

High Ground Quake Supplies - a division of Tofino Technology Services Ltd.

250-725-8118 orders@quakesupplies.ca
311 Neill St (under SoBo)



For nearly 50 years, consumers have continued to choose Mountain House as their favorite brand of freeze dried food for on-the-go adventures, emergency preparedness and survival. Just add water and wait 10 minutes...and eat! If a heat source is not available, room temperature or cold water can be used. Because no cooking is needed, these foods require much less water and fuel than most fresh, frozen or dehydrated foods.

Mountain House Pouches

- Convenient: Add water and eat right out of the pouch
- 12+ Year Shelf Life



Scrambled Eggs with Ham & Pepper – 1 serving - \$7.95	Lasagna with Meat Sauce – 2 servings - \$10.05
Scrambled Eggs with Bacon - 1 serving - \$7.40	Turkey Tetrazzini – 2 servings - \$10.05
Granola with Milk & Blueberries - 1 serving - \$7.40	Chicken and White Bean Chili – 2 servings - \$10.95
Breakfast Skillet - 2 servings - \$9.99	Macaroni and Cheese (veg.) – 2 servings - \$9.99
Rice and Chicken – 2 servings - \$9.99	Pasta Primavera (veg.) – 2 servings - \$9.65
Vegetable Stew with Beef – 2 servings - \$10.95	Rice Pilaf with Vegetables (veg.) – 2 servings - \$8.99
Chicken Teriyaki with Rice – 2 servings - \$10.99	

Mountain House #10 Cans

- Long Term Emergency Storage
- 25+ Year Shelf Life



Scrambled Eggs with Bacon – 16 servings \$38.75	Chicken Teriyaki with Rice – 10 servings \$33.50
Rice and Chicken – 10 servings \$25.95	Lasagna with Meat Sauce – 10 servings \$39.75
Spaghetti with Meat Sauce – 10 servings \$28.75	Chili Mac and Beef – 10 servings \$30.95
Vegetable Stew with Beef – 10 servings \$40.25	Six Can Entrée Sampler Kit – 60 Servings - \$189.99
Larger Entrée and Breakfast with Entrée Packages also Available: 1-month supply, 3-month supply, etc.	

Mountain House 72-Hour Emergency Meal Kit - \$79.99

3 x breakfast skillet	1 x Chili Mac with Beef	1 x Chicken and White Bean Chili
	1 x Chicken Teriyaki with Rice	1 x Rice and Chicken
	1 x Spaghetti with Meat Sauce	1 x Wild Rice Pilaf



To Order: orders@quakesupplies.ca – 250-725-8118
Or visit the Tofino Tech shop at 311 Neill St, under SoBo