

Everyday Food™

Not just for the short term...
Health for the long term

All Natural Whole Food

with:
No Preservatives



"In the beginning, God said...I give every herb bearing plant and tree that has fruit with seed in it, they shall be yours for food." Genesis 1:29



Providing:
Food for the Body and Soul

While it is difficult in today's world to predict when disasters will occur, we do have the power to choose how severely they might affect us. By acting now you can prepare yourself and others with our **training, supplies, and emergency kits** to deal with natural or man-made disasters at home, at work, at school, or on-the-go. Your preparation may save lives, prevent illness or injury, and maintain calm in a crisis situation. Being secure in an unsure world means preparing for the possibility of not having things we take for granted every day. Because help may not be immediately available after a major emergency or disaster, the U.S. Government recommends that you plan to be self-sufficient for at least 3 days (72 hours) or more. This means having emergency supplies that provide for **10 basic needs: water, food, personal protection, first aid, shelter, warmth, communication, light, tools and sanitation/hygiene.**

As a disaster or emergency may happen at any time of the day or night, it is important to be prepared. Also, since no one knows the day or the hour their life may be required of them, nor do we know the day and the hour our Lord will return, we must be ready. **Whether you believe it or not, the signs are all around us and things are about to change.** It is written: *"It is appointed for all men once to die and then after that to face the judgment";* and *"Narrow is the road that leads to life and only a few find it."* The future is uncertain and not only do we face natural disasters, economic and financial distress, as well as the constant threat of terrorism, many face the lack of basic necessities. While we are dealing with our own anguish, we should be helping the poor, the needy and outcasts as well as providing for our own families. Jesus (Yeshua) said, *"Whatever you did for the least of these my brothers you did for me."* If we love Him, we will obey Him and take care of the less fortunate. If you want to make sure you are ready, **Teshuvah Living can help you prepare for what is to come.**



Preparing the people, body and soul, for what is to come

Services and training include:

- Repentance and returning to God with all your heart
- Living according to His word
- Simpler Living—relearning the basics
- Preparedness—for disaster & more



For more information and to order products contact:

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Emergency Preparedness



Are You Ready?

**"We hope it never happens... we pray that it won't... But what if it does?
Are you equipped to survive?
Are you prepared to help others?"**



Hurricanes... Tornadoes... Floods... Drought...
Locusts... Fires... Earthquakes... Volcanoes... Tsunami...
Winter Storms... Power Outages... Loss of Job...
Loss of Income... No Medical Insurance...
Sickness and Disease... Death of a Loved One...
Homelessness... Terrorism... Famine... War... Plague...
The Coming of the Lord...



Many times in recent history we have been reminded that having our own personal food storage supply has been and is essential. From floods, earthquakes, tornadoes, hurricanes, losing a job to acts of terrorism or even signs of the times and biblical prophecies, having your own personal food storage gives you an indescribable peace of mind, letting you know that you and your family is prepared if something happens to the public food supplies.



We as Stewards over our families are responsible for their survival. As history repeats itself over and over, it's easy to see why we need to be prepared. Earthquakes, floods, tornadoes, hurricanes, fires, wars, famine, terrorism, and starvation could be tragic without family preparedness.

In these uncertain times of a dwindling economy, **there has never been a more important time for you to have a supply of Everyday Food on hand.**

Food and water are the number one basic needs for survival. If a disaster strikes you cannot always depend upon your government to come to your rescue, therefore, you need to become self-sufficient, and not count upon outside resources for your food. Not to the point where you depend solely upon yourself, but upon the Lord. You must also recognize that you have ears to hear what the Lord is saying, **“Get Ready...Be prepared!”**



We encourage believers world-wide to prepare for adversity in life by having a basic supply of food and water, and some money in savings.

One of the first steps that you can take to become self-sufficient is to start with water and food storage. That's where we can help you...

Teshuvah Living has created “**Everyday Food™**”, which are **All Natural & Organic Whole Food** products, with a wide range of whole grains, legumes, vegetables and fruits, designed to sustain you—*Not just for the short term, but health for the long term!*

Everyday Food™ is just that, food that you would eat everyday. It is not just for preparedness for disaster, but can be eaten at a fraction of the cost of fast food, processed, and packaged food. And the great part is that it is healthy, nutritious, and it tastes great!



We have many **Everyday Food** products and an example of just one of those listed below is: Comb III. You can also visit our website for products, training, and resources to help you prepare... It's not a matter of if, it's a matter of when. So, with careful planning, you can over time, establish a home storage supply and financial reserve. Then you can answer the question: “Are you ready?”...YES!!

Each 5-gallon bucket contains:

- Organic, healthy, freeze dried and dehydrated, whole foods
- 144 hearty 1 cup meal servings (or 216 2/3-cup meal servings)
- *Plus*—6 fruit and vegetable snacks*
- 24 individual 6-serving packages (1 cup serving size)*
- 48 Breakfast servings and 96 Entrée Servings*
- Seasonings & Condiments
- Pre-mixed and seasoned foods that taste great
- Easily transportable in case of emergency
- Convenient sized packaging
- Simple preparation: boil water, add ingredients, & cook (*short cooking time*)
- Up to a 20 year shelf life—vacuum sealed
- Vitamin and mineral rich naturally for great nutrition
- 100% Vegetarian (*but can add meat if desired*)!
- 100% All Natural and Organic



Combo III*

Includes the following food:

Breakfasts

- Buckwheat Pancakes
- Blueberry Pancakes
- Buttermilk Pancakes
- 7 Whole Grains Kasha
- Apple & Cinnamon Oatmeal
- Plain Oatmeal
- Carrot Cake Muffins/Griddle Cakes
- Strawberry Muffins/Griddle Cakes

Entrees

- Minestrone
- Mushroom, Bean & Barley
- 3-Bean Chili
- Wild Corn Chowder
- Mushroom & Wild Rice
- Split Pea Soup
- Friendship Soup
- Tortilla Soup
- Potato Soup
- Home Style Chicken Soup
- Hearty Lentil Stew
- Black Bean Chili
- Mushroom Stroganoff
- Southwestern Stew
- Tuscany Bean Soup
- Stone Soup (Vegetable)

Snacks

- Fruit Salad
- Fruit Munchees
- Veggie Snack
- Salty Veggies
- Spicy Veggies
- Peanut Butter

Other

- “Chicken” Like Seasoning
- Sea Salt
- Italian Seasoning
- Seasoned Salt
- Whey Low
- Succanat