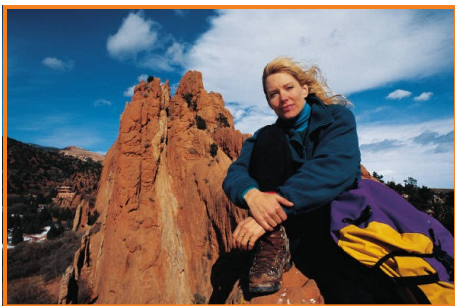




*Alison's Pantry is excited to add to our food storage offerings by including Achieve freeze-dried fruits and vegetables. They're a perfect portable and nutritious snack, as well as ideal for long-term food storage.*

### **What Makes Achieve So Great?**

- Every product is 100% natural fruit or vegetable, with no added sugars or preservatives.
- Achieve's freeze-drying process retains up to 100% of the vitamins, minerals and amino acids in the fruit or vegetable, just without the water. There are no significant changes in the antioxidant content when compared to the original fruit.
- Freeze dried fruits and vegetables are more nutritious and flavorful than dehydrated ones because dehydrated foods can lose up to 59% of their nutritional value in the dehydration process. Freeze dried foods retain their natural sweetness and just-picked flavor.
- Achieve foods make satisfying, healthful snacks for camping, backpacking, and sports by providing continuous no-spike energy with much lower caloric intake than sports bars or drinks.
- These foods are packaged in durable mylar resealable pouches. When stored in a cool, dry place, Achieve products will last 15 years unopened and 18 months once opened. You'll love how compact and lightweight freeze-dried foods are for backpacking or home storage.
- They are delicious right out of the package, but also work well rehydrated for cooking.
- Achieve freeze-dried fruits and vegetables are always in season!



### **Alison's Pantry**

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