



# Announcing the FF2G 1.3 YR SUPER FOOD PACK

***Simply the best 1 year food storage pack available. Period!!  
(Compare to others costing \$3000+...see below)***

**Special price ...an unbelievable \$1350**

**A 15 month (1.3 year) pack for 1 large adult  
SUPER COMBINATION ++ SUPER NUTRITION**

***Over 600 lbs of food, more than 4 meals a day with Vitamin supplements. It is superior in Quality, Variety, and especially Nutrition... even when compared to other 1 year deluxe supply packs priced at \$2000--\$4000, and yet it is priced substantially LESS than most other companies offer their mediocre nutrition 1 year packs.***

The difference is simple. The Free Food 2Go 1 year food Pack was designed by people who understand survival, nutrition, and who know what it might mean to actually have to live off of such a supply for a long period of time. That is why it includes hard grains & legumes, dried fruit, sprouting seeds and a sprouting kit, as well as prepared meals, real seasonings, fun desserts, Vitamin supplements ...even the Seychelle advanced Water Filtration bottle. (What's good about a 1 year supply if you don't have clean water?)

Fruits (including apples, papaya, pineapple, apricot, mango, raisens, bananas, coconut) ; vegetables (peas, sweet corn, carrots, broccoli), deliciously prepared gourmet meals, super healthy sprouting mixes, 14% protein white wheat, variety of beans & Lentils, soups, pastas, SAF yeast, baking powder, seasonings (garlic powder, italian seasoning, black pepper, salt, beef bouillon, chicken bouillon), powdered cooking oil (doesn't have to be rotated), 100% real milk, real Dutch chocolate milk, cherry lemonade Vitamin C breakfast drink, breakfasts/lunches/dinners/dessert

## WHY INCLUDE WHOLE GRAINS, SPROUTING KITS, & VITAMINS WITH PREPARED MEALS?

It's simple really. As soon as the outer shell of grain/rice/legume is cracked or ground, the nutritional value of that grain starts deteriorating. Wheat is one of the most nutritional foods available, but after 72 hours of being "cracked" it can lose up to 50% of its' nutritional value. (Some studies suggest up to 75% nutritional loss after 72 hours). Keeping ground wheat refrigerated, or sealed in air tight containers, slows it down a little but without question, within 1 year... up to 75%+ of the nutritional value of wheat has essentially gone away. Even the freeze dried process, or vacuum sealing, or nitrogen packing does not stop this process.

Ground flour, is still nutritious and healthy...but there is nothing to compare with freshly ground or freshly cracked wheat. Therefore, to keep the nutritional value of wheat at its maximum, it should be kept in its "original container" the whole kernel. Hence, the need for a combination approach of un-ground whole grains & legumes to add to the ease and taste of Prepared meals. It is a terrific combination.

Importantly, there is a way to increase the already super high nutritional value of whole grains & legumes...and that is by sprouting them. Sprouting anything in clean pure water substantially increases the nutritional value by as much as 400%-600%. Therefore, the absolute most nutritious food would be something like freshly ground wheat bread with sprouted wheat or sprouted other grains mixed in. In fact, sprouted grains alone are in a nutritional class by themselves...in essence they are Super Enhanced-Super Grains. Letting the sprouts grow longer into wheat grass, and then chewing on the wheat grass is tremendously nutritional and invigorating...adding in those essential live amino acids, minerals, vitamins in their absolute best form...that a diet of just prepared meals lacks. That is why Free Food 2go has deliciously prepared (and easy to cook) meals, with whole grains, and wonderful sprouting mixes in its 1 year supply....it's a combination that makes for super survival and superior health.

Also, don't be confused between calories and real nutrition. Sugar is full of calories, but there is no nutritional value in it. That is why we have included what many experts consider the best available vitamin nutritional supplement...Super Spectrim 3000. With its' Time

Release formula and 100% documented absorption by the body you can feel the difference in energy & vitality within just a few days of taking it.

COMPARE:

! The Ready Store Ultimate 1 year supply 1 adult...(\$3,499) 225 lbs weight. <http://www.thereadystore.com/food-storage/ultimate-year-supply-of-food-storage-10-cans>

! Wise Foods 1 yr supply for 1 adult (\$2,070) 145 lbs weight. <http://wisefoodchoice.com/1080-serving-package.html>

! Your Food Storage...1 yr supply for 1 adult (\$2,195) 400 lbs weight <http://www.yourfoodstorage.com/yearsupplies>

! Shelf Reliance...Supreme 1 year supply.. (\$1,929) 238 lbs weight <http://www.amazon.com/Reliance-THRIVE-Supply-Dehydrated-Freeze-Dried/dp/B0030DKTAA>

! Efoods 1 yr supply (\$1,744) 285 lbs <http://www.efoodsdirect.com/store/index.php/freedom-year-supply.html>

! Emergency Essentials gourmet 1 yr supply (\$3,799)

[http://beprepared.com/product.asp\\_Q\\_pn\\_E\\_FS%20Y810\\_A\\_name\\_E\\_Gourmet%202000%20Year%20Supply%20of%20Food](http://beprepared.com/product.asp_Q_pn_E_FS%20Y810_A_name_E_Gourmet%202000%20Year%20Supply%20of%20Food)

FF2G 1.3 year supply	weight lbs
200 lbs white wheat 14% protein	200
100 lbs rice	100
100 lbs beans (red, pinto, white)	100
salt iodized	8
sugar	5.7
SAF yeast	5
baking powder	6
Western chili & beans	8
6 grain	7
beef fried rice	9
teriyaki chicken	7
chicken ala king	7
milk	10.8
choc milk	10
Peach Drink	6
cherry lemonade	12
broccoli cheese soup	8
ABC Soup	5
creamy chicken noodle soup	4
tropical fruit	9
apple slsices	1
banana	2.2
diced carrots	3
onions	2.4
tomato powder	4.5
sweet corn	3
sweet peas	3.3
chicken tvp	2.2
beef tvp	2.2
potao flakes	1.5
potato granules	5.9
green lentils	5.5
ground pepper	1
garlic powder	1

italian seasoning	1
beef boullion	2
chicken boullion	2
shortening powder	2.8
hash brown potatos	2.5
eggs & sausage	4
6 grain pancake mix	3
blueberry pancake mix	4.5
honey corn bread	3
brownie mix	2
oatmeal cookie mix	5
tvp taco	3
pasta, macaroni elbow	3.26
egg noodles	1.5
pasta spaghetti	4
sprouting kit	1
California harvest mix	4
Seychelle Advanced Filter Water Bottle	1
Super Spectrim 3000 Vitamins	0.1