



BREAKING BREAD THE HEALTHY WAY

**210 Jackson Keller
San Antonio, TX 78216
Tuesday - Friday 10 to 4
Saturday 9 - 3:00**

(210) 930-8877

(800) 352-2347

Office / Fax:(210) 930-8877

E-Mail: bbthw@yahoo.com

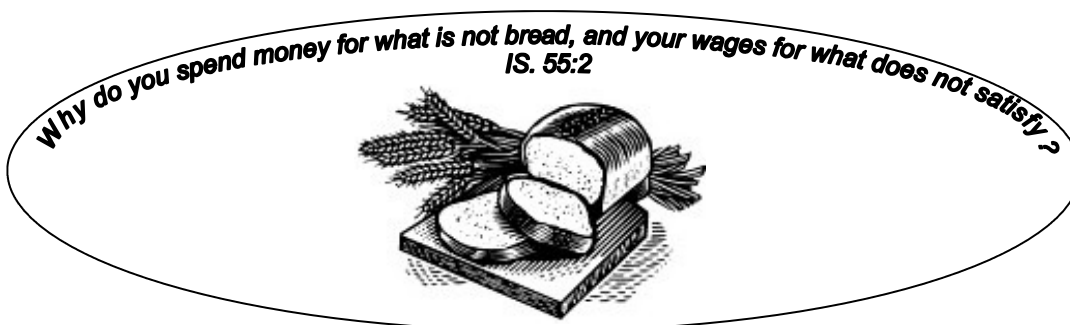
www.bbthw.weebly.com

All Food Sales are Final

PRICES IN THIS CATALOG ARE SUBJECT TO CHANGE WITHOUT NOTICE

Availability of listed products is also subject to change

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STORE SPECIALTIES

Item #	Description	Price
5738	Madhava Agave Raw 1 Gallon	\$ 37.50
5900	Madhava Agave Raw 17 oz	\$ 6.95
5901	Madhava Agave Raw 23 oz	\$ 8.95
5815	5 Gallon Madhava Agave Raw	\$ 170.00
5637	Coconut Oil 16 oz Jar	\$ 18.95
5638	Coconut Oil 32 oz Jar	\$ 28.95
4303	Fructose 10 lb. Bucket	\$ 13.95
3635	Honey -Raw 1 lb. Jar	\$ 3.95
3634	Honey-Raw 2 lb. Jar	\$ 6.95
001	Honey-Raw 1 Gallon	\$ 37.50
2485	Honey-Raw 4 Gallon Case	\$ 150.00
5681	Maple Syrup-Organic 8oz	\$ 8.95
6101	Molasses Pint Jar	\$ 5.00
5527	Molasses Quart Jar	\$ 6.00
6123	Sucanat 5 lb Bag	\$ 22.95

Item #	Description	Price
010	Bread Bags (100 count w/ties)	\$ 15.00
1602	Bread Pan 9 x 5 x 2 Stainless Steel	\$ 7.95
1602 x(3)	Bread Pans (3)	\$ 21.00
2402	Bucket opener	\$ 15.00
138	Dough Enhancer 1# Can	\$ 7.95
1532	Dough Roller 4½"	\$ 5.95
1563	Flat Edge Dough Cutter	\$ 4.95
146	Gluten-Vital Wheat 27 oz Can	\$ 11.50
3680	Gluten-Vital Wheat 5# Bag	\$ 17.95
2100	Lecithin Granules 2 lb bags	\$ 10.95
3047	Pastry Brush -1"	\$ 2.95
147	Yeast 1# Pkg	\$ 5.25
6202	Diatomaceous Earth 5 Lbs	\$ 15.00

Catalog revised 11-21-2011

Why Mill Your Own Fresh Flours

1. **Fresh flours taste better** and perform much better in whole grain recipes and in automatic bread makers.
2. **Fresh flour contains all the vitamins and minerals** missing in commercial flours. It includes the bran which is vital for a healthy colon and weight control.
3. **Fresh flour is economical.** It only costs about 25¢ per pound or less when freshly milled.
4. If you mill only the amount of flour needed, **essential nutrients are preserved.** Within 24 hours 40% of the nutrients have oxidized. In three days about 89% of nutrients have oxidized.
5. **Stale flours become rancid** because the germ oils in the grain become rancid. Rancid oils and flours strain the immune system, speed the aging process and contribute to free radicals into our bodies.
6. When you mill your flour fresh **you may enjoy various grains** such as rye, corn, oats, rice, amaranth, spelt, quinoa, and kamut, as well as beans. Different varieties of flour are good for rotation diets, economy, and variety in eating.

Instead of Stones

The NutriMill, Ultra Mill, Kitchen Mill, and Wonder Mill use a computer balanced stainless steel milling head which bursts the grain into flour. This results in the finest most uniform flour. These mills are fast and self-cleaning.

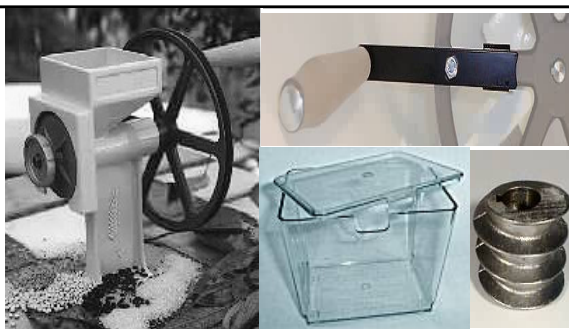
Low temperature milling.... None of the moving metal parts actually touch so there is no excessive heat. This means the valuable nutrients are preserved.

The trouble with stones... Stone mills often gum up, crack, chip or glaze. Sometimes they get out of alignment and are hard to clean. Most stone mills have aluminum in them that can be released into your flour.

Country Living Grain Mill

Item # 405 \$ 429.00

The Most Rugged Manual Mill on the Market today!



CLP-004 \$25.95

Power Bar

CLP-005 \$25.95

Flour Bin

CLP-002 \$36.95

Nut/Bean Auger

FOOD GRADE EMPTY BUCKETS		
5357	1 Gallon With Lid	\$ 5.00
4315	3.5 Gallon - Lid sold separately	\$ 7.00
2282	5 Gallon - Lid sold Separately	\$ 8.00
2283	6 Gallon - Lid sold separately	\$ 9.00
2053	Lids / With Gasket	\$ 2.50
2710	Gamma Lids - Assorted Colors	\$ 10.00
5833	Oxygen Absorbers 50 Count	\$ 20.00
MYLAR BAGS		
3976	Mylar Metal Liner 20 x 30 Bag (non zip)	\$ 4.95
2119	Mylar Metal Liner 10.5 x 17.5 Bag (zip lock)	\$ 2.00
2120	Mylar Metal Liner 6.5 x 10.5 Bag (zip lock)	\$ 1.75

Don't forget to check out our Cook Book selections:

To Many to list - here are just a few!

Peggy Layton's

COOKING WITH FOOD STORAGE SERIES:

1634 - Cooking with Home Storage.....\$14.95

1636 - Cooking with Beans & Rice.....\$11.95

4861 - Cooking with Dried Eggs.....\$ 7.95

4864 - Emergency Food Storage.....\$16.95

1635 - Food Storage 101.....\$11.95

BOSCH:

393 - Bosch Cookbook 1990.....\$ 9.95

394 - Bosch Cookbook 1992.....\$ 9.95

We also carry SUE GREGG & CHEF BRAD Books

NUTRIMILL New innovative variable high speed grain mill.



Mills grains and beans into fresh flour in minutes.

Advanced technology includes: improved texture control; stronger milling heads; unique Force/Flow sound/air chamber design. 50% noise reduction, improved motor cooling and longer mill life. 20 cup bowl capacity. Weight 14 lbs.

Items You Can Mill

Wheat (both hard and soft), whole oat groats, rice, triticale, kamut, spelt, dried

pinto beans, popcorn, split peas, buckwheat, barley, rye, millet, sorghum, **dried** mung beans and soybeans. (The Nutrimill isn't suitable for herbs, spices, tapioca pearls, oilseeds like flax or sesame, nuts, coffee or anything excessively oily, wet or stringy.)

Cost and Warranty

The cost of the unit includes a Limited Lifetime Manufacturer's Warranty, which includes Nutrimill's stainless steel milling heads.

Item # 2608: reg. \$289.99 / our price \$259.99

THE L'EQUIP VITAL MILL

L'Equip Vital Mill Electric Grain Mill

Performance: The L'equip Vital Mill Grain Mill, manufactured by Kitchen Resource, mills a long list of whole grains and beans into fresh, nutritious flour quickly and easily. With the Lequip Grain Mill, 12 cups of wheat becomes 20 cups of fine flour in less than 3.5 minutes! The fineness of the L'Equip Grain Mill's flour will enable you to make the light textured baked goods you and your family want to enjoy. *This grain mill replaces the former Ultramill.*

Grain Mill Features:

- Hopper extension for larger capacity and quieter milling
- Self-cleaning milling chamber
- 20 cup bowl capacity
- Easy grip handles
- Grinds non-oily grain, i.e.: wheat, rye, spelt, millet, rice, corn, beans, quinoa, amaranth, oats
- Ultra-impact teeth
- Strong, durable stainless steel milling heads
- Self-cleaning milling chamber
- Air filter for clean milling
- Grain Mill lid has wide opening access
- Whole Grain Council Stamp
- This grain mill grinds at one fineness setting. It is not adjustable.
- Clog free- no gumming, jamming and plugging
- Eating whole grains on a regular basis helps prevents cardiovascular problems, stroke, heart attacks and clogged arteries.
- 5 Year Warranty
- Micro-milling design
- Free-flow air design-will not overheat
- ETL Approval (for both USA and Canada)



**DISCONTINUED
PRICE GOOD WHILE
SUPPLY LASTS**

Item # 1274

\$ 239.99

Be sure and ask about our Seasonal Specials!!

Family Grain Mill®

Quality: Manufactured in Germany for 27 years by Messerschmidt. Built with premium Lexan and hardened surgical steel burrs. This is a durable grain mill capable of a lifetime of dependable use. Adjustable from fine to coarse.

Easy Set up: Compact Storage. The grain mill will fit on either base with a twist of the wrist. The motor base is free-standing. The hand base quickly and securely clamps onto a counter edge, without slipping, or marring your counter top. Easy to store without taking up much room

Cool Grind: The mills steel burrs grind low temperature frictionless milling, avoiding the heat created by most grain mills, giving a true grind. Heat can destroy many of the nutrients in your flour.

Fast & Easy to Use: A cup of fine flour is produced in approximately one minute with the electric base and in just two minutes with the hand operated base. The hand operated base turns easily, even a child can turn it. Large 5 cup open hopper for continuous grinding.

Fast Cleanup and Dust Free: Family Grain Mill® is easily and quickly cleanable and is completely dust-free.

Quiet: The Family Grain Mill® System is one of the quietest mills on the market

Mills: Wheat, oat, corn, (NOT popcorn) rye, spelt, kamut, barley, rice, peas, most beans, coffee, flax seeds, sesame seeds, most dried herbs, dried jalapeno's and other hot peppers and more.



Item # 398 \$ 269.99

MILL COMPARISON

Item	Electric or Manual	Warranty	Ease of grinding	Grinding Range	Other	Made In	Price
Country Living Grain Mill Item # 405	Manual	20 year, 1 year on grinding burrs	Easy, but harder than Family Grain Mill	Cracked wheat, to fine flour (finer than Family Grain Mill)	Can be motorized, built to last a lifetime	USA	\$409.99
Family Grain Mill Item # 398	Electric or Manual	Lifetime	Very easy, easiest manual mill	Cracked wheat, to flour fine enough for bread	Comes with Free Hand Base Other attachments available	Germany	\$269.99
Nutrimill Item # 2608	Electric	Limited Lifetime	Very Easy	Course corn meal consistency, to ultra-fine.	High Quality Design	Korea	\$259.99
Vital Mill Item # 123	Electric	Limited 5 year Warranty	Very Easy	While Supplies Last Fine Flour	Compact Easy to Store	China	\$239.99



BOSCH
Invented for life



Parts and attachments for Bosch Universal.

* Meat Grinder attachment needed for items with asterisk.

Item#	Description	Price
1500	Blender Complete	\$ 69.99
1499	Food Processor	\$ 109.99
1509	Meat Grinder *	\$ 145.99
1504	Citrus Juicer	\$ 29.99
4488	Cereal Mill	\$ 169.99
1516	Berry Press/Fruit Pulper *	\$ 99.99
1514	Sausage Stuffer *	\$ 54.99
1502	Pastry Press *	\$ 15.99
1493	Cookie/Batter Whips	\$ 16.99
3486	Cookie Paddles	\$ 22.99
61	Metal Whip Drive	\$ 19.99
5912	Cookie paddles & whip dr.	\$ 34.99
1501	Noodle Attachment *	\$ 199.99
1497	Bowl Pack **	\$ 109.99
1503	Slicer /Shredder (3 disks)	\$ 129.99
399	Flake Roller	\$ 110.99

Bowl only (Universal Plus) \$ 104.99
 SS Bowl (Universal Plus) \$ 139.99
 Bowl for Old Bosh \$ 119.99



BOSCH
Invented for life

Bosch Mixer Features

- Attractive, Stable Design
- 800 Watt Motor
- 4 Speed Transmission
- Many stainless components
- Pulse Switch
- Capacity up to 15 Lbs.
- Large Powerful Blender Included
- Patented Kneading design develops gluten better for lighter, fluffier, more attractive baked goods.

MSRP
\$ 429.99



WHEAT

WALTON WHEAT		
2362	Hard Red Wheat 45 Lbs 6 Gal RB	\$ 45.00
2364	Hard Red Wheat # 10 Can 88oz	\$ 7.50
2372	Hard White Golden 86 - 45 lb RB	\$ 45.00
2211	Hard White Wheat # 10 Can 88oz	\$ 7.50
WHEAT MONTANA FARMS		
Wmf-101	Bronze Chief Red 45 # RB	\$ 40.00
6203	Bronze Chief Red Organic 45# RB	\$ 60.00
2398	Prairie Gold Hard White 45 # RB	\$ 45.00
6159	Prairie Gold White Organic 45# RB	\$ 60.00

Wheat

King of the grains and ranks first in nutritional value. Rich in protein, minerals & Vitamin E. Vitamin E is most powerful element for heart, muscles, reproductive system. builds strong muscles, tones kidneys. Helps brain and nervous system and emotional stability. Chinese say it nourishes hear and mind.

Millet

Queen of the grains, complete food, all essential amino acids, high in minerals especially calcium, more vitamins than any other grain. alkaline and easy to digest. builds superior health and physique. Helps kidneys, stomach, spleen and pancreas. best grain for Candida.

Brown Rice

High in B Vitamins, thiamine, niacin, riboflavin, potassium, carbohydrates, phosphorus, magnesium and calcium. Great body builder. Good for bones, teeth, nervous system, mental depression, nausea, diarrhea, diabetes, summer heat. Decreases lactation. raw rice, chewed thoroughly in morning helps expel worms.

Barley

Calcium, iron and protein. bood for nerves, muscles, spleen, pancreas. Keeps joints limber, laxative. Helps edema, fatigue, heat, candida and weak stomach.

Corn

Magnesium, iron, proteins, carbohydrates, potassium. Magnesium helps the bowel necessary for good tone in the intestinal tract. good for heart, stomach, teeth and gums, increases appetite. drink as teat for kidney disease.

Rye

Muscle builder. Vitamin E, phosphorus, magnesium. Good for heart, muscles, liver reproductive system, gallbladder, spleen, pancreas, digestive system, vessel & plaque calcificaton. Sprouted - natural flouride. Broth - Migraine headaches.

Oats

Thiamin, niacin, riboflavin, protein, fat, iodine, calcium. good for muscles, brain, spleen, nerve structure, pancreas, reproductive system, bones and connective tissue. removes cholestorel. Poulitice - relieves itching. tea - streghthens immunity, prevents infections and contagious disease.

Buckwheat

Rich in minerals & vitamins, Vitamin E, B Complex, starch, fat, protein & Rutin. strengthens arterial walls, reduces blod pressure and assists in relieving varicose veins. cleans & strengthens intestines, dysentery and diarrhea. Rutin - antidote against X-ray and other radiation & helps stop paralysis in case of stroke.

Amaranth

High in protein and calcium. Contains more calcium than mild and is utilized efficiently. Helpful for nursing or pregnant women, infants, children, or those who do heavy physical work.

Quinoa

Cousin of Amaranth with same nutritional qualities. Highest protein content of all grains.

Spelt & Kamut

Both are ancient wheats but the majority of bluten-sensitive individuals can eat them without adverse side effects.

Organic Commodities

O065	5221	Adzuki Beans - Natural 84oz # 10 Cab	21.50
O048A	4050	Amaranth - Natural 25 lbs RB	81.00
O052	4669	Amaranth - Natural 88oz #10 can	25.95
O104A	2083	Basmati Rice - Natural25 lbs RB	67.95
O107	2220	Basmati Rice - Natural84oz #10 can	23.95
O097A	4570	Black Turtle Beans Natural25 lbs RB	73.95
O122	4677	Black Turtle Beans Natural90oz #10 can	21.25
O100A	2080	Brown Rice - Long Natural 25 lbs RB	59.50
O103	4673	Brown Rice- Long Natural 84oz #10 can	21.95
O34A	4461	Buckwheat Hulled Natural 25 lbs RB	73.25
O38	4723	Buckwheat Hulled Natural 85oz #10	21.75
O35B	5903	Buckwheat Hulled Natural10 lb bucket	29.95
O086A		Ezekial Mix Natural 25 lbs RB <i>Red wheat, spelt, oat groats, millet, navy, pinto, small red and great northern beans</i>	53.00
O60	4589	Flax Golden Natural 5 lbs Bag	23.95
O41A	4051	Kamut® Natural 25 lbs RB	57.50
O43	4667	Kamut® Natural 85oz #10 can	15.50
O30A	4566	Millet Hulled Natural25 lbs RB	44.75
O33	4632	Millet Hulled Natural 84oz # 10 can	18.50
O110A	2089	Macaroni W/W Elbows Natural 10 lbs RB	42.00
O113	4606	Macaroni W/W Natural50oz #10 can	17.25
O17A	4052	Oat Groats Natural25 lbs RB	56.25
O18		Oat Groats Natural 85oz #10 can	18.50
O20A	2081	Oats Regular Rolled Natural 16.5 lbs RB	34.95
O23	4630	Oats Regular Rolled Natural40oz #10 can	15.50
O70A	2091	Pinto Beans Natural 25 lbs RB	72.95
O73		Pinto Beans Natural84oz #10 can	19.50
O44A	2301	Quinoa Natural 25 lbs RB	92.00
O47	4668	Quinoa Natural 88oz #10 can	32.25
4590	4590	Real Salt Natural 26 oz bag. (4590)	7.95
O93	3121	Real Salt Natural 128oz #10 can	51.00
O94	2752	Real Salt Natural 32 oz #2.5 can	17.00
O95	16.87	Real Salt Natural 9oz shaker	4.50
O90	2292	Real Salt Natural 25# RB	99.50
O78A	4460	Red Beans Small Natural 25 lbs RB	71.95
O81		Red Beans Small Natural 90oz #10 can	20.50
O83A		Soybeans Natural 25 lbs RB	61.50
O85		Soybeans Natural 84oz #10 can	17.50
O114A	2673	Spaghetti W/W Natural 10 lbs RB	39.50
O117	4675	Spaghetti W/W Natural 54oz #10 can	18.50
O0180	6047	Spelt Natural 45 lbs RB	62.00
O057	4607	Spelt Natural 85oz #10 can	19.25
O06	5148	Wheat Hard Red Natural 88oz # 10 Can	11.75
O74A	4049	White Beans Small Natural 25 lbs RB	71.50
O77		White Beans Small Natural 94oz #10 can	21.25

Commodities In Buckets

A75A	2079	6 Grain Rolled 25 lbs	34.50
A31A	2067	7 Grain Mix (Whole) 25 lbs	36.95
A61A	2073	9 Grain Cracked Cereal 25 lbs	35.50
A03A	2055	16 Bean Mix 25 lbs	53.00
A51A	2069	ABC Soup Mix 25 lbs	41.50
A57A	2072	Barley Pearled 25 lbs	30.50
A06A	2057	Black Eyed Beans 25 lbs	52.00
A138A	5344	Buckwheat Hulled 25 lbs	65.75
B01A	2084	Cornmeal - Yellow 25 lbs	24.25
B43A	3493	Ezekial Mix 25 lbs	41.95
U032	3128	Flax Brown 5 lb Bag	12.50
B40A	2095	Flax Brown 25 lbs	39.25
U193	3355	Flax Golden 5 lbs Bag	13.95
B78A	3499	Flax Golden 25 lbs	46.25
B04A	5762	Flour - All Purpose 25 lbs	26.75
B05A	5763	Flour - Bakers High Protein 25 lbs	27.50
B06A	4425	Flour - Unbleached 25 lbs	26.75
B08A	4425	Flour - Whole Wheat 25 lbs	27.50
A08A	2058	Garbanzo Beans 25 lbs	47.00
B10A	2086	Germade Cereal 25 lbs	28.25
A134A	4559	Great Northern Beans 25 lbs	45.25
B75A	2491	Granola (Super Nutty) 25 lbs	81.50
A12A	2060	Kidney Beans 25 lbs	50.50
A15A	2061	Lentils 25 lbs	40.25
A66A	4588	Lentils - Red 25 lbs	53.00
A01A	2054	Limas Beans - Baby 25 lbs	53.25
A14A	4430	Lima Beans - Large 25 lbs	59.50
A67A	2669	Millet Hulled 25 lbs	34.50
B53A	4423	Morning Moo 25 lb	70.50
A22A	2063	Navy Beans - Small White 25 lbs	48.95
A80A	3495	Oat Groats 25 lbs	38.25
A77A	2077	Oats /Reg Rolled 16.5 lbs	28.00
B62A	2099	Pasta Egg Noodles Medium 10 lbs	31.00
B59A	2097	Pasta Elbow 20#	48.50
B67A	5907	Pasta Spaghetti 20#	48.25
A28A	2065	Peas - Split Green 25 lbs	37.95
A30A	2066	Peas - Split Yellow 25 lbs	32.75
A112A	5343	Peas - Whole 25 lbs	34.95
A18A	2617	Pink Beans 25 lbs	37.50
A135A	2062	Pinto Beans 25 lbs	38.95
A70A	2076	Popcorn Yellow 25 lbs	30.80
A73A	2078	Rice - Brown (long) 25 lbs	34.50
A33A	2672	Rice - Par Boiled 25 lbs	35.50
A71A	2077	Rice - White (long) 25 lbs	29.75
A78A	4494	Rye Grain 25 lbs	28.75
B38A	5764	Triticale 25 lbs	32.50
A04A	2056	Turtle Beans - Black 25 lbs	48.95
A62A	5345	Wheat - Cracked 25 lbs	33.95
A63A	3464	Wheat - Durum (for Pasta) 25 lbs	30.50
B07A	2095	Wheat - Soft (for Pasteries) 25 lbs	25.00

#10 CANS

One Z500 Oxygen Absorber packet to each can. (6 #10 size enameled cans to a case). Price includes 1 plastic lid per can .

VEGETABLES			
I01	2162	Broccoli 20 oz	\$ 29.75
I31	2177	Cabbage 20 oz	\$ 25.00
I03	2163	Carrot Dices 38 oz	\$ 22.50
I29	2176	Celery 18 oz	\$ 14.50
I05	2164	Corn, Super Sweet 38 oz	\$ 31.50
I07	2165	Garden Peas, sweet 49 oz	\$ 30.75
I09	2166	Green Beans 24 oz	\$ 24.25
I13	2168	Mushroom Slices 9 oz	\$ 19.00
I15	2169	Onions Chopped 40 oz	\$ 17.50
I33	2178	Peppers - Mixed (red & green) 20 oz	\$ 17.75
I17	2170	Potato Dices 36 oz	\$ 12.95
I19	2171	Potato Flakes 30 oz	\$ 10.25
I21	I-21	Potato Granules 88 oz	\$ 18.45
I11	2167	Potato Hashbrowns 27 oz	\$ 11.95
I22	5833	Potato Butter Bits 50oz	\$ 19.75
I23	2173	Potato Slices 20oz	\$ 9.75
I97	2201	Creamy Potato Soup Mix	\$ 33.00
I64	2187	Spinach Flakes 8oz	\$ 12.50
I72	2191	Sweet Potato Dices 44 oz	\$ 23.25
I25	2174	Tomato Powder 68oz	\$ 41.50
I27	2175	Vegetable Stew Blend 33oz	\$ 23.95
I111	6173	Vegetables Mixed 42oz	\$ 32.90
FRUITS (imitation flavoring)			
I51	2182	Apple Slices 20oz	\$ 20.50
I53	2183	Applesauce 44oz	\$ 39.00
I55	2184	Banana Slices 36oz	\$ 11.75
I59	2185	Peach Flavored Apple Flakes 40oz	\$ 34.75
I65	2188	Strawberry Flavored Apple Flakes 40oz	\$ 35.00
I67	2189	Peach Dices 52oz	\$ 71.75
I69	2190	Golden Raisins (dried) 48oz	\$ 41.50
DAIRY & EGGS			
R01	2326	Milk, instant (non-fat) 60oz	\$ 19.00
T01	2334	Milk, regular (non-fat) 64oz	\$ 20.00
T03	T-03	Morning Moo 64oz	\$ 20.00
T09	2333	Morning Moo-Chocolate 80oz	\$ 20.00
J01	2202	Butter Powder 44 oz	\$ 36.50
J13	4279	Margarine Powder 44 oz	\$ 17.50
J19	4594	Shortening Powder 44oz	\$ 16.50
J03	2203	Cheese Blend 65oz	\$ 35.95
J37	2216	Cheddar Cheese Powder 51oz	\$ 48.70
I73	5831	Sour Cream Powder 48oz	\$ 39.75
J21	4818	Whip Topping 71oz	\$ 39.25
J07	2205	Egg Mix (48 eggs) 48oz	\$ 32.85
J09	2735	Egg Whites 48oz	\$ 59.75
J11	2207	Whole Eggs (96 eggs) 48oz	\$ 29.50
J125	5346	Ova Easy Egg (144 egg crystal) 48oz	\$ 68.25
J15	3993	Buttermilk Powder 68oz	\$ 23.85
DRINKS			
J05	2284	Hot Cocoa 90oz	\$ 32.00
K55	5410	Apple Drink 94oz	\$ 28.75
K57	5443	Orange Drink 94oz	\$ 28.75
K59	5841	Peach Drink 94oz	\$ 28.75

10 Cans Continued

COOKING SUPPLIES			
J51	2221	Rumford Baking Powder 80 oz	\$ 22.50
J53	4599	Baking Soda 116 oz	\$ 14.50
J59	2224	Cornstarch 68 oz	\$ 12.00
J81	2232	Clear Jel Instant 64 oz	\$ 20.50
J77	5835	White Cream Sauce 63oz	\$ 32.95
J55	2222	Beef Bouillon 112oz	\$ 31.75
J57	2223	Chicken Bouillon 112oz	\$ 34.50
J182	4048	Hershey's Baking Cocoa 48oz	\$ 35.00
O93	3121	Real Salt 128oz #10 can	\$ 51.00
FLOUR			
K61	2258	All Purpose Flour 64oz	\$ 9.50
K63	2259	Whole Wheat Flour 64oz	\$ 9.50
GRAINS, LEGUMES and MISC			
K05	3995	Baby Lima Beans 88oz	\$ 16.95
K41	2254	16 Bean Mix (17 items) 84oz	\$ 17.95
K45	2255	Black Turtle Beans 90oz	\$ 15.95
K49	4609	Garbanzo Beans 80oz	\$ 13.95
K13	2244	Great Northern Beans 84oz	\$ 15.95
K19	2246	Kidney Beans 76oz	\$ 15.75
K21	2247	Lentils 88oz	\$13.75
K43	5206	Mung Beans 80oz	\$ 19.25
K23	2248	Pinto Beans 84oz	\$ 13.00
K37	2252	Small White Beans (navy) 90oz	\$ 16.75
K35	4817	Small Red Beans 90oz	\$ 14.75
K17	2245	Green Split Peas 92oz	\$ 12.75
K01	2240	ABC Soup Mix 84oz	\$ 14.50
K07	2242	Pearl Barley 88oz	\$ 11.00
K73	2262	Oat Groats 85oz	\$ 10.95
K88	2266	9 Grain Cracked Cereal 69oz	\$ 10.75
K53	3996	Cracked Wheat 65oz	\$ 10.50
J63	2763	Flax 76oz	\$ 11.75
J183	3994	Golden Flax 76oz	\$ 13.75
K25	2249	Popcorn Yellow 96oz	\$11.95
I62	2762	Par Boiled Rice 82oz	\$ 12.95
K31	2251	White Rice (long) 88oz	\$ 11.50
K29	2250	Brown Rice (long) 84oz	\$ 12.50
K90	5337	6 Grain Rolled 48oz	\$ 9.00
K86	4611	Rolled Oats, regular 40oz	\$ 8.95
K11	2243	Granola (Super Nutty) 48oz	\$ 17.35
J61	2225	7 Grain Mix (whole) 83oz	\$ 12.95
K51	2257	Cornmeal, yellow 72 oz	\$ 9.75
K65	2260	Germade Cereal 73oz	\$ 9.50
K129	4025	Ezekial Mix 88oz	\$ 19.50
K79	2265	Brown Sugar 67oz	\$ 14.95
K81	4027	Powdered Sugar 60oz	\$ 14.25
K83	5842	White Sugar 94oz	\$ 19.75
J79	2761	Refried Beans 40 oz	\$ 17.50
K101	3997	Anasazi Beans 84oz	\$ 24.00
PASTA			
K67	4612	Elbow Macaroni 50oz	\$ 14.50
K69	4816	Egg Noodles 28oz	\$ 14.50
K77	2264	Spaghetti 51oz	\$ 14.95
I96	2200	Mac & Cheese 50 oz	\$ 17.00

MIXES & MEALS			
J67	2227	Fudge Brownie Mix 84oz	\$ 20.50
J95	2237	Banana Pudding-instant 80oz	\$ 34.00
J33	2214	Chocolate Pudding-instant 76oz	\$ 34.00
J93	2236	Vanilla Pudding-instant 76oz	\$ 34.00
I78	2192	Tapioca Instant 70oz	\$ 23.75
I75	3115	Strawberry Gelatin 96oz	\$ 28.75
K71		Buttermilk Pancake Mix	\$ 12.95
K75		Sample Pack 32 oz <i>Sweet corn, peas, vegetable stew, potato dices, tomato powder, apple slices, strawberry flakes, bananas, fruit mix, whole egg, cheese, margarine, instant milk, peach drink, taco bits.</i>	\$ 20.00
J097	2238	Mix Chicken Noodle Soup	\$ 20.50
J099	2239	Mix Beef Noodle Soup Mix	\$ 15.50
J151	5359	Chicken Gravy Mix	\$ 33.25
J153	5837	Brown Gravy Mix	\$ 31.25
J164	5880	Stroganoff Gravy Mix	\$ 26.25
U147	2337	Mix Stroganoff Casserole	\$ 18.75
U153	2339	Mountain Stew Blend (Discontinued)	\$ 18.00
J064	2226	Mix Beef Fricassee	\$ 15.75
J039	2218	Mix Chicken Fricassee 64 oz	\$ 15.25
Imitation Meat Flavored Textured Vegetable Protein			
J069	2251	Bacon Flavored Bits 36oz	\$ 12.50
I095	5758	Ham Bits 36oz	\$ 16.95
J071	2229	Beef Flavored Bits 40oz	\$ 13.95
J073	2230	Chicken Flavored Bits 33oz	\$ 12.95
J075	2231	Taco Flavored Bits 56oz	\$ 19.25
J083	2233	Sausage Flavored Bits 40oz	\$ 15.00
J173	2212	Italian Sausage Flavored Bits 40oz	\$ 18.50
J023	2211	Barbecue Flavored Bits 52oz	\$ 26.25
J025	2212	Pepperoni Flavored Bits 52oz	\$ 19.75
J027	2213	Sloppy Joe Flavored Bits 52oz	\$ 25.25
J101	4721	Imagic Bakon Crumbles 56oz	\$ 25.00
J103	5836	Beef Flavored Jerky Strip 40oz	\$ 26.25
J105	2206	Chicken Flavored Strips 40oz	\$ 26.25
G01	2123	Endless Garden	\$54.50

- 7 Grain Whole** Hard white wheat, hard red wheat, pearl barley, brown rice, triticale, rye, millet
- ABC Soup Mix** Pearl barley, green split peas, yellow split peas, rice, lentils, ABC pasta
- Ezekial Mix** Red wheat, spelt, pearl barley, millet, lentils, pinto, great northern, kidney
- 9-Grain Cracked Cereal** Red wheat, soft white wheat, pearl barley, oats, corn, millet, flax, hulled barley, and rye
- 6 Grain Rolled Cereal** Red wheat, rye, oats, barley, sunflower seeds, white wheat
- 16 Bean Soup Mix** Pinto, small red, small white, great northern, large lima, lentils, baby lima, yellow split, green split, large kidney, dark kidney, black eye peas, black turtle, garbanzo, pearl barley, whole green peas, pink beans
- Sprouting Mix** Hard Red Wheat, Hard White Wheat, Soft Wheat, Adzuki Beans, Whole Green Peas, Mung Beans, Triticum

#2.5 CANS and CASES

One Z300 Oxygen Absorber Packet to each can. 6 #2.5 size enameled cans to a case. Price includes 1 plastic lid per can.

VEGETABLES			
G13	2129	Broccoli 6 oz	\$ 11.00
G27	2136	Cabbage 4 oz	\$ 8.75
G19	2132	Carrot Dices 11 oz	\$ 8.95
G15	2130	Celery 4 oz	\$ 14.50
G21	2133	Corn, Super Sweet 11 oz	\$ 10.25
G23	2134	Garden Peas, sweet 13 oz	\$ 11.00
G25	2135	Green Beans 6 oz	\$ 9.95
G11	2128	Mushroom Slices 3 oz	\$ 9.75
G07	2126	Onions Chopped 11 oz	\$ 8.25
G17	2131	Peppers - Mixed (red & green) 5 oz	\$ 8.95
U31	2344	Potato Dices 8 oz	\$ 6.25
U29	2343	Potato Granules 24 oz	\$ 8.75
G09	2127	Tomato Powder 18oz	\$ 14.50
G05	2125	Vegetable Stew Blend 9oz	\$ 11.25
FRUITS (imitation flavoring)			
U21	2342	Apple Slices 4oz	\$ 7.75
G33	2339	Applesauce 10oz	\$ 11.50
U19	2340	Banana Slices 9oz	\$ 7.25
G31	5406	Fruit Mix 12oz	\$ 19.75
G97	2160	Peach Dices 14oz	\$ 22.00
G49	3641	Golden Raisins (dried) 11oz	\$ 12.25
DAIRY & EGGS			
R03	2327	Milk, instant 15oz	\$ 7.00
T05	2332	Milk, regular 16oz	\$ 7.00
G67	2148	Butter Powder 14 oz	\$ 15.25
G57	2143	Margarine Powder 14 oz	\$ 9.25
G65	2147	Shortening Powder 14oz	\$ 7.95
G61	2145	Cheese Blend 16oz	\$ 12.50
G63	2146	Cheddar Cheese Powder 13oz	\$ 15.75
G29	2137	Sour Cream Powder 12oz	\$ 12.95
G43	3469	Whip Topping 22oz	\$ 14.50
G53	2141	Egg Mix 12oz	\$ 10.75
G55	2142	Egg Whites 12oz	\$ 15.95
G51	2140	Whole Eggs (100% egg) 12oz	\$ 10.95
G156	3131	Ova Easy Egg (egg crystal) 13oz	\$ 20.50
G69	2149	Buttermilk Powder 17oz	\$ 8.00
DRINKS			
G59	2144	Hot Cocoa 25oz	\$ 10.95
G93	2159	Apple Drink 25oz	\$ 11.50
G91	2158	Orange Drink 25oz	\$ 11.50
G89	2160	Peach Drink 25oz	\$ 11.50
COOKING AIDS & SEASONINGS			
U35	2345	Rumford Baking Powder 16 oz	\$ 10.75
G79	4715	Baking Soda 32 oz	\$ 7.25
G75	4714	Cornstarch 18 oz	\$ 5.50
G77	2152	White Cream Sauce 16oz	\$ 12.00
G71	2150	Beef Bouillon 29oz	\$ 12.50
G73	2151	Chicken Bouillon 29oz	\$ 12.50
U181	3354	Hershey's Baking Cocoa 14oz	\$ 12.00
G95	5238	Iodized Salt 32oz	\$ 6.25
O94	2752	Real Salt 32oz #2.5 can	\$ 17.00
J159	5839	Stroganoff Gravy Mix 11oz	\$ 9.50
I039	2753	Clear Jel-Instant (Cold) 17 oz	\$ 10.25
U141	6211	Clear Jel-Regular (hot) 17 oz	\$ 9.75

GRAINS & BEANS			
I35	2179	Granola - (Super Nutty) 14 oz	\$ 9.00
MIXES, MEALS, DESSERTS			
I87	2195	Banana Pudding - Instant 22oz	\$ 13.20
I89	2196	Chocolate Pudding - Instant 22oz	\$ 13.20
I85	2194	Vanilla Pudding - Instant 22 oz	\$ 13.20
U51	5687	Macaroni & Cheese 15 oz	\$ 8.25
U53	5874	Mountain Stew Blend 10 oz (Discontinued)	\$ 7.00
U47	2348	Stroganoff Casserole 11 oz	\$ 7.75
U49	2848	Vegetable Noodle Soup 11oz (Discontinued)	\$ 7.00
SEASONINGS			
U178	3351	Chili Powder Blend 16oz	\$ 18.95
U179	3352	Cinnamon Powder 16oz	\$ 15.25
U133	3129	Garlic Granules 18oz	\$ 17.00
U180	3353	Ground Cloves 16oz	\$ 21.95
U175	3348	Pepper Ground Black 16oz	\$ 16.25
U176	3340	Pizza Seasoning Blend 11oz	\$ 14.95
U177	3350	Taco Seasoning Blend 16oz	\$ 17.00
Imitation Meat Flavored Textured Vegetable Protein			
G83	2154	Bacon Flavored Bits 11oz	\$ 6.75
G109	4709	Barbecue Flavored Bits 10oz	\$ 8.25
G81	2153	Beef Flavored Bits 10oz	\$ 6.75
U184	4708	Beef Flavored Jerky Strip 9oz	\$ 9.50
I93	2198	Chicken Flavored Bits 11oz	\$ 6.75
U183	4707	Chicken Flavored Strips 10oz	\$ 8.50
U23	2199	Ham Bits 12oz	\$ 8.25
J121	5879	Imagic Bakon Crumbles 11oz	\$ 7.50
G115	4273	Italian Sausage Flavored Bits 10oz	\$ 7.50
G111	3988	Pepperoni Flavored Bits 10oz	\$ 7.25
G87	2156	Sausage Flavored Bits 10oz	\$ 6.75
G113	3992	Sloppy Joe Flavored Bits 10oz	\$ 7.75
G85	2155	Taco Flavored Bits 12oz	\$ 7.25

Just getting Started with Food Storage?

Check out our Featured Item:

K75 Sample Pack 32 oz.....\$ 20.00

This # 10 can contains sample servings of many of the most popular items that we carry....for example: milk, eggs, fruit drink, dehydrated veggies, butter, potatoes and dehydrated fruit to name a few. It's a great way to try a variety of products to see what you like before you buy in bulk.

CONTACT INFORMATION:

Breaking Bread the Healthy Way

210 Jackson Keller

210 930-8877

E-mail : bbthw@yahoo.com

Web site: www.bbthw.weebly.com

Store Hours: Monday thru Friday 10:00am - 5:00pm

Saturday 10:00am - 1:30pm

New Item - Canned Meats			
MM001	6138	Signature Meats-Beef Chunks 14.5 oz can	10.00
MM002	6165	Signature Meats-Beef Chunks 28oz can	13.00
MM005	6151	Signature Meats-Boneless Chicken 14.5oz can	10.00
MM006	6169	Signature Meats-Boneless Chicken 28oz can	13.00
MM003	6137	Signature Meats-Ground Beef 14.5oz can	10.00
MM004	6177	Signature Meats-Ground Beef 28oz can	13.00
MM007	6188	Signature Meats-Pork 14.5oz can	10.00
MM008	6189	Signature Meats-Pork 28oz can	13.00
MM009	6190	Signature Meats-Turkey 14.5oz can	10.00
MM010	6134	Signature Meats-Turkey 28oz can	13.00

New Item - Freeze Dried

G157	6195	Cheese-Freeze Dried Shredded Sharp Cheddar 10 oz #2.5 can	18.00
K167	6197	Cheese-Freeze Dried Shredded Sharp Cheddar 37 oz #10 can	58.50
G159	2695	Cheese-Freeze Dried Shredded Mozzarella 9 oz #2.5 can	15.60
K169	6198	Cheese-Freeze Dried Shredded Mozzarella 32 oz #10 can	43.00
G161	6166	Cheese-Freeze Dried Shredded Monterey Jack 10 oz #2.5 can	20.00
K171	6174	Cheese-Freeze Dried Shredded Monterey Jack 37 oz #10 can	52.00
G163	6199	Cheese-Freeze Dried Shredded Colby 10 oz #2.5 can	21.00
K173	6167	Cheese-Freeze Dried Shredded Colby 37 oz #10 can	53.00
G119	6132	Fruit-Freeze Dried Apple Dices 3 oz #2.5 can	10.00
K135	6131	Fruit-Freeze Dried Apple Dices 10 oz #10 can	27.00
G121	6179	Fruit-Freeze Dried Whole Raspberries 2.5 oz #2.5 can	15.50
K137	6147	Fruit-Freeze Dried Whole Raspberries 11 oz #10 can	56.00
G123	6178	Fruit-Freeze Dried Pineapple Chunks 4 oz #2.5 can	13.50
K139	6145	Fruit-Freeze Dried Pineapple Chunks 16 oz #10 can	39.00
G125	6157	Fruit-Freeze Dried Mango 4 oz #2.5 can	12.95
K141	6156	Fruit-Freeze Dried Mango 20 oz #10 can	31.25
G127	6160	Fruit-Freeze Dried Sliced Peaches 4 oz #2.5 can	15.00
K143	6148	Fruit-Freeze Dried Sliced Peaches 16 oz #10 can	42.00
G131	6130	Fruit-Freeze Dried Whole Blackberries 3 oz #2.5 can	12.00
K147	6176	Fruit-Freeze Dried Whole Blackberries 13 oz #10 can	41.00
G129	6136	Fruit-Freeze Dried Whole Blueberries 3 oz #2.5 can	12.00
K145	6135	Fruit-Freeze Dried Whole Blueberries 13 oz #10 can	40.95
G134	6164	Fruit-Freeze Dried Sliced Bananas 4 oz #2.5 can	9.00
K149	6168	Fruit-Freeze Dried Sliced Bananas 14 oz #10 can	24.00
G136	6196	Fruit-Freeze Dried Sliced Strawberries 2 oz #2.5 can	9.00
K151	6146	Fruit-Freeze Dried Sliced Strawberries 6 oz #10 can	22.00
G138	6175	Fruit-Freeze Dried Pear Dices 3 oz #2.5 can	12.00
K153	6170	Fruit-Freeze Dried Pear Dices 10 oz #10 can	33.50
G140	6200	Veg-Freeze Dried Garden Peas 5 oz #2.5 can	9.25
K155	6143	Veg-Freeze Dried Garden Peas 18 oz #10 can	21.00
G142	6163	Veg-Freeze Dried Green Beans 1.8 oz #2.5 can	9.25
K157	6171	Veg-Freeze Dried Green Beans 6 oz #10 can	20.00
G144	6194	Veg-Freeze Dried Super Sweet Corn 4 oz #2.5 can	8.50
K159	6149	Veg-Freeze Dried Super Sweet Corn 20 oz #10 can	24.00
G146	6158	Veg-Freeze Dried Cauliflower Pearls 1 oz #2.5 can	7.00
K161	6142	Veg-Freeze Dried Cauliflower Pearls 5 oz #10 can	20.00
G148	6161	Veg-Freeze Dried Asparagus 1 oz #2.5 can	7.00
K163	6140	Veg-Freeze Dried Asparagus 5 oz #10 can	21.00
G150	6162	Veg-Freeze Dried Broccoli 2 oz #2.5 can	10.75
K165	6141	Veg-Freeze Dried Broccoli 7 oz #10 can	21.00

100% Whole Wheat Bread Recipe

In your Bosch mixing bowl, combine and mix on Speed 2 until well blended:

6 Cups Hot Tap Water
 2/3 Cup Oil
 2/3 Cup Honey
 2 TBsp Vital Wheat Gluten
 2 TBsp Instant Yeast
 2 TBsp Dough Enhancer
 4-6 Cups Freshly Milled Whole Wheat Flour

Switch to speed 1:

Add 2 TBsp salt
 Add slowly 6 - 10 Cups whole wheat flour while kneading. Sprinkle in the last of the flour 1/4 cup

at a time. When enough flour has been added, the dough pulls away cleanly from sides of bowl.

Knead: on speed 1 for another 5 minutes.

Shape: into loaf pans and let rise until the dough doubles in size.

Bake: at 350°F for 30 - 40 minutes.

Whole Grain to Flour Conversion

(All yields approximate).

Loaf yields approximate using 2½ - 3 cups of flour per loaf. Yields good for Amaranth, Brown rice, Corn, Millet, Wheat & Triticale.

By using this conversion chart you will be able to estimate what a bag/bucket will yield. Generally, most grain will fit this chart. We have this chart in a larger format. A handy tool with a wealth of information at your finger tips!

Laminated for protection and long term use.

SS-911 Chart-Food Storage.....\$1.75

Pounds of Wholegrain	Cups of Wholegrain	Cups of Flour	Loaves of Bread
50	112 ½	168	56
45	101 ¼	151	50
40	90	134 1/3	45
35	78 ¾	117 ½	39
30	67 ½	100 ¾	34
25	56 ¼	84	28
20	45	67	22
15	33 ¾	50 1/3	17
10	22 ½	33 ½	11
5	11 ½	17	6
1	2 ¼	3 1/3	1

DEHYDRATED UNITS FOR ONE PERSON

11 CASE UNIT wt
UU012 **11 Case Unit** **1120.00** **378**

One year storage for one person includes allocation sheets
 Cases 1-12 includes 6 #10 cans each.

Case 1 # 10 Cans
 1 can Applesauce 1 can Apple Slices
 2 can Banana Slices
 1 can Peach flavored Apple Flakes
 1 can Strawberry flavored Apple Flakes

Case 2 # 10 Cans
 1 can Green Beans 1 can Carrot Dices
 1 can Sweet Corn 1 can Garden Peas
 1 can chopped onions 1 can Tomato Powder

Case 3 # 10 Cans
 1 can Potato Dices 2 can Veg Stew Blend
 1 can Hash browns 2 can Potato Granules

Case 4 & 5 # 10 Cans
 6 cans Instant Milk

Case 6 # 10 Cans
 1 can Cheese Powder 1 can Shortening Powder
 1 can White Cream Sauce 1 can Margarine powder
 1 can Egg Mix 1 can Whole Egg

Case 7 # 10 Cans
 2 cans Beef Bits 1 can Chicken Bits
 1 can Bacon Bits 1 can Taco Bits
 1 can Sausage Bits

Case 8 # 10 Cans
 1 can Cornmeal 1 can Germade
 1 can Spaghetti 2 Elbow Macaroni
 1 can Refried Beans

Case 9 # 10 Cans
 1 can Small Red Beans 1 can Small White beans
 3 can White Rice 1 can Pinto Beans

Case 10 # 10 Cans
 1 can 6 Grain 2 cans 9 Grain Cracked
 2 cans Quick Oats 1 can Pearl Barley

Case 11 # 10 Cans
 1 can Peach Drink 1 can Cocoa Mix
 1 can Popcorn 1 can Black Turtle Beans
 2 cans 16 Bean Mix Mix A Meal Cookbook
 1 allocation sheet

Case 12 # 2.5 Cans
 1 can Beef Bouillon 1 can Chicken Bouillon
 2 cans Iodized Salt 1 can Baking Soda
 1 can Baking Powder
 1 allocation sheet

The 12 case unit supplies 1 person with a total 1 year food supply of 1200 calories and 35 grams protein per day. By adding 300 lbs of wheat and 100 lbs beans this unit would supply a total of 2950 calories and 76 grams protein per day.

UU030 **DELUXE 1 YEAR UNIT**.....1720.00
802 lbs shipping wt.
1-12 CASE UNIT (see left)

plus 9 Super Pail Buckets:
 3-Hard Red Wheat 1-Small Red Beans
 3-Hard White Wheat 1-Pinto Beans
 1-Small White Beans
 and #10 cans and yeast
 4-Cans Sugar 1-Lid Remover
 3-Pkg Saf-Instant Yeast
 2820 Calories and 103 Grams of protein per day

NO SUBSTITUTIONS ON UNITS

UU025 **1 Year Basic Unit**.....850.00
 603 lbs shipping wt.
13-6 Gal Super Pail Buckets
 3-Hard Red Wheat 1-Pinto Beans
 2-Hard White Wheat 3-White Rice
 1-Small White Beans 1-Black Beans
 1-Instant Milk 1-Quick Rolled Oats

10 Cans
 1 Can Shortening Powder
 1 Can Baking Soda
 1 Can Baking Powder
 1 Can Iodized Salt
 2 Cans Sugar

2.5 Cans and Misc
 1 Can Beef Bouillon
 1 Can Chicken Bouillon
 3 Pkg Yeast
 1 lid Remover
 2225 Calories and 94 Grams of protein per day.

UU080 **2 MONTH UNIT**.....365.00 **110**
 A quick short term supply
12-#2.5 CANS-2 cases
 1-Cheese blend 1-White Cream Sauce
 1-Egg Mix 1-Banana Pudding
 1-Orange Drink 1-Sweet Corn
 1-Garden Pea 1-Chicken Bits
 1-Applesauce 1-Peach Apple Flakes
 1-Taco Bits 1-Sloppy Joe Bits

18-#10 CANS-3 cases
 1-Hashbrowns 1-Potato Granules
 1-Germade 1-White Rice
 1-Morning Moo 1-Refried Beans
 1-Quick Oats 1-Macaroni
 1-Stroganoff 1-Beef Stew
 1-Beef Noodle 1-Mountain Stew
 1-Creamy Potato Soup 1-Chicken Fricassee
 1-Buttermilk Biscuit 1-Honey White Bread Mix
 1-Blueberry Muffin 1-Buttermilk Pancake Mix

1274 Calories per day



72 Hour Emergency Kit

S001 **1 Person Kit**185.95 **9**
 (6 Assorted MRE meals-3 snacks-6 Purified drinking water)
 S002 **2 Person Kit**209.95 **15**
 (12 Assorted MRE meals-6 snacks-12 Purified drinking water)

Contents: for S001 and S002
 Nylon Sports Bag, Ponchos, Five piece Camp Set, Water Tablets, Matches, Mini camp stove + fuel tablets, Emergency thermal blankets, Hand & pocket warmer, 4-Candles, First Aid Kit, Flashlight & Batteries, Nylon Braided cord, Tissues, Misc. Packet: Waterproof bag, Quart Zip Lock Bag, Napkins & Spoons, Campers Can Opener, & Comb.



SPROUTMASTER

The greatest tray sprouter ever. Stackable - add trays to build your own sprout skyscraper. Excellent drainage. The best sprouter ever for growing vertical leafy sprouts, the SproutMaster is very versatile - it can sprout virtually anything.

Each stacking single tray measures

8 x 10 inches and mini trays measure 5 x 6 inches each in a set of three. Includes dividers to rotate your crops.

- Item # 5232 Single Tray \$19.95
- Item # 1294 Triple Tray kit \$49.95
- Item # 5264 Triple Mini Trays \$30.95

Sprouting Mix

Q011	2316	Sprouting Mix 1.5 lbs.....	6.50	2
Q012	2317	Sprouting Mix 5 lbs.....	13.25	5

Sprouting Seed: Packed in Foil Metal Bags

Q001	2308	Alfalfa 1.5 lbs	10.80	2
Q054	5766	Garbanzo Beans 1.5 lbs.....	7.95	2
Q006	2313	Lentils 1.5 lbs.....	6.95	2
Q004	2311	Mung Beans 1.5 lbs.....	7.50	2
Q003	2310	Whole Peas 1.5 lbs.....	5.95	2
Q005	2312	Soybeans 1.5 lbs.....	5.95	2
Q002	2309	Triticale 1.5 lbs.....	5.95	2
Q008	2315	7 metal bags of above (one case).....	46.25	14

Special Sprouting Seed

Q016	2651	Broccoli 1.5 lbs.....	16.50	2
Q017	5202	Radish 1.5 lbs.....	11.95	2

Alfalfa Sprouting Seed

A052	2070	Alfalfa 5 lb bag.....	26.50	5
K003	2241	Alfalfa 88oz #10 can.....	39.95	7
U037	2346	Alfalfa 20oz #2.5 can.....	11.95	2

Organic Sprouting Seed -

1.5 lbs Mylar Bags are Zip Lock

Q007	2314	Organic Adzuki Beans 1.5 lbs.....	9.25	2
Q050	5767	Organic Black Turtle Beans 1.5 lbs.....	13.50	2
Q052	5768	Organic Hulled Buckwheat 1.5 lbs.....	8.85	2
Q053	5769	Organic Kamut7 1.5 lbs.....	8.60	2
Q056	5222	Organic Soybeans 1.5 lbs.....	8.95	2
Q055	5770	Organic Spelt 1.5 lbs.....	8.50	2
O051	6211	Organic Hard Red Wheat 1.5 lbs.....	7.80	2
Q057	4703	Case of 7 Bags above.....	56.90	14

GARDEN SEEDS

G01 2123 Garden Seeds.....54.00 3

- Water Storage is an important part of food storage
- Vitamins can be obtained by sprouting.
- Oil is a necessity, but only stores 1-2 years. We recommend you buy from local stores and rotate. Check out our coconut oil when you come into the store.



Pressure Canners

The All American Pressure Canner / Cookers feature an exclusive precision machined "METAL TO METAL" sealing system. Positive action clamping locks align cover and cooker base to form a steam tight seal. Yet, "METAL TO METAL" seal automatically permits venting under usual pressure conditions, providing an extra measure of safety over conventional rubber or composition gasket cookers.

WF-910	7 Pints	4 Quarts	\$260.00
WF-915	10 Pints	7 Quarts	\$278.00
WF-921	19 Pints	10 Quarts	\$301.00

CHEF'S DESIGN PRESSURE COOKERS



WF-1030	10.9 QT	124.95
WF-0850	9.0 QT	108.95
WF-0600	6.4 QT	97.95
WF-0450	4.8 QT	87.95
B/R/K 631100 ALPHA SET	6.0 QT & 3.0 QT	219.99

Canning Supplies

BB-286	5/pc. Home Canning Kit	\$ 15.95
N-604	Canning Rack	\$ 7.95
BB-421C	Water Bath Canner W/ Rack (Most popular canning method)	\$29.95
BB-102	Steam Canner - Canning using less water	\$19.95
BB-174	Lid Lifter	\$ 1.95
BB-284	Jar Lifter - Lift & transfer hot Jars	\$ 3.95
BB-285	Jar Wrench - Tighten Jars	\$ 2.95
N-357	Cheese Cloth	\$ 3.95
N-602	Canning Labels (24 count)	\$ 1.50
N-244	Canning Funnel fits any jar	\$ 5.95
N-603	Canning Label Pen	\$ 1.50
N-605	Canning Lid Rack	\$ 6.95
N-596	Stainless Steel Food Mill	\$21.95
BB-220	SS Food Strainer - Automatically Puree fruits	\$64.95

Waterless Cookware

17 pc. SS	5-ply Waterless Cookware	\$395.95
17 pc. SS	7-ply Waterless Cookware	\$575.95
	(completer set available In both plys)	\$129.95



AQUARAIN® System

The natural process micro-filter are patented high-tech ceramic filter elements specifically designed for the AQUARAIN® System. Ceramic elements filter water in a very natural way, using gravity to gently draw water down through the "cultured" ceramic stone in much the same manner as nature processes ground water through the earth. The microfine pore structure of the ceramic media will remove dangerous organisms such as protozoan cysts (*Cryptosporidium*, *Giardia lamblia*) and microscopic bacteria (*E. coli*, *Salmonella typhimurium*, etc...). Enclosed within the hard ceramic shell is incorporated a concentrated bed of Granulated Activated Carbon (GAC) that contains a self-sterilizing metallic silver. The silvered GAC bed will adsorb various organic chemicals such as MTBE and pesticides, remove chlorine compounds including carcinogenic halogens, and improve the taste and odor of the water. To the benefit of good health, the AQUARAIN® system will also leave unchanged the naturally occurring electrolytes and minerals in your filtered water. The attractive super-sanitary stainless steel housing is press-formed without seams or welds and has easy lift handles. Hard Ceramic Shell may be cleaned up to 200 times and lasts for thousands of gallons. Manufactured to NSF Specifications and meets USEPA Bacteria and Cyst Purifier Standards. Available in 2 Sizes.

Item # AR202 \$199.95 - Item # AR404 \$319.95

BUCKETS, LIDS & STORAGE SUPPLIES

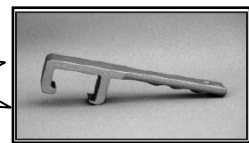
	5357	1 Gallon Bucket with lid	\$ 5.00	1 lb
N006	4315	Bucket-3.5 gal Plastic w/gasket lid	\$ 7.00	2 lbs.
N008	2282	Bucket-5 gal Plastic w/gasket lid	\$ 8.00	3 lbs.
N009	2283	Bucket-6 gal Plastic w/gasket lid	\$ 9.00	3 lbs.
	2053	Plastic Lid - Fits 3.5, 5, and 6 gallon Buckets	\$ 2.50	1 lb.
l080	2710	Gamma Lid - Fits 3.5, 5, and 6 gallon Buckets	\$10.00	2 lbs
5633	5833	Oxygen Absorbers - 50 Count	\$20.00	1 lb.
NEW	6202	Diatomaceous Earth 5 lbs Bag	\$ 15.00	5 lbs



BUCKET OPENER

Extremely durable and sturdy, this heavy duty bucket opener will allow you to easily access the food you store in plastic buckets. This wrench will also allow you to turn off the gas to your home or open a 55 gallon water barrel.

ITEM # N003 \$15.00



A heavy duty tool for removing lids from tightly sealed plastic pails ranging from 3 to 7 gallon. The Lid Off is 1-1/2" wide and 8" long. The extra width gives the user additional advantage with optimum rim grip.

Lasts a lifetime. **\$15.00 ITEM #2402**

Gamma Lids

Make your buckets "Air-tight", "Water-tight" and "Vermin Proof"

Available in Red, Yellow, Blue, White and Orange.

ITEM # 2710 \$10.00

