



MOUNTAIN HOUSE

FREEZE DRIED FOODS

ITEM	Net Wt. Dry Oz.	Approximate Reconstituted Servings	No. of Pouches	Suggested Price	Total Price
MAIN COURSE ENTREES					
Beef Stew	3.75	2-8 oz. Serv.		2.10	
Chicken Stew	3.60	2-8 oz. Serv.		2.10	
Beef with Rice	4.80	2-8 oz. Serv.		2.00	
Chili with Beans	5.50	2-8 oz. Serv.		1.95	
Rice and Chicken	4.80	2-8 oz. Serv.		1.50	
Beef Chop Suey	3.40	2-8 oz. Serv.		1.95	
Chicken Chop Suey	3.40	2-8 oz. Serv.		1.95	
Chicken Pilaf	4.75	2-8 oz. Serv.		1.95	
Franks and Beans	5.00	2-8 oz. Serv.		1.90	
Shrimp Creole	3.80	2-8 oz. Serv.		2.15	
Beef and Potatoes	4.00	2-8 oz. Serv.		2.05	
Vegetable Beef Stew	3.40	2-8 oz. Serv.		1.65	
Beef Stroganoff	3.60	2-8 oz. Serv.		1.50	
Noodles & Chicken	4.00	2-8 oz. Serv.		1.50	
Chili Mac with Beef	3.80	2-8 oz. Serv.		1.35	
Macaroni and Cheese	4.50	2-8 oz. Serv.		1.25	
Potato Chowder	3.10	2-7.5 oz. Serv.		.80	

ITEM	Net Wt. Dry Oz.	Approximate Reconstituted Servings	No. of Pouches	Suggested Price	Total Price
LUNCHEON ENTREES AND ICE CREAM SHAKES					
Ice Cream Shake, Van.	4.80	2-8 oz. Serv.		1.40	
Ice Cream Shake, Cho.	4.80	2-8 oz. Serv.		1.40	
Ice Cream Shake, Str.	4.80	2-8 oz. Serv.		1.40	
Chicken Salad	2.75	4 sandwiches		2.20	
Tuna Salad	2.75	4 sandwiches		1.70	
Applesauce	4.00	4-4 oz. Serv.		.80	
Cottage Cheese	2.10	10 oz.		1.45	
Mt. House Crackers	14.0			1.20	

ITEM	Net Wt. Dry Oz.	Approximate Reconstituted Servings	No. of Pouches	Suggested Price	Total Price
BREAKFAST COURSES					
Cheese Omelette	2.40	Serves 2		1.70	
Mexican Omelette	2.90	Serves 2		1.70	
Eggs w/lmt. Bacon Bits	2.20	Serves 2		1.70	
Eggs with Butter	2.20	Serves 2		1.70	
French Toast Mix	3.30	9-12 Slices		1.70	
Granola & Raisins w/Milk	4.00	2-4 oz. Serv.		.80	
Granola & Freeze Dried Blueberries w/Milk	4.00	2-4 oz. Serv.		1.10	
Old West Buttermilk Pancake Mix	10.5	12-15 Pancakes		.75	
Hash Brown Potatoes (not freeze dried)	6.0	Serves 4		.75	
Corn Bread Mix	8.50	Serves 4		.65	

ITEM	Net Wt. Dry Oz.	Approximate Reconstituted Servings	No. of Pouches	Suggested Price	Total Price
MEATS					
Beef-Diced, Cooked	2.00	Serves 2		2.85	
Sausage Patties, cooked	2.30	Serves 2		2.55	
Chicken-Diced, cooked	2.40	Serves 2		3.00	
Pork Chops (raw)	2.10	4 Chops		3.20	
Beef Jerky (not freeze dried)	2.00			2.30	
Beef Patties (raw)	3.40	4 Patties		3.10	
Shrimp Cock'l (1 Pacific)	1.75	Serves 2		2.75	

ITEM	Net Wt. Dry Oz.	Approximate Reconstituted Servings	No. of Pouches	Suggested Price	Total Price
VEGETABLES					
Peas	1.80	Serves 3-4		.95	
Green Beans	0.50	Serves 3-4		.90	
Carrots	1.00	Serves 3-4		.95	
Corn	2.00	Serves 3-4		.95	
Chicken Flavored Rice	4.50	Serves 3-4		1.20	
Beef Flavored Rice	3.60	Serves 3-4		.95	

CUSTOMER MENU PLANNER

MOUNTAINHOUSE Complete Meals for 4

ITEM	Net Wt. Dry	No. of Boxes	Suggested Price	Total Price
BREAKFASTS FOR 4				
No. 1: Orange Beverage, Eggs with Butter, Hash Browns, Cooking Oil, Cocoa.	1-lb. 2.4 oz.		4.25	
No. 2: Orange Beverage, Cheese Omelette, Corn Bread Mix, Cooking Oil, Cocoa.	1-lb. 5.3 oz.		4.15	
No. 3: Applesauce, Eggs & Bacon Bits, Hash Browns, Cooking Oil, Cocoa.	1-lb. 3.4 oz.		4.40	
No. 4: Applesauce, Blueberry Pancakes, Syrup, Cooking Oil, Cocoa.	1-lb. 5.8 oz.		2.85	
No. 5: Orange Beverage, Mexican Omelette, Corn Bread Mix, Cooking Oil, Cocoa.	1-lb. 6.3 oz.		4.85	
LUNCHEONS FOR 4				
No. 1: Chicken Salad, Mt. House Crackers, Lemonade, Cottiets (Candy Bar)	15.35 oz.		4.50	
No. 2: Applesauce, Mt. House Crackers, Peanut Butter, Orange Beverage, Cinnamon Graham	1-lb. 4.1 oz.		3.20	
No. 3: Potato Chowder, Mt. House Crackers, Fruit Punch, Sesame Cookies.	15.2 oz.		3.95	
No. 4: Tuna Salad, Mt. House Crackers, Orange Beverage, Cinnamon Graham.	13.85 oz.		3.40	
No. 5: Franks & Beans, Mt. House Crackers, Fruit Punch, Sesame Cookies.	1-lb. 4.6 oz.		4.60	
No. 6: Chocolate Shakes, Mt. House Crackers, Peanut Butter, Cinnamon Graham.	1-lb. 1.9 oz.		4.00	
DINNERS FOR 4				
No. 1: Onion Soup, Beef Stroganoff, Orange Drink, Banana Cream Pie	1-lb 8.1 oz.		5.00	
No. 2: Beef Noodle Soup, Chicken & Rice, Lemonade, Banana Cream Pudding.	1-lb. 5.85 oz.		5.55	
No. 3: Split Pea Soup, Vegetable Beef Stew, Iced Tea, Chocolate Pie.	1-lb. 9.6 oz.		6.60	
No. 4: Beef Noodle Soup, Chicken & Noodles, Fruit Punch, Chocolate Pudding.	1-lb. 3.85 oz.		4.30	
No. 5: Chicken Noodle Soup, Chili Mac with Beef, Lemonade, Butterscotch Pudding.	1-lb. 3.1 oz.		4.95	

Main Course Entrees and Eggs for 4

ITEM	Net Wt. Dry Oz.	Approximate Reconstituted Servings	No. of Pouches	Suggested Price	Total Price
MAIN COURSE ENTREES					
Rice w/Chicken	12.6	4 Servings		3.50	
Vegetable Beef Stew	9.0	4 Servings		3.75	
Beef Stroganoff	9.6	4 Servings		3.50	
Noodles & Chicken	10.6	4 Servings		3.30	
Chili Mac w/Beef	10.1	4 Servings		3.00	
Potato Chowder	8.4	4 Servings		2.25	
Macaroni and Cheese	12.0	4 Servings		3.50	
EGG ITEMS					
Cheese Omelette	4.8	4 Servings*		2.75	
Mexican Omelette	5.8	4 Servings*		2.75	
Eggs and lmt. Bacon Bits	4.4	4 Servings*		2.75	
Eggs w/Butter	4.4	4 Servings*		2.75	

ITEM	Net Wt. Dry Oz.	Approximate Reconstituted Servings	No. of Pouches	Suggested Price	Total Price
FRUIT					
Apples	1.00	Serves 2		1.15	
Strawberries	1.00	Serves 2		1.80	
Plums	2.00	Serves 2		1.15	
Peaches	1.00	Serves 2		1.40	
Pears	1.00	Serves 2		1.50	
SNACKS AND OTHER ITEMS					
Ice Cream - Van.	2.50			1.35	
Ice Cream - Cho.	2.50			1.35	
Ice Cream - Str.	2.50			1.35	
Rasp. Apple Crunch	1.80			1.25	
Strawberry Crunch	1.80			1.25	
Lurp No. 1-cashews, candy, peanuts, raisins	5.00			1.20	
Lurp No. 2-Jordan almonds, Spanish peanuts, raisins	5.00			1.20	
SOUPS					
Beef Noodle Soup	1.25	Serves 4		.50	
Chicken Noodle Soup	1.00	Serves 4		.50	
French Onion Soup	1.00	Serves 4		.50	
Pea Soup	4.60	Serves 4		.55	
BEVERAGES					
Orange Drink	3.00	Serves 4		.40	
Lemonade	3.00	Serves 4		.40	
Imitation Fruit Punch	3.00	Serves 4		.40	
Lemon Flav. Iced Tea	1.50	Serves 4		.40	
Cocoa	4.00	Serves 4		.50	

ITEM	Net Wt. Dry Oz.	Approximate Reconstituted Servings	No. of Pouches	Suggested Price	Total Price
FREEZE DRIED COFFEE - A Premium Blend					
2-oz Coffee in Cans	0.2	40 Cups		.99	
12 Cup Packets	.5	10-12 Cups		.29	
10 Packs of single cup foil packets	10/12 gm	10 single cups		.59	

ITEM	Net Wt. Dry Oz.	Approximate Reconstituted Servings	No. of Pouches	Suggested Price	Total Price
DESSERTS					
Inst. Butterscotch Pud.	5.00	Serves 4		.60	
Inst. Choc. Flavor Pud.	5.00	Serves 4		.60	
Inst. Banana Cream Pud.	5.00	Serves 4		.60	
Chocolate Cream Pie	10.5	Serves 4		1.00	
Banana Cream Pie	10.5	Serves 4		1.00	

Tea Kettle Brand Entrees

ITEM	Net Wt. Dry Oz.	Approximate Reconstituted Servings	No. of Pkgs.	Suggested Price	Total Price
INDIVIDUAL LUNCHEON ENTREES					
Chunk Chicken/Rice & Carrots	1.3	Single serv.		.80	
Beef Almondine/Vegetables & Macaroni	1.2	Single serv.		.80	
Tuna a la Neptune	1.2	Single serv.		.80	
Turkey Tetrazzini/Asparagus	1.0	Single serv.		.80	
LARGE ENTREES					
Chunk Chicken	3.7	2-8 oz. serv.		1.80	
Beef Almondine	3.3	2-8 oz. serv.		1.80	
Tuna a la Neptune	3.6	2-8 oz. serv.		1.80	
Turkey Tetrazzini	3.2	2-8 oz. serv.		1.80	

CALORIE CONTENT TABLE

Food Category	Approximate Calories per dry oz.
Main Course Entrees (Lunch & Dinner)	115-140
Eggs	135-145
Meats	130-155
Vegetables	90-125
Fruits	90-115
Ice Cream (including Ice Cream Shakes)	150
Beverages (except coffee)	30-115
Soups	100-115
Desserts	100-125

The above table is a range of approximate calories per dry ounce (see net weight dry oz. listing on these pages) for various categories of our Freeze Dried Foods. Adding water does not change the calorie count. The calorie content table is printed here as a convenience to you, our customers, who have written us in the past. No other nutritional chart is available.

NUTRITION - Freeze Dried Foods retain their original calories, minerals, carbohydrates, proteins, fats and flavor.

MOUNTAIN HOUSE Bulk Pack Freeze Dried Foods

All of these quality Mountain House Freeze Dried Foods are available in bulk, packed in Number 10 cans. The bulk packed items are especially for large groups, outfitters, expeditions, long range food storage, etc. The freeze dried food in enamel coated, nitrogen packed cans insures flavor, taste and storage for many years.

Your dealer can special order bulk food in case quantities - 6 cans per case. You can realize a savings by buying in bulk if large quantities fill your needs.

MOUNTAIN HOUSE and Tea Kettle foods

Taste better and are easier to prepare because they are...
"FREEZE DRIED"
 ...foods of Highest Quality!

HISTORY OF COMPANY: Oregon Freeze Dry Foods, Inc. has pioneered development of freeze dried food products and is the recognized leader in this industry. Our research in this field has led to the development of many fine products for the U.S. Space Program and we have supplied a variety of foods for Apollo Missions and the Skylab Program now in progress! Many of our present Mountain House and Tea Kettle freeze dried foods are similar to those used in the space programs.

QUALITY: Oregon Freeze Dry Foods, Inc.'s basic policy is to produce high quality freeze dried food products in the cleanest, most modern and efficient manufacturing plant possible today. Our facilities are USDA inspected and no product leaves our plant until the quality control laboratory has checked for wholesomeness and flavor. Years of manufacturing a wide variety of products to meet strict government standards has helped create today's quality recreational foods.

FREEZE DRYING: Freeze Drying is a revolutionary new way to prepare foods. Freeze Drying removes only water and locks in natural flavor, goodness and nutrition. The result is food that's as fresh as the day it was made, and weight is reduced by as much as 90 percent.

PACKAGING, PRESERVATIVES: Most Mountain House products are packaged in oxygen barrier foil envelopes. The foil is essential to keep the food fresh for long periods of time and is coated with Dupont's "Mylar" for added strength.

Some of our foods are packaged in plastic (polyethylene) packages and will retain freshness for long periods. However, you can be sure that if any of our food is packed in foil envelopes there is a good reason for it. This is the most effective way to protect the fresh taste and natural goodness of these high quality foods.

No preservatives have been added to most of the Mountain House freeze dried foods in the complete breakfasts, lunches and dinners. A few of the dehydrated (not freeze dried) foods may have a preservative added but the use of these types of foods has been minimized.

EASIER TO PREPARE: Mountain House and Tea Kettle main course entrees are easy to prepare. Simply add boiling water, wait five minutes (or a little longer at higher elevations) and serve. No cooking or baking required! And the entrees are packed in their own serving pouch (or tray) so there are no pots, pans or dishes to wash.

Many of the meats and vegetables are ready to serve a few minutes after adding boiling water. Raw meats (such as beef patties) are cooked like fresh meat after soaking in water a few minutes.

Fruits and freeze dried ice cream are delicious and nutritious snack foods when eaten dry. The fruits add a crunchiness and nutrient zest when served on cereal with milk.

Soups, beverages and trail snacks have been added to help round out our presentation of quality foods. For ease in selecting your complete outdoor menu we have a variety of different breakfasts, lunches and dinners for 4. All foods are packaged with complete instructions and are easy and fast to prepare.

So, whether you are looking for a complete meal, or want to prepare your own gourmet meal, "from scratch," Mountain House brand and Tea Kettle brand recreational foods give you the ultimate in quality, flavor and ease of preparation.

SAMPLE—WEEK'S MENU—FOR 2

DAY	BREAKFAST	LUNCH	SNACK	DINNER
1	Eggs w/ Bacon bits Sausage Cocoa (coffee)	Chicken salad Trail crackers Lemonade	Beef jerky Raspberry crunch Lurp	Beef patties Corn Beef flavored rice Milk shake
2	Eggs w/butter Bacon Cocoa (coffee)	Cottage cheese Pears (salad) Orange Drink	Beef jerky Ice cream Plums	Turkey Tetrazzini Peaches and Strawberries Drink
3	Cold cereal w/fruit Orange drink Sausage	Shrimp cocktail Trail crackers Milk shake	Lurp Apples	Soup Beans and Franks Lemonade Butterscotch pudding
4	Buttermilk pancakes Pears Cocoa (coffee)	Tuna salad Trail crackers Orange Drink	Beef jerky Lurp Milk shake	Soup Chicken stew Drink Chocolate pie
5	Cold cereal w/fruit Orange drink Sausage	Cottage cheese Pears Orange Drink	Ice cream Peaches	Pork chops Peas Chick'n flav. rice Milk shake
6	Cheese Omelette Sausage Cocoa (coffee)	Chicken salad Trail crackers Lemonade	Beef jerky Lurp Milk shake	Soup Stroganoff Drink Chocolate pudding
7	Eggs w/butter Hash brown Bacon Cocoa (coffee)	Shrimp cocktail Trail crackers Iced tea	Strawberry crunch Lurp	Soup Beef chop suey Drink Instant pudding



HELPFUL TIPS

- If the product calls for hot water—use boiling hot water. If cold water is called for—the colder the better.
- Try ripping the foil package down the center and leave the inner plastic bag inside. The foil helps keep food warm while rehydrating and gives strength to the plastic bag.
- When using our foods, all you need to pack is something to boil water in. No extra pots or plates to wash or carry. You eat right out of the non-convient inner plastic bag.
- Pack in an extra day's supply—in case of emergency.

OREGON FREEZE DRY FOODS, INC. P. O. Box 1048, Albany, Oregon 97321