayan Salt. Harvested from genuine salt caves formed millions of years ago by ocean currents, Himalayan Salt was created long before industrial pollution contaminated the planet. Its full spectrum of trace minerals also provides beneficial elements that are usually missing from nearly all modern foods.

Organic Chia Seeds

Chia seeds are one of the healthiest foods on Earth; they deliver an astonishing array of nutrients with very few calories. No emergency food supply is complete without them! Fiber, protein, Omega-3s, calcium, manganese, magnesium and phosphorus – these are just a few of the nutrients abundantly found in chia seeds.

Organic Adzuki Beans

Health Ranger's organic adzuki beans can be cooked by themselves or in soups and stews. Enjoy our hand-picked selection of top-quality adzuki beans, your all-natural source of fiber and iron.

Organic Coconut Sugar

With a delicious taste, coconut sugar has a very low glycemic index, making it more compatible with your body compared to processed, refined sugar. Coconut sugar not only gives you a delicious energy boost; it's also loaded with beneficial minerals that are completely missing from chemical sweeteners or refined sugars. Plus, it's packed with vitamin C, calcium, potassium and magnesium, as well as beneficial phytonutrients such as flavonoids, antioxidants and polyphenols.

Organic Quinoa

Quinoa, the world's most ancient superfood, is loaded with protein, fiber and minerals, but contains NO GLUTEN. Besides being ideal for people who are intolerant to gluten, it is also incredibly nutritious and can be mixed with almost anything,

making it the perfect emergency food. Try adding quinoa to chili or even pancakes!

Organic Red Lentils

Laboratory tested for cleanliness and carefully sourced directly from top growers, the Health Ranger's non-GMO selection of red/black lentils is packed with nutrients. Each batch has been lab verified for both quality and purity. They are vegan, non-GMO, non-China and are certified organic and Kosher. They have also been laboratory tested for glyphosate, heavy metals and microbiology.

Organic Dark Red Kidney Beans

Get your daily dose of protein, dietary fiber and other nutrients with organic dark red kidney beans. Health Ranger Select Organic Dark Red Kidney Beans are vegan, non-GMO, non-China and certified Kosher and organic. They are also lab-tested for glyphosate, heavy metals and microbiology.

Organic Black Eyed Peas

Get your daily dose of protein, dietary fiber and other nutrients with Health Ranger Select Organic Black Eyed Peas. These highly versatile and delicious legumes make a healthy addition to stews, soups, salads and curries. Our premium black eyed peas are non-GMO, vegan and certified Kosher and organic. They are also lab tested for glyphosate, heavy metals and microbiology.

Organic Mung Beans

Mung beans are tiny, green beans with a slightly sweet taste. An excellent source of protein, fiber and antioxidants, mung beans can support your healthy digestive and cardiovascular functions, as well as protect your body against oxidative damage. These highly versatile beans can easily be incorporated into curries, soups, salads, stir-fry dishes and other recipes.

Organic Grass-Fed Non-fat Milk Powder

Organic Grass-fed Milk Powder is a non-fat milk powder sourced from grass-fed cows that are ethically raised without the use of growth hormones or antibiotics. Our premium milk powder is certified Kosher and organic. It is also non-GMO and is lab tested for glyphosate, heavy metals and microbiology.

| Nutrition Facts | Almonds | Cashews | Brown Rice | Baby Lima Beans | Brown Flax Seed | Yellow Popcorn | Rolled oats | Red Lentils |
|---------------------------|------------------------------|---------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| | Servings per container: 7 | Servings per container: 8 | Servings per container: 90 | Servings per container: 34 | Servings per container: 56 | Servings per container: 90 | Servings per container: 34 | Servings per container: 54 |
| | Serving size: 30 g (1/4 cup) | Serving size: 28g | Serving size: 15g | Serving size: 40g | Serving size: 2 tbsp 24g | Serving size: 15g | Serving size: 1/2 cup 40g | Serving size: 25g |
| Amount Per Serving | % Daily Value* | % Daily Value* | % Daily Value* | % Daily Value* | % Daily Value* | % Daily Value* | % Daily Value* | % Daily Value* |
| Calories | 173 | 155 | 54 | 142 | 128 | 56 | 156 | 90 |
| Total Fat | 15.2 g 23% | 12.3 g 19% | 0.4 g 1% | 0.4 g 1% | 10.1 g 16% | 1 g 1% | 2.4 g 4% | 0.5 g 1% |
| Saturated Fat | 1.2 g 6% | 2.2 g 11% | 0.1 g 0% | 0.1 g 0% | 0.9 g 4% | 0 g 0% | 0 g 0% | 0 g 0% |
| Trans Fat | 0 g | 0 g | 0.4 g | 0 g | 0 g | 0 g | 0 g | 0 g |
| Cholesterol | 0 mg 0% | 0 mg 0% | 0 mg 0% | 0 mg 0% | 0 mg 0% | 0 mg 0% | 0 mg 0% | 0 mg 0% |
| Sodium | 0 mg 0% | 3.4 mg 0% | 0.6 mg 0% | 5.2 mg 0% | 7.2 mg 0% | 1 mg 0% | 2 mg 0% | 2.7 mg 0% |
| Total Carbohydrate | 5.9 g 2% | 8.5 g 3% | 11.4 g 4% | 25.1 g 8% | 6.9 g 2% | 11 g 4% | 26.3 g 9% | 14.9 g 5% |
| Dietary Fiber | 3.5 g 14% | 0.9 g 4% | 0.5 g 2% | 8.2 g 33% | 6.6 g 26% | 2 g 9% | 3.9 g 16% | 3.7 g 15% |
| Total Sugars | 1.4 g | 1.7 g | 0.3 g | 3.3 g | 0.4 g | 0 g | 1 g | 0.5 g |
| Added Sugars | 0 g 0% | 0 g 0% | 0 g 0% | 0 g 0% | 0 g 0% | 0 g 0% | 0 g 0% | 0 g 0% |
| Protein | 6.4 g 13% | 5.1 g 10% | 1.1 g 2% | 8.2 g 16% | 4.4 g 9% | 2 g 3% | 6.8 g 14% | 6.9 g 14% |
| Vitamin D | 0 mcg 0% | 0 mcg 0% | 0 mcg 0% | 0 mcg 0% | 0 mcg 0% | 0 mcg 0% | 0 mcg 0% | 0 mcg 0% |
| Calcium | 74.4 mg 7% | 10.4 mg 1% | 5 mg 0% | 32.4 mg 3% | 61.2 mg 6% | 0 mg 0% | 19.5 mg 2% | 10.6 mg 1% |
| Iron | 1.3 mg 7% | 1.9 mg 10% | 0.3 mg 2% | 2.5 mg 14% | 1.4 mg 8% | 0.5 mg 3% | 1.8 mg 10% | 1.4 mg 8% |
| Potassium | 218 mg 6% | 185 mg 5% | 40.2 mg 1% | 561.2 mg 16% | 195.1 mg 6% | 64 mg 2% | 144.8 mg 4% | 228.7 mg 7% |

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

| Nutrition Facts | Adzuki Beans | | | Chia Seeds | | | Quinoa | | | Dark Red Kidney Beans | | | Grass-Fed Non-Fat Milk Powder | | | Coconut Sugar | | |
|---------------------------|-----------------------------------|-----|-----|-----------------------------------|-----|-----|---------------------------------------|-----|-----|-----------------------------------|-----|-----|--------------------------------------|-----|-----|------------------------------------|-----|----|
| | Servings per container: 20 | | | Servings per container: 35 | | | Servings per container: 20 | | | Servings per container: 30 | | | Servings per container: 7 | | | Servings per container: 181 | | |
| | Serving size: 1/4 cup 45g | | | Serving size: 12g | | | Serving size: 1/4 cup 45g(dry) | | | Serving size: 30g | | | Serving size: 30g | | | Serving size: 5g | | |
| Amount Per Serving | % Daily Value* | | | % Daily Value* | | | % Daily Value* | | | % Daily Value* | | | % Daily Value* | | | % Daily Value* | | |
| Calories | 148 | | | 64 | | | 170 | | | 101 | | | 107 | | | 18 | | |
| Total Fat | 0.2 | g | 0% | 4 | g | 5% | 2.7 | g | 3% | 0.3 | g | 0% | 0.2 | g | 0% | 0 | g | 0% |
| Saturated Fat | 0.1 | g | 0% | 0.4 | g | 2% | 0.3 | g | 2% | 0 | g | 0% | 0.1 | g | 1% | 0 | g | 0% |
| Trans Fat | 0 | g | | 0 | g | | 0 | g | | 0 | g | | 0 | g | | 0 | g | |
| Cholesterol | 0 | mg | 0% | 0 | mg | 0% | 0 | mg | 0% | 0 | mg | 0% | 5.4 | mg | 2% | 0 | mg | 0% |
| Sodium | 2.3 | mg | 0% | 2.4 | mg | 0% | 9.6 | mg | 0% | 3.6 | mg | 0% | 150 | mg | 7% | 2 | mg | 0% |
| Total Carbohydrate | 28.3 | g | 10% | 4.8 | g | 2% | 31.6 | g | 11% | 18.4 | g | 7% | 15.6 | g | 6% | 5 | g | 2% |
| Dietary Fiber | 5.7 | g | 20% | 4 | g | 14% | 3.2 | g | 11% | 4.6 | g | 16% | 0 | g | 0% | 0 | g | 0% |
| Total Sugars | 0 | g | | 0 | g | | 1.1 | g | | 0.7 | g | | 15.6 | g | | 5 | g | |
| Added Sugars | 0 | g | 0% | 0 | g | 0% | 0 | g | 0% | 0 | g | 0% | 0 | g | 0% | 0 | g | 0% |
| Protein | 6.9 | g | 18% | 2.4 | g | 5% | 6.1 | g | 12% | 6.8 | g | 14% | 10.6 | g | 21% | 0 | g | 0% |
| Vitamin D | 0 | mcg | 0% | 0 | mcg | 0% | 0 | mcg | 0% | 0 | mcg | 0% | 0 | mcg | 0% | 0 | mcg | 0% |
| Calcium | 29.7 | mg | 2% | 80 | mg | 6% | 27.9 | mg | 2% | 24.9 | mg | 2% | 369.3 | mg | 28% | 0 | mg | 0% |
| Iron | 2.2 | mg | 12% | 1.4 | mg | 8% | 4.2 | mg | 23% | 2 | mg | 11% | 0.1 | mg | 1% | 0.2 | mg | 1% |
| Potassium | 564.3 | mg | 12% | 48.8 | mg | 1% | 0 | mg | 0% | 407.7 | mg | 9% | 511.5 | mg | 11% | 43 | mg | 1% |

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

| Nutrition Facts | Black Eyed Peas | | | Amaranth | | | Black Beans | | | Mung Beans | | |
|---------------------------|-----------------------------------|-----|-----|-----------------------------------|-----|----|-----------------------------------|-----|-----|-----------------------------------|-----|-----|
| | Servings per container: 12 | | | Servings per container: 45 | | | Servings per container: 36 | | | Servings per container: 22 | | |
| | Serving size: 33g | | | Serving size: 20g(dry) | | | Serving size: 1/8 cup 25g | | | Serving size: 40g | | |
| Amount Per Serving | % Daily Value* | | | % Daily Value* | | | % Daily Value* | | | % Daily Value* | | |
| Calories | 111 | | | 74 | | | 85 | | | 139 | | |
| Total Fat | 0.4 | g | 1% | 1.4 | g | 2% | 0.4 | g | 0% | 0.5 | g | 1% |
| Saturated Fat | 0.1 | g | 1% | 0.3 | g | 1% | 0.1 | g | 0% | 0.1 | g | 1% |
| Trans Fat | 0 | g | | 0 | g | | 0 | g | | 0 | g | |
| Cholesterol | 0 | mg | 0% | 0 | mg | 0% | 0 | mg | 0% | 0 | mg | 0% |
| Sodium | 5.3 | mg | 0% | 0.8 | mg | 0% | 1.3 | mg | 0% | 6 | mg | 0% |
| Total Carbohydrate | 19.8 | g | 7% | 13.1 | g | 5% | 15.6 | g | 6% | 25 | g | 9% |
| Dietary Fiber | 3.5 | g | 12% | 1.3 | g | 5% | 3.8 | g | 14% | 6.5 | g | 23% |
| Total Sugars | 1.3 | g | | 0.3 | g | | 0.5 | g | | 2.6 | g | |
| Added Sugars | 0 | g | 0% | 0 | g | 0% | 0 | g | 0% | 0 | g | 0% |
| Protein | 7.8 | g | 16% | 2.7 | g | 5% | 5.4 | g | 11% | 9.5 | g | 19% |
| Vitamin D | 0 | mcg | 0% | 0 | mcg | 0% | 0 | mcg | 0% | 0 | mcg | 0% |
| Calcium | 36.3 | mg | 3% | 31.8 | mg | 2% | 30.8 | mg | 2% | 52.8 | mg | 4% |
| Iron | 2.7 | mg | 15% | 1.5 | mg | 8% | 1.3 | mg | 7% | 2.7 | mg | 15% |
| Potassium | 367 | mg | 8% | 101.6 | mg | 2% | 370.8 | mg | 8% | 498.4 | mg | 11% |

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