



Food Storage Items in #10 Cans (Page 1 of 4)



#10 cans hold approximately 13½ cups, or just a little less than a gallon.

They are an excellent size for a family, and are very easy to store and rotate.

Code	Description	Ship Wt.	Price	Qty	Total
31032	16 Bean Mix (17 items) 84 oz. #10 Can	6 lb.	\$11.69		\$
31403	6 Grain Rolled Cereal 48 oz. #10 Can	4 lb.	\$5.99		\$
31410	7 Whole Grain Mix 83 oz. #10 Can	6 lb.	\$8.44		\$
31671	ABC Soup Mix 84 oz. #10 Can	6 lb.	\$9.54		\$
31418	Amaranth Organic 88 oz. #10 can	7 lb.	\$17.97		\$
31226	Apple Drink Mix, Fructose Sweetened 94 oz. #10 can	8 lb.	\$19.74		\$
31364	Apple Slices 21 oz. #10 Can	2 lb.	\$14.19		\$
31370	Applesauce Powder, 44 oz. #10 can	4 lb.	\$27.64		\$
31253	Baking Powder, Rumford Aluminum-Free 80 oz. #10 Can	6 lb.	\$13.99		\$
31419	Baking Soda, 116 oz. #10 Can	8 lb.	\$8.94		\$
31374	Banana Slices 36 oz. #10 Can	3 lb.	\$8.04		\$
31430	Barley, Pearl 92 oz. #10 Can	7 lb.	\$6.94		\$
31035	Beans, Adzuki Org 84 oz.#10 can	6 lb.	\$14.86		\$
31041	Beans, Anasazi 84 oz. #10 Can	6 lb.	\$15.94		\$
31044	Beans, Baby Lima 88 oz. #10 can	7 lb.	\$11.19		\$
31048	Beans, Black Turtle 90 oz. #10 Can	7 lb.	\$10.54		\$
33232	Beans, Black Turtle Organic 90 oz #10 Can	6 lb.	\$14.66		\$
31058	Beans, Garbanzo 80 oz. #10 can	6 lb.	\$9.24		\$
31062	Beans, Great Northern 84 oz. #10 Can	6 lb.	\$10.59		\$
31075	Beans, Kidney 76 oz. #10 Can	6 lb.	\$10.59		\$
31088	Beans, Mung 80 oz. #10 can	6 lb.	\$12.94		\$
31095	Beans, Pinto 84 oz. #10 Can	6 lb.	\$8.54		\$
31099	Beans, Pinto Organic 84 oz. #10 can	6 lb.	\$13.31		\$
31100	Beans, Refried 48 oz. #10 Can	4 lb.	\$11.54		\$
31106	Beans, Small Red 90 oz. #10 Can	7 lb.	\$9.74		\$
37954	Beans, Small Red Organic 90 oz. #10 Can	7 lb.	\$14.12		\$
30315	Beans, Small White Bean Organic 94 oz. #10 can	5 lb.	\$14.60		\$
31188	Beans, Small White Navy 94 oz. #10 Can	7 lb.	\$11.09		\$
31191	Beans, Soy 84 oz. #10 Can	6 lb.	\$6.79		\$
31197	Beans, Soy Organic 84 oz. #10 Can	4 lb.	\$11.99		\$
31679	Beef Noodle Soup 40 oz. #10 Can	3 lb.	\$10.14		\$
31689	Biscuit Mix, Buttermilk Complete 51 oz. #10 Can	5 lb.	\$7.49		\$
31609	Bouillon, Beef 116 oz. #10 Can	8 lb.	\$23.64		\$
31614	Bouillon, Chicken 116 oz. #10 Can	8 lb.	\$23.64		\$
31715	Bread & Roll Mix, Honey Wheat 68 oz. #10 Can	5 lb.	\$7.99		\$
31718	Bread & Roll Mix, Honey White 68 oz. #10 Can	5 lb.	\$9.49		\$
32467	Broccoli, 20 oz. #10 Can	2 lb.	\$18.69		\$
31710	Brownie Mix, Deluxe 84 oz. #10 Can	6 lb.	\$13.14		\$
31437	Buckwheat, Hulled Organic 85 oz. #10 Can	6 lb.	\$13.91		\$
31303	Butter Powder 44 oz. #10 Can	4 lb.	\$25.49		\$
31335	Buttermilk Powder 68 oz. #10 Can	5 lb.	\$16.49		\$
32472	Cabbage, 20 oz. #10 can	2 lb.	\$13.04		\$
32121	Cake Mix, Chocolate Complete, 73oz #10 can	5 lb.	\$11.49		\$
32120	Cake Mix, White Complete, 69oz #10 can	5 lb.	\$10.99		\$
32476	Carrot, Diced, 38 oz. #10 Can	4 lb.	\$15.64		\$
32556	Celery, 18 oz. #10 Can	2 lb.	\$9.74		\$
31310	Cheese Blend Powder, 65 oz. #10 Can	5 lb.	\$25.04		\$
31313	Cheese Powder, Cheddar, 51 oz. #10 Can	4 lb.	\$25.60		\$
31701	Chicken Noodle Soup 30 oz. #10 Can	6 lb.	\$12.19		\$
31259	Clear Jel instant Thickener (Cold), 64 oz. #10 can	6 lb.	\$16.34		\$
37967	Clear Jel Non-Instant Thickener (Hot), 64 oz. #10 Can	6 lb.	\$15.54		\$



Food Storage Items in #10 Cans (Page 2 of 4)



All our #10 cans come with plastic lids for your convenience.

Keep your #10 cans in a cool, dry location to maximize shelf life.

Code	Description	Ship Wt.	Price	Qty	Total
33404	Cocoa, Unsweetened Dutch Baking, #10 Can	4 lb.	\$13.49		\$
31362	Coconut Shreds 30 oz. #10 Can	3 lb.	\$9.14		\$
31263	Corn Syrup Solids, 64 oz. #10 Can	5 lb.	\$7.19		\$
32562	Corn, Super Sweet 38 oz. #10 Can	4 lb.	\$18.79		\$
31445	Corn, Whole Yellow Dent 76 oz. #10	6 lb.	\$4.94		\$
31441	Cornmeal, Yellow 72 oz. #10 Can	6 lb.	\$6.04		\$
31267	Cornstarch, 68 oz. #10 Can	5 lb.	\$6.64		\$
31321	Egg Whites 48 oz. #10 Can	4 lb.	\$42.24		\$
31317	Eggs, Mix 48 oz. #10 can	4 lb.	\$22.49		\$
37970	Eggs, Ova Easy Whole Egg Crystals, 48 oz. (144 Eggs) #10 Can	4 lb.	\$48.29		\$
31324	Eggs, Whole Powdered, 48 oz. (108 Eggs) #10 Can	4 lb.	\$20.64		\$
31451	Flax, Brown 76 oz. #10 Can	5 lb.	\$7.69		\$
37975	Flax, Golden, 76 oz. #10 Can	5 lb.	\$9.04		\$
31455	Flour, All Purpose 64 oz. #10 Can	5 lb.	\$5.99		\$
31472	Flour, Whole Wheat 64 oz. #10 Can	5 lb.	\$5.99		\$
31380	Fruit Galaxy 44 oz. #10 can	4 lb.	\$43.29		\$
38051	Gelatin, Strawberry Flavor, 96 oz. #10 Can	7 lb.	\$19.14		\$
31246	Germade, Cream of Wht 73 oz. #10 can	6 lb.	\$5.89		\$
31414	Grain, 9 Grain Cracked Cereal 69 oz. #10 can	5 lb.	\$6.99		\$
31249	Granola, Super Nutty 48 oz. #10 cn	4 lb.	\$10.39		\$
31068	Green Beans 24 oz. #10 Can	2 lb.	\$16.99		\$
31217	Hot Cocoa Mix, 90 oz. #10 Can	7 lb.	\$16.59		\$
31480	Kamut, Organic 85 oz. #10 Can	6 lb.	\$10.36		\$
31081	Lentils 88 oz. #10 Can	7 lb.	\$8.94		\$
31721	Macaroni & Cheese Mix, 50 oz. #10 Can	4 lb.	\$11.69		\$
34130	Macaroni, Elbow 50 oz. #10 Can	5 lb.	\$9.79		\$
33227	Macaroni, Whole Wheat Org 50oz #10 can	4 lb.	\$11.99		\$
31330	Margarine, Powder 44 oz. #10 can	4 lb.	\$12.09		\$
31621	Meat Substitute, Bacon Flavor 36 oz. #10 can	4 lb.	\$8.39		\$
31627	Meat Substitute, Barbecue Flavor 52 oz. #10 can	4 lb.	\$17.89		\$
31630	Meat Substitute, Beef Flavor 40 oz. #10 Can	4 lb.	\$9.39		\$
31633	Meat Substitute, Beef Flavor Jerky 40 oz. #10 Can	4 lb.	\$17.94		\$
31638	Meat Substitute, Chicken Flavor 33 oz. #10 Can	3 lb.	\$8.69		\$
38028	Meat Substitute, Chicken Flavor Strips 40 oz. #10 Can	1 lb.	\$17.79		\$
31643	Meat Substitute, Ham Flavor 36 oz. #10 can	3 lb.	\$11.44		\$
31646	Meat Substitute, Imagic Bakon Crumbles 56 oz. #10 Can	5 lb.	\$17.04		\$
32870	Meat Substitute, Italian Sausage Flavor 40 oz. #10 Can	4 lb.	\$12.49		\$
31649	Meat Substitute, Pepperoni Flavor 52 oz. #10 can	5 lb.	\$13.44		\$
31655	Meat Substitute, Sausage Flavor 40 oz. #10 can	4 lb.	\$10.19		\$
31774	Meat Substitute, Sloppy Joe Flavor 52 oz. #10	5 lb.	\$17.24		\$
31662	Meat Substitute, Taco Flavor 56 oz. #10 can	5 lb.	\$12.89		\$
31340	Milk, Instant Nonfat 60 oz. #10 Can	5 lb.	\$13.63		\$
31352	Milk, Regular Nonfat 64 oz. #10 Can	5 lb.	\$11.38		\$
37984	Millet, Hulled Org 84 oz. #10 can	6 lb.	\$12.86		\$
30213	Mix, Basic Muffin 72 oz. #10 can	5 lb.	\$12.89		\$
31675	Mix, Beef Flavor Stew 40 oz. #10 Can	3 lb.	\$12.99		\$
31676	Mix, Beef Fricassee 64 oz. #10 Can	5 lb.	\$10.49		\$
31678	Mix, Brown Gravy Mix 70 oz. #10 can	5 lb.	\$21.19		\$
31698	Mix, Chicken Fricassee 64 oz. #10 Can	5 lb.	\$10.04		\$
31699	Mix, Chicken Gravy 70 oz. #10 can	5 lb.	\$22.54		\$
37994	Mix, Corn Muffin 72 oz. #10 can	6 lb.	\$12.84		\$



Food Storage Items in #10 Cans (Page 3 of 4)



Our #10 cans contain top quality dry or dehydrated foods.

They have been packed in a dry climate, and contain oxygen absorber packets to maintain freshness.

Code	Description	Ship Wt.	Price	Qty	Total
31706	Mix, Creamy Potato Soup Red Fat 56 oz. #10	4 lb.	\$16.54		\$
33206	Mix, Macaroni & Cheese 6 #10 Cans	23 lb.	\$64.64		\$
31723	Mix, Mountain Stew Blend 40 oz. #10 can	3 lb.	\$14.39		\$
31781	Mix, Stroganoff Casserole 49 oz. #10 can	4 lb.	\$12.59		\$
31783	Mix, Stroganoff Gravy 49 oz. #10 can	4 lb.	\$17.84		\$
31790	Mix, Vegetable Soup 28 oz. #10 Can	3 lb.	\$8.84		\$
31343	Morning Moo Milk Substitute, Chocolate 80 oz. #10 can	6 lb.	\$15.54		\$
31347	Morning Moo Milk Substitute, White, 64 oz. #10 Can	5 lb.	\$14.40		\$
35314	Mushroom Slices 9 oz. #10 Can	2 lb.	\$13.34		\$
34138	Noodles, Egg 51 oz. #10 Can	3 lb.	\$8.54		\$
38005	Oat Bran, Fine Organic, 57 oz. #10 can	4 lb.	\$10.74		\$
31500	Oat Groats 85 oz. #10 Can	7 lb.	\$6.79		\$
33220	Oat Groats, organic 85 oz #10 can	6 lb.	\$12.66		\$
31489	Oats, Bran fine 57 oz. #10 can	4 lb.	\$7.04		\$
31506	Oats, Quick Rolled 40 oz. #10 Can	4 lb.	\$5.84		\$
38012	Oats, Quick Rolled Organic, 40 oz. #10 Can	4 lb.	\$10.74		\$
31515	Oats, Regular Rolled 40 oz. #10 Can	4 lb.	\$5.84		\$
38016	Oats, Regular Rolled Organic, 40 oz. #10 Can	4 lb.	\$10.74		\$
35317	Onion, Chopped 40 oz. #10 Can	4 lb.	\$12.09		\$
31233	Orange Drink Mix, Fructose Sweetened, 105 oz. #10 Can	8 lb.	\$19.74		\$
31695	Pancake Mix, Buttermilk Complete 63 oz. #10 Can	5 lb.	\$8.54		\$
31239	Peach Drink Mix, Fructose Sweetened, 105 oz. #10 Can	8 lb.	\$19.74		\$
31385	Peach Flavor Apple Flakes 40 oz. #10 cn	4 lb.	\$24.34		\$
31390	Peach, Diced, 52 oz. #10 Can	4 lb.	\$49.39		\$
31280	Peanut Butter Powder 48 oz. #10 Can	4 lb.	\$17.24		\$
35322	Peas, Garden Sweet 49 oz. #10 Can	4 lb.	\$21.59		\$
31212	Peas, Split Green 98 oz. #10 Can	7 lb.	\$7.84		\$
35326	Peppers, Mixed Red & Green 20 oz. #10 Can	2 lb.	\$12.24		\$
31526	Popcorn, Yellow 96 oz. #10 Can	7 lb.	\$7.64		\$
35337	Potato Flakes 32 oz. #10 Can	3 lb.	\$6.74		\$
35345	Potato Granules 88 oz. #10 Can	8 lb.	\$12.04		\$
35350	Potato Slices 20 oz. #10 Can	2 lb.	\$6.59		\$
35333	Potato, Diced, 36 oz. #10 Can	4 lb.	\$8.59		\$
35347	Potato, Hashbrown 27 oz. #10 Can	3 lb.	\$7.94		\$
33207	Potato, Potato Butter Bits 48 oz. #10 can	3.5 lb.	\$13.44		\$
33208	Potato, Potato Butter Bits 6 #10 cans	39 lb.	\$75.09		\$
31674	Pudding Mix, Banana Instant 80 oz. #10 Can	6 lb.	\$23.39		\$
31704	Pudding Mix, Chocolate Instant 76 oz. #10 Can	6 lb.	\$22.89		\$
31725	Pudding Mix, Tapioca 72 oz. #10 Can	5 lb.	\$15.74		\$
31789	Pudding Mix, Vanilla Instant 76 oz. #10 Can	6 lb.	\$22.89		\$
31529	Quinoa, Organic 88 oz. #10 Can	7 lb.	\$22.62		\$
31394	Raisins, Golden, Hard, Dried 48 oz. #10 Can	4 lb.	\$29.09		\$
31532	Rice, Basmati Brown, Organic, 84 oz. #10 can	6 lb.	\$16.61		\$
31539	Rice, Brown Long Grain, 84 oz. #10 can	6 lb.	\$7.99		\$
31543	Rice, Brown Organic, 84 oz. #10 can	6 lb.	\$14.56		\$
38085	Rice, Par Boiled 82 oz. #10 Can	6 lb.	\$8.49		\$
31552	Rice, White Long, Grain, 88 oz. #10 Can	7 lb.	\$7.49		\$
31284	Salt, Iodized 128 oz. #10 Can	9 lb.	\$6.89		\$
31289	Sea Salt, Real Natural 128 oz. #10 Can	9 lb.	\$35.54		\$
31297	Shortening Powder 44 oz. #10 Can	4 lb.	\$11.09		\$
31355	Sour Cream Powder 48 oz. #10 Can	4 lb.	\$27.89		\$



Food Storage Items in #10 Cans (Page 4 of 4)



Code	Description	Ship Wt.	Price	Qty	Total
33231	Spaghetti Whole Wheat Org 54 oz. #10 Can	4 lb.	\$12.84		\$
34146	Spaghetti, 51 oz. #10 Can	5 lb.	\$10.04		\$
31563	Spelt, Organic 85 oz. #10 Can	6 lb.	\$13.26		\$
35356	Spinach Flakes 8 oz. #10 Can	1 lb.	\$8.69		\$
35079	Sprout Seed, Alfalfa 88 oz. #10 Can	7 lb.	\$27.19		\$
31400	Strawberry Flavor Apple Flakes 40 oz. #10 can	4 lb.	\$24.59		\$
32459	Sugar, Brown 67 oz. #10 Can	5 lb.	\$9.69		\$
32463	Sugar, Powdered 60 oz. #10 Can	5 lb.	\$9.19		\$
32466	Sugar, White 94 oz. #10 Can	7 lb.	\$10.24		\$
38099	Sweet Potato, Diced, 44 oz. #10 Can	3 lb.	\$16.24		\$
35363	Tomato Powder 68 oz. #10 Can	5 lb.	\$28.99		\$
31573	Wheat, Cracked 65 oz. #10 can	5 lb.	\$6.84		\$
31584	Wheat, Hard Red 88 oz. #10 Can	6 lb.	\$3.80		\$
33217	Wheat, Hard Red Organic Wheat 88oz #10 can	6 lb.	\$7.86		\$
31596	Wheat, Hard White 88 oz. #10 Can	6 lb.	\$4.01		\$
31779	Whipped Topping Mix, 71 oz. #10 Can	5 lb.	\$20.14		\$
32275	White Cream Soup Base/White Cream Sauce Mix, #10 Can	5 lb.	\$17.74		\$

Name:	Total:	\$
Phone:	Shipping: \$10.00 + 75c/lb.	
Address:	Customer Pick Up: \$0	
	Tax (UT 3%, ID 6%)	
Email:	Date:	Grand Total: \$

Provident Living • www.providentliving.com
Provident Living • 729 W. 350 South • Orem, UT 84058 • (801) 610-4143
Please attach a check payable to Provident Living.

Prices are subject to change without notice. Quantities of some items may be limited.

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