Dr. Toby Lepley is an avid runner. He is getting ready to compete in the 4K at State 4-H Roundup. Dr. Lepley practices throughout the year but wants to make sure he finds just the right outfit to look and feel the part at State 4-H Roundup. Since Roundup is held at College Station during the summer he wants to make sure that he gets something that will breathe easy and not hold sweat. He would prefer for his clothes to also have an odor preventer and he wants to make sure that he has plenty of flexibility for fast pace running. Dr. Lepley is on a limited sporting goods budget and needs to keep his running outfit $50 or under.
Item #1

$24.99

PRODUCT FEATURES

- Anti-odor protection
- Lightweight, breathable material
- Drawstring elastic waistband
- 2-pocket
- Polyester
- Machine wash

$19.99

SHIRT FEATURES

- ClimaLite moisture-wicking fabric
- Crewneck
- Short sleeves
- Polyester
- Machine wash
Item #2

$24.49

PRODUCT FEATURES
- Running shirt
- Short sleeve silhouette offers lightweight coverage
- Dri-FIT® wicks sweat for dry comfort while running
- Color-blocked design features mesh for enhanced ventilation
- Closed-hole mesh helps reduce chafing on distance runs
- Back neck loop helps keep headphone cords in place
- Flatlock seams move smoothly against your skin
- Reflective elements remain visible on low-light runs
- Care Instructions: Machine wash
- Style: 644396
- Nike

$28.99

PRODUCT FEATURES
- Moisture-wicking fabric
- Lightweight lining
- 2 pockets

FIT & SIZING
- Elastic waistband with inner draw cord

FABRIC & CARE
- Polyester
- Machine wash
Item #3

$25.99

PRODUCT FEATURES

- Running shorts
- Moisture-wicking Dri-FIT® fabric keeps you cool and dry by pushing sweat away from the skin
- Elastic waist with an interior draw cord adheres to your body for a snug, comfortable fit
- Mesh side panels promote air circulation for cool breathability
- Inseam gusset promotes a free range of motion
- Side pockets and an interior waist pocket provide storage space for small items
- Care Instructions: Machine wash

- Fabric: 100% polyester

$23.69

PRODUCT FEATURES

- Fitted running t-shirt
- UA Micro Thread fabric uses thin lines to deliver stretch without moisture absorption
- Anti-odor technology delivers odor-free, fresh performance
- Reflective details allow for enhanced visibility in low lighting
- UA logo chest graphic
- Fabric: 77% polyester / 23% elasterell
- Style: 1271823
- Brand: Under Armour
Item #4

$10.99
This Adidas t-shirt features an "Adidas Basketball" design.

- Short Sleeve T-Shirt
- Brand: Adidas
- 100% Cotton, Machine Washable
- Men's Sizes

$12.99
PRODUCT FEATURES
- Converse
- Mens
- 100% Polyester
- Available in assorted colors
- Machine wash cold
- Converse Men’s Mesh Basketball Shorts Red Elastic waist hem with adjustable draw cord for the perfect fit. All over mesh material to keep you cool and dry.
Charlie is an active person that loves to work out at the gym several times per week. He also runs or cycles on those days he can’t make it to the gym. His caloric intake is higher than most young men and his interest in building muscle mass requires him to consume lots of protein. His activity level requires higher than average calories. He’s staying in a hotel while he attends a business meeting and doesn’t have the ability to go to the store or prep his own nutrient-rich snack for the day. However, the hotel has a snack shop that he can buy his snack from before he leaves at 7am. He’s not too concerned about his budget but would like to keep the cost under $4. He will be in meetings all day and has to put his snack in his brief bag. This will serve as his mid-afternoon snack.
Effortless Egg – 6 Hard-Boiled Eggs

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Egg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>6</td>
</tr>
</tbody>
</table>

| () Information is currently not available for this nutrient. |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**

** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.

<table>
<thead>
<tr>
<th>Calorie Level</th>
<th>Calories: 2,000</th>
<th>Calories: 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 80g</td>
</tr>
<tr>
<td>Sat. Fat</td>
<td>Less than 20g</td>
<td>Less than 25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2400mg</td>
<td>Less than 2400mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>3500mg</td>
<td>3500mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

Product Information
Effortless Egg 6ct Hard Cooked Eggs

Warnings: Warning Text: KEEP REFRIGERATED. Use within 2-3 days after opening package. Do not freeze. Do not microwave.

Directions: Safe Handling Instructions: Do not freeze. Do not microwave. Use within 2-3 days after opening package.
$1.98/ea  Item #2

StarKist – Sweet & Spicy Tuna Creations

Tuna Creations® Sweet & Spicy – select cuts of premium tuna seasoned with spicy peppers, sweet onions and a delicious Asian style seasoning. Under 100 calories per single serve pouch, this tuna will jazz up a lunchtime salad or make your sandwich really sing. It’s even perfect for eating right out of the pouch (Net Wt. 2.6 oz / 74 g)

* High in Protein  
++Natural Omega 3’s  
*Tuna is naturally high in protein

++ StarKist Tuna Creations® Sweet and Spicy has 170mg of DHA and EPA Omega 3’s per 74mg serving and 125mg per 56g serving.
Kraft String Cheese (12 oz / 340 g)

**Product Information**

KRAFT String Cheese
Enjoy the creamy texture of KRAFT Mozzarella String Cheese that combines all the goodness of milk. It’s the perfectly tasty snack that you and your family can eat at home or on the go!

Warning: KEEP REFRIGERATED

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 stick (28g)</th>
<th>Servings Per Container 12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories: 80</td>
<td>Calories from Fat: 50</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat: 6g</td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat: 3.5g</td>
<td>18%</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 20mg</td>
<td>7%</td>
</tr>
<tr>
<td>Sodium: 190mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate: 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber: 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars: 0g</td>
<td></td>
</tr>
<tr>
<td>Protein: 7g</td>
<td>14%</td>
</tr>
<tr>
<td>Vitamin A: 4%</td>
<td>100%</td>
</tr>
<tr>
<td>Calcium: 15%</td>
<td>Iron: 0%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>90g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td>55g</td>
</tr>
</tbody>
</table>

Ingredients: Pasteurized milk and skim milk, vinegar, salt. Enzymes contain: Milk.
Item #4
ICONIC – Protein Drink

$3.49/ea

Product Information
GRASS-FED MILK PROTEIN!

We start with 20g of premium protein from grass-fed hormone free cows, then we add fiber, organic fair-trade blue agave, and vitamin b-12. Welcome to a shelf-stable protein drink with lean, premium ingredients and gourmet taste. Welcome to the ICONIC life.


Refrigerate after opening.

130 Calories
8g Total Carbohydrates
3g Sugar
20g Protein

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 bottle 12 fl oz (335mL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>130</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>220mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>380mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>8g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
</tr>
<tr>
<td>Protein</td>
<td>20g</td>
</tr>
</tbody>
</table>

Calcium 25%
Vitamin B12 200%
Phosphorus 40% • Magnesium 50%

Not a significant source of Vitamin A, Vitamin C, or Iron.

*Percent Daily Values are based on a 2,000 calorie diet.
Kendra will be attending the Texas 4-H Adventure trip to New Mexico. She needs to purchase a sleeping bag for this trip along with other gear. This backpacking trip involves a 5-day outing in a wilderness area so she will need a sleeping bag that is lightweight and easy to carry in his backpack. As temperatures may cool down to 30 degrees, he also needs a bag to keep him warm. It is not uncommon for there to be thunderstorms in the area during this time of year.

This is Kendra’s first backpacking experience. As she is not sure she will become an avid backpacker, and needing to purchase other necessary gear, she has budgeted $80 to purchase a sleeping bag.

Which sleeping bag would be her best choice?
#1
North Face Aleutian Mummy Bag
Cost: $48.00

Product Features
Size: 32” x 82”
Fill: Synthetic
Temp. Rating: 55 degrees
Weight: 1 lb 10 oz
Cover: Nylon
Lining: Nylon
Storage: Roll-top stuffsack
#2
Kelty Misteral Mummy Bag

Cost: $65.95

Product Features
Size: 32” x 80”
Fill: Synthetic
Temp. Rating: 20 degrees
Weight: 2 lbs 8 oz.
Cover: DWR Polyester
Lining: Polyester
Storage: Stuffsack
#3
Marmot Trestle Mummy Bag
Cost: $95.00

Product Features
Size: 31” x 85”
Fill: Down
Temp. Rating: 0 degrees
Weight: 2 lbs. 1 oz
Cover: Polyester
Lining: Polyester
Storage: Stuffsack

On-line coupon for 25% off and free shipping included
#4

Coleman Big Game

Cost: $75.00

Product Features
Size: 40” x 84”
Fill: Synthetic
Temp. Rating: -5 degrees
Weight: 7 lbs.
Cover: Canvas
Lining: Flannel
Storage: Duffle Bag

Free Shipping and $15 mail in rebate
Class #4

Athletic Shoes

Justin will be entering his Junior year of high school in August and he plans to be on the varsity basketball team. All players are responsible for purchasing their own pair of shoes for basketball. Justin’s school colors are red and black so he wants to be sure that he buys a color of shoe that will look good with his school colors. His parents have given him a budget of $130 to buy a pair of basketball shoes. Justin currently has some knee problems he also has plantar faciatis. So he wants to make sure that he finds a pair of durable and comfortable shoes that will not cause more issues to his body. What pair of shoes should Justin buy?
Under Armour™ Men's Curry 2.5 Basketball Shoes

General Features

- Molded synthetic uppers wrap closely against each foot for a lightweight fit
- Die-cut, antimicrobial OrthoLite sock liners with ETC® antifriction top cloths to reduce heat for cool wear
- Multidirectional, organic herringbone outsoles provide control and grip
- Midsoles with Charged Cushioning to absorb impact and provide a comfortable and responsive ride
- Full-length Micro G® foam helps cushion landings and improve takeoffs
- Custom-designed lace closures
- External PU shells offer durable support and provide structure
- External shanks and heel counters offer locked-down stability to prevent sliding and offer support
- Asymmetrical entry with burrito-style tongue construction provides support and comfort around the ankles
- Oversize UA license plate logos create a cool look

Price $129.99  Free Shipping and $15 mail in rebate
Under Armour Men's Curry 3 Basketball Shoes

General Features

- Threadborne™ uppers offer lightweight directional strength that support the great Stephen Curry
- Herringbone traction patterns work to improve your on-court grip, support and stability
- Lace closures
- Charged Cushioning® foam boosts multidirectional moves and first-step speed through shock absorption
- Soft Anafoam at the medial sides helps provide a body-mapped fit, plus lightweight structure and support
- Meta-wing carbon-fiber shanks deliver locked-down stability throughout the heel, arch and forefoot areas
- Available in 5 different colors, (White/Blue, Black/White, White/Gray, Black, Blue)

Price: $145.99  Flat $10 shipping fee included- On Sale 10% off
#3

Under Armour™ Men's ClutchFit® Drive 3 Elite Low-Top Basketball Shoes

General Features

- Uppers with ClutchFit® technology breathe, stretch and support the feet
- Herringbone outsoles with strategically placed diamond-shaped insets for enhanced control and traction
- Bear-trap lacing system connects to the tongue for a tight, locked-in fit
- External heel counters and internal shanks deliver stability and support
- Die-cut, antimicrobial OrthoLite sock liners mold to the shape of the feet
- Charged Cushioning® under the heels helps absorb heavy impact and convert it into responsive comfort
- Full-length Micro G® foam layer in each shoe turns cushioned landings into explosive takeoffs

Price: $109.99 Free returns on some colors, free shipping for purchases over $120. All other items will be charged a fee of 8.99 flat shipping fee.
Nike Men's Zoom HyperRev 2015 Basketball Shoes

General Features

- Rubber outsoles with a herringbone pattern for traction
- Lace closures
- Internal stretch booties provide a secure fit
- Nike Zoom units offer responsive cushioning
- High-top design
- Synthetic and mesh uppers with Flywire cables integrated with the laces provide stability and lockdown
- Molded TPU heel counters offer lockdown and support
- Hyperfuse construction for ventilation and support

Price: $129.99  
On-line coupon for 25% off and free shipping included
Penny is a die-hard and serious *Stars in Shadow* PC online gamer. Her desktop is lagging and the soundcard is not working properly. She needs a new system to play her favorite online gaming sites. She can’t quite afford the top-of-the-line system that has all the bells and whistles which can cost up to $2,000. Her budget ranges from $400 to $800 and wants to get the best deal for her money. She has been looking at both towers and laptops. She can use her existing peripherals and multiple controllers.
Item #1

Asus ROG GL552 15-inch Gaming Laptop

General Features

- Powerful 6th-generation Intel Core i7-6700HQ 2.6GHz. 16GB RAM; 1TB 7200RPM Storage.
- 15.6 inches Matte IPS FHD display. 1920 by 1080 resolution. NVIDIA GeForce GTX 960M gaming graphic card.
- GameFirst III technology prioritizes the flow of the game data across your network. Refer user manual.
- Feature the latest USB3.1 Type-C port for more convenient connectivity options.
- 100 solder points for durability and solid-feel, one piece keyboard with 1.8mm of key travel, gives you responsive keystrokes when typing and entering commands; The slide-off upgrade panel offers instant access, fit an M.2 SSD, a bigger hard drive or upgrade memory.

Price: $799.00
Item #2
Dell Inspiron 15 7000 - i7559

General Features

- Intel i5-6300HQ 2.3 GHz Quad-Core (6M Cache, Turbo up to 3.2 GHz)
- NVIDIA GeForce GTX 960M 4GB GDDR5
- 8 GB DDR3L / 256 GB Solid-State Drive
- 15.6-Inch FHD IPS, Wide-Angle, Anti Glare Screen.

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Processor</td>
<td>6th Generation Intel Core i5-6300HQ Quad Core (6M Cache, up to 3.2 GHz)</td>
</tr>
<tr>
<td>Operating System</td>
<td>Windows 10</td>
</tr>
<tr>
<td>Memory</td>
<td>8GB DDR3L 1600MHz (8GBx1)</td>
</tr>
<tr>
<td>Video Graphics</td>
<td>NVIDIA GeForce GTX 960M 4GB GDDR5</td>
</tr>
<tr>
<td>Hard Drive</td>
<td>256GB Solid State Drive</td>
</tr>
<tr>
<td>Multimedia Drive</td>
<td>Optical Drive Not included</td>
</tr>
<tr>
<td>Media Card Reader</td>
<td>2-in-1 Media Card Reader and USB 3.0</td>
</tr>
<tr>
<td>Bluetooth</td>
<td>Bluetooth tied to wireless card</td>
</tr>
<tr>
<td>Display</td>
<td>15.6-inch FHD (1920 x 1080) Anti-Glare LED-Backlit Display</td>
</tr>
<tr>
<td>Battery</td>
<td>74Whr, 6-C Cell</td>
</tr>
<tr>
<td>Software 1</td>
<td>McAfee CB LiveSafe 30Day Trial</td>
</tr>
<tr>
<td>Software 2</td>
<td>MS Office Trial TOPK, MUI (OTRT13M)</td>
</tr>
<tr>
<td>Software 5</td>
<td>Addl SW INS,SMOD,Win10,US/CAN (INSW10)</td>
</tr>
<tr>
<td>Disclaimer 3</td>
<td>Power Cord, US/CAN</td>
</tr>
<tr>
<td>Label</td>
<td>130 Watt</td>
</tr>
</tbody>
</table>

Price: $799.00
Item #3
Syber Vapor One

General Features
- AMD Athlon X4 740 Processor 3.2 GHz (cache)
- 4GB SDRAM DDR3
- 500 GB 7200 rpm Hard Drive

Price: $799.00
Item #4
Lenovo X315 Desktop

**General Features**
- AMD A10-7850K Processor 3.7 GHz (cache)
- 12 GB DDR3 RAM
- 2 GB 7200 rpm Hard Drive, 8 GB Solid State Drive
- AMD ATI Radeon R9 260 2GB
- Windows 8.1

<table>
<thead>
<tr>
<th>Processor</th>
<th>3.7 GHz A10</th>
</tr>
</thead>
<tbody>
<tr>
<td>RAM</td>
<td>12 GB DDR3</td>
</tr>
<tr>
<td>Memory Speed</td>
<td>1800 MHz</td>
</tr>
<tr>
<td>Hard Drive</td>
<td>2000 GB HDD 7200 rpm</td>
</tr>
<tr>
<td>Graphics Coprocessor</td>
<td>AMD ATI Radeon R9 260</td>
</tr>
<tr>
<td>Card Description</td>
<td>dedicated</td>
</tr>
<tr>
<td>Graphics Card Ram Size</td>
<td>2000 MB</td>
</tr>
<tr>
<td>Wireless Type</td>
<td>802.11 A/C</td>
</tr>
<tr>
<td>Number of USB 2.0 Ports</td>
<td>2</td>
</tr>
<tr>
<td>Number of USB 3.0 Ports</td>
<td>4</td>
</tr>
</tbody>
</table>

Price: $769.00
Chris is doing a workshop and needs to order lunch for everyone. There is not time to prep food, so he’ll have to resort to ordering from one of the many sandwich shops around town. He’s trying to stay conscious of healthy choices but can’t afford the time to ask for individual orders. He’s going to have to order one option for everyone and hope that most are OK with the selection. He is interested in ordering a moderately healthy lunch by reducing carbs and other undesirable things like fat, and sodium. He doesn’t have a lot of time to decide and his budget is $8 per person. All shops have offered to deliver for free.
Item #1

McAllister’s Garden Fresh Turkey Sandwich

Nutrition Facts includes all items served as part of this meal (sandwich, sides, & beverage)!

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving: Multiple Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories 900</td>
</tr>
<tr>
<td>Calories from Fat 150</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 17g</td>
</tr>
<tr>
<td>Saturated Fat 3.5g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 65mg</td>
</tr>
<tr>
<td>Sodium 2410mg</td>
</tr>
<tr>
<td>Total Carbohydrates 138g</td>
</tr>
<tr>
<td>Dietary Fiber 11g</td>
</tr>
<tr>
<td>Sugars 52g</td>
</tr>
<tr>
<td>Protein 36g</td>
</tr>
<tr>
<td>Vitamin A 0%</td>
</tr>
<tr>
<td>Vitamin C 0%</td>
</tr>
<tr>
<td>Calcium 10%</td>
</tr>
<tr>
<td>Iron 20%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2000 calorie diet.

INGREDIENTS: Garden Fresh Turkey Sandwich (Limited Time) (*Cheese, Havarti [Milk, Salt, Rennet, Cheese Culture]. ... [View All Ingredients]

Garden Fresh Turkey Sandwich
Butterball™ smoked turkey, Havarti cheese, spinach, guacamole, tomatoes and olive oil vinaigrette on toasted wholesome 9-Grain bread.
Guacamole, Swiss Cheese, Spinach, & Tomato

Sides
Pickle Spear
Baked Lays BBQ Potato Chips

Beverage
Sweet Tea
Item #2

Jason’s Deli - Half Turkey Muffaletta Sandwich

Nutrition Facts includes all items served as part of this meal (sandwich, sides, & beverage)!

**Nutrition Facts**

**Serving:** Multiple Items

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>1310</td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td>52g</td>
<td>80%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>12g</td>
<td>60%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>110mg</td>
<td>37%</td>
</tr>
<tr>
<td>Sodium</td>
<td>4950mg</td>
<td>206%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>158g</td>
<td>53%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>9g</td>
<td>36%</td>
</tr>
<tr>
<td>Sugars</td>
<td>64g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>45g</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2000 calorie diet.

**INGREDIENTS:** Turkey Muffaletta - Half
(Muffaletta Mix: Black Olives, Black Ripe Olives, Water, Salt...)

**Sides**
- Pickle Spear
- Baked Lays Plain Potato Chips

**Beverage**
- Sweet Tea
$7.90/ea

Item #3

Subway – 6” Carved andyTurkey on Wheat Sandwich

Nutrition Facts includes all items served as part of this meal (sandwich, sides, & beverage)!

Sandwich

Nutrition Information
Default nutritional values are based on the standard 6” sub recipe.

<table>
<thead>
<tr>
<th>SERVING SIZE (g)</th>
<th>247</th>
</tr>
</thead>
<tbody>
<tr>
<td>CALORIES</td>
<td>330</td>
</tr>
<tr>
<td>Calories from fat</td>
<td>45</td>
</tr>
<tr>
<td>TOTAL FAT (g)</td>
<td>5</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0.5</td>
</tr>
<tr>
<td>Trans Fat* (g)</td>
<td>0</td>
</tr>
<tr>
<td>CHOLESTEROL (mg)</td>
<td>45</td>
</tr>
<tr>
<td>SODIUM (mg)</td>
<td>890</td>
</tr>
<tr>
<td>CARBOHYDRATES (g)</td>
<td>45</td>
</tr>
<tr>
<td>Dietary Fiber (g)</td>
<td>5</td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>8</td>
</tr>
<tr>
<td>PROTEIN (g)</td>
<td>25</td>
</tr>
<tr>
<td>VITAMIN A % DV</td>
<td>8</td>
</tr>
<tr>
<td>VITAMIN C % DV</td>
<td>20</td>
</tr>
<tr>
<td>CALCIUM % DV</td>
<td>30</td>
</tr>
<tr>
<td>IRON % DV</td>
<td>20</td>
</tr>
</tbody>
</table>

Sides

<table>
<thead>
<tr>
<th>Nutritional Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 17 (g)</td>
</tr>
<tr>
<td>Servings Per Container: N/A</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories: 5</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat: 0g</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
</tr>
<tr>
<td>Sodium: 0mg</td>
</tr>
<tr>
<td>Dietary Fiber: 0g</td>
</tr>
<tr>
<td>Protein: 0g</td>
</tr>
<tr>
<td>Vitamin A: 0%</td>
</tr>
<tr>
<td>Calcium: 0%</td>
</tr>
</tbody>
</table>

*Serving size is based on a 2,000 calorie diet.

6” Wheat Carved Turkey Sub
9-Grain Wheat bread (6”), carved turkey, provolone cheese, cucumbers, green peppers, lettuce, red onions, tomatoes, avocados, with spicy mustard.

Sides

Apple Slices

Beverage

Fuze Fresh Brewed Sweat Tea
21oz

Beverage

Fuze - Fuze Fresh Brewed Iced Tea - Sweetened (170c / 21oz)

<table>
<thead>
<tr>
<th>Servings: 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz</td>
</tr>
<tr>
<td>Calories: 171</td>
</tr>
<tr>
<td>Total Fat: 0g</td>
</tr>
<tr>
<td>Saturated: 0g</td>
</tr>
<tr>
<td>Polyunsaturated: 0g</td>
</tr>
<tr>
<td>Monounsaturated: 0g</td>
</tr>
<tr>
<td>Trans: 0g</td>
</tr>
<tr>
<td>Trans Fat: 0mg</td>
</tr>
</tbody>
</table>

Vitamin A: 0% | Calcium: 0%
Vitamin C: 25% | Iron: 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
$8.25/ea

Item #4
Schlotzkys’ – Medium Chipotle Chicken Sandwich

Sandwich

<table>
<thead>
<tr>
<th>Serving Size 1</th>
<th>Serving Per Container 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories 530</td>
<td>Calories from Fat 60</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 7g</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 65mg</td>
<td>22%</td>
</tr>
<tr>
<td>Sodium 1490mg</td>
<td>62%</td>
</tr>
<tr>
<td>Carbohydrates 78g</td>
<td>26%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars 6g</td>
<td></td>
</tr>
<tr>
<td>Protein 33g</td>
<td></td>
</tr>
</tbody>
</table>

*S Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbs 30g 37g
Dietary Fiber 25g 30g

Sides

Medium Chipotle Chicken Sandwich
Thinline sliced, roasted chicken breast with chipotle mayonnaise, red onion, lettuce and tomato on toasted Sourdough bun.

Side
Salt & Vinegar Chips

Beverage
Fuze Fresh Brewed Sweat Tea
21oz

Beverage >
Brad is an avid camper, traveling around the state to explore some of the state and national parks. In order for him to feel close to the wilderness he is exploring, he treks deep into the woods away from any campsites. Because he usually spends 3-4 days trekking, he needs something to cook with that is portable and light. He doesn’t camp in the same spot each day. He usually has a camping partner but his rule is that everyone carries their own supplies. The cold weather insist on his ability to drink warm tea and heat up his food to help himself stay warm. Texas Parks & Wildlife prohibits collection of firewood/deadwood in its parks, so Brad will have to bring his own fuel. He already has a set of cooking/heating cups, so he really doesn’t need them but would welcome an upgrade from his 400 mL set. His budget is $75 not including the fuel source.
Item #1

Esbit 3-Piece Lightweight Camping Cook Set

General Features

• Stores in included mesh bag
• Stove and cookset is constructed from lightweight, hard anodized aluminum that weighs only seven ounces
• Stove uses Esbit's unique, proprietary, solid state fuel cubes (sold separately) and only purchased at Esbit.com.
• Kit includes 585-milliliter pot, lid, and wind deflector/pot stand, and stores in included mesh bag
• Pot includes volume indicators in both liters and ounces, and has two hinged stainless steel grips that fold flat against body of the pot
• Ideal for backpackers and campers who like to travel extremely light

Other Specifications:

Color: Grey
Item Dimensions: 4.5 x 4.5 x 4.5 inches
Item Weight: 0.43 pounds
Material Type: hard anodized aluminum
Size: 585ml
Sport Type: cycling

Price: $27.99
Item #2
Solo Stove Titan Lightweight Wood Burning Camp Stove

General Features
- The Solo Stove Titan is the #1 wood-burning backpacking stove recommended by Backpacker Magazine and serious survivalists including Discovery Channel’s Matt Graham. Winner of 2014 Gear of the Year award from 50 Campfires & Section Hiker.
- The patented design features a unique double wall that creates ultra-clean gasification and a secondary combustion. This allows fuel to burn more completely and with less smoke.
- No more spending money on white gas or expensive liquid canister fuel. Solo Stoves use twigs, leaves, pinecones and wood as fuel. Free up more space in your backpack and eliminate the need to carry heavy, polluting and expensive canister fuels.
- The Solo Stove Titan is designed to nest inside the companion Solo Stove Pot 1800 (sold separately) leaving you with more room in your backpack.
- Boils water in 4-6 mins (34 fl oz water). 5.1" Diameter, 5.6"/7.9" tall (packed/assembled). Weighs only 16.5 oz. Made of premium stainless steel and nichrome wire. Nylon stuff sack included. - 1½ qt. sauce pan with lid

Other Specifications:
Color: Stainless Steel
Item Dimensions: 5.59 x 5.12 x 5.12 inches
Item Weight: 1.03 pounds
Material Type: 304 Stainless Steel; Nichrome Wire

Price: $89.99
Item #3
MSR PocketRocket Stove

General Features

- Weighs just 3 oz. (85 g), with palm-sized dimensions
- No need for priming, pressurizing, or maintenance.
- Boils 1 liter of water in under 3.5 minutes.
- Glove-friendly controls allow precise flame adjustment, from a simmer to a boil.
- Tri-sectional Windclip wind shield protects flame and boosts efficiency.
- The PocketRocket backpacking stove provides full cooking function in an incredibly efficient form. Barely noticeable in your pack, it delivers impressively in camp. Precision flame control goes from torch to simmer while our Wind Clip wind shield boosts efficiency in breezy conditions. The PocketRocket stove’s diminutive size is also the foundation of a solid emergency kit for home or trail. Includes hard shell carry case

Other Specifications:

- Minimum Weight (stove only) 85 g (3 oz)
- Boil Time (1L of water)* 3.5 min
- Water Boiled (per ounce of fuel)* 2L
- Burn Time (per ounce of fuel)* ~8 min
- Fuel (sold seperately) Canister - MSR IsoPro (sold seperately)

Price: $39.95

Not included with this set:
8 oz. Fuel Canister => 1.2 lbs
Item #4
JetBoil Flash Personal Cooking System

**General Features**
- External temperature indicator
- Brings two cups of water to a boil in only two minutes
- 1-liter insulated and hand-anodized aluminum Jetboil cooking cup
- Connects directly to burner using Jetboil FluxRing to reduce heat loss
- Built-in windscreen allows the Flash to function effectively in windy conditions
- Simple-to-use electric igniter makes lighting the burner quick and easy.
- Neoprene lining encases the FluxRing cooking cup, keeping food and beverages warm with a color change window that alerts you to when the contents are hot.
- Sip-through lid helps insulate the contents of the cooking cup
- Protective plastic bottom of the cup can be removed for use as a small bowl
- Compact and lightweight, the entire Flash system can be stowed inside the cup
- Flash requires the use of a Jetpower Fuel canister, sold separately or any threaded canister which stows conveniently inside the Jetboil cup

**Other Specifications**
- Volume: 32 ounces (1 liter)
- Boil time: 2 minutes (1/2 liter)
- Water boiled: 12 liters per 100-gram Jetpower canister
- Dimensions: 4.1 by 7.1 inches
- Weight: 14 oz (without pot support and fuel stabilizer)

**Price:** $79.95
Class #8

Mystery Class – Portable Air Conditions

You and three of your buddies have signed a 12-month lease on a 4 bedroom two-story house for college. The house is an older home but in a very nice neighborhood. The house does have central heating and air conditioning. Since the house is older, the heating and cooling unit is not very efficient and the upstairs bedrooms are hot in the summer and cold in the winter. With the house being in a nice neighborhood, it is part of a homeowners’ association (HOA) that restrict new additions and exterior equipment that can be seen by others in the neighborhood.

You have selected the larger upstairs bedroom (20 ft. x 20 ft.) and need to purchase a portable air conditioner to cool the room. Since the lease is only one year, you want something that is easy to install and remove. A unit with heater capabilities would be a plus, but not a requirement. You are searching for a quiet unit that will not break your bank account.
#1

LG Electronics Portable Air Conditioner with Remote Control, 12000 BTU

Price: $ 489.99

Features

- 12,000 BTU vented portable air conditioner uses standard 115-volt electrical outlet
- Cools a room up to 450 sq. ft. with dehumidification up to 2.6 pints per hour
- LED display panel with 3 fan speeds and 3 cooling speeds with remote control
- Auto-restart saves your settings for when power is restored to the unit
- Easy roll caster wheels allow for easy movement across most floor surfaces
- Max noise level of 52 dBA for quiet, peaceful operation
- 4.2 out of 5 stars with 206 customer reviews. Energy Star Certified
#2

Honeywell 10,000 BTU Portable Air Conditioner with Remote Control - White

Price: $ 449.99

Features

- 10,000 BTU portable air conditioner cools areas up to 350 sq. ft.
- No bucket, no-drip design uses auto-evaporation system
- Dehumidification up to 70 pints per 24 hours.
- Full function remote control
- Digital LCD display with feather touch controls
- Max noise level of 56 dBA
- 3.4 out of 5 stars with 712 customer reviews.
- ENERGY STAR® certified products help you save money on utility bills without sacrificing performance, style or comfort
#3

**Frigidaire 14,000 BTU 3-Speed Portable Air Conditioner with Heat and Remote for 500 sq. ft.**

**Energy Star Certified**

**Price:** $ 549.99

**Features**

- 14,000 BTU cooling power provides welcome relief when it’s hot outside
- 4,100 BTU of heat provides versatility to warm the room when the weather is colder
- Provides refreshing, cool air for spaces up to 500 sq. ft.
- 3-speed fan lets you select the right airflow to suit your needs
- 4-hour on/off timer allows you to cool the room on your schedule without wasting electricity
- Ready-select controls allow you to adjust settings with the touch of a button
- Designed for quiet operation at 50 dBA for peaceful cooling
- Portable design with casters allows you to easily move the air conditioner from room to room, providing cool air when and where you need it
- 4.1 out of 5 stars with 1137 reviews
Frigidaire 10000-BTU 350-sq ft 115-Volt Window Air Conditioner ENERGY STAR

Price: $329.99

Features

- Frigidaire window air conditioner delivers 10,000-BTUs to cool down areas up to 350-sq ft
- Electronic controls allow you to set the thermostat to your preferred comfort level
- 3 cooling speeds and fan-only option offer more cooling flexibility
- Remote control allows you to change the temperature and fan speed from anywhere in the room
- Sleep mode operates quietly to keep you cool without keeping you awake
- ENERGY STAR® certified products help you save money on utility bills without sacrificing performance, style or comfort
- 24-hour on/off timer allows you to create a cooling schedule without wasting electricity