% Daily Value



**307 SERVINGS** 



**Shelf Life:** Product good for up to 20 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55° F and 70° F. Actual shelf life may vary

**FOOD STORAGE EMERGENCIES EVERYDAY MEALS** 

1-800-878-0099

www.AugasonFarms.com

## **30 DAY FOOD STORAGE EMERGENCY ALL-IN-ONE**

Serving suggestions shown below







MORNING MOO'S® LOW BANANA CHIPS

FAT MILK ALTERNATIVE (2 pouches)



Vitamin C 0%

Riboflavin 4%

Iron

*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			
Sat Fat	Sat Fat Less than		25g			
Cholesterol Less than		300mg	300mg			
Sodium	Less than	2400mg	2400mg			
Total Carbol	hydrate	300g	375g			
Dietary Fiber		25g	30g			
Calories per gram: Fat 9 Carbs 4 Protein 4						

### **INGREDIENTS:**

Calcium 10% •

Vitamin D 25%

Whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, sodium silicoaluminate, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, sugar, guar gum, vitamin A, vitamin D.

Contains allergens: Milk, soy and tree nuts (coconut).

## **CREAMY POTATO SOUP**

(6 pouches)



**HEARTY VEGETABLE CHICKEN SOUP** 

Nutritio	n Facts
Serving Size: 1/ Servings Per Pe	/3 Cup (50g dry) ouch: 8
Amount Per Servin	g
Calories 220	Calories from Fat 70
	% Daily Value*

**17**% Total Fat 8g 12% 20% Saturated Fat 10g 50% Saturated Fat 4g Trans Fat Og Trans Fat Og 0% Cholesterol Omg 0% Cholesterol Omg Sodium Omg 0% Sodium 350mg 15% **Total Carbohydrate 19g** 6% **Total Carbohydrate 33g** 11% Dietary Fiber 2g 8% Dietary Fiber 3g 12% Sugars 3g

% Daily Value

Sugars 12g Protein 1g Protein 4g Vitamin A 0% Vitamin A 0% • Vitamin C 4% Vitamin C 15% 2% 0% 2% Calcium 10% Calcium Iron Iron \*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher \*Percent Daily values are based on a 2.000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. or lower depending on your calorie needs. Calories 2,000 2,500 Calories 2,000 2,500 Less than Total Fat Less than 65g 80g Total Fat 65a 80a Sat Fat Less than 20g 25g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Less than 300mg 300mg Less than 2400mg 2400mg Less than 2400mg 2400mg Sodium Sodium

## **INGREDIENTS:**

Total Carbohydrate

Calories per gram: Fat 9

Dietary Fiber

Dehydrated banana slices (bananas, refined coconut oil, sugar, banana flavoring).

300a

25g

Carbs 4 Protein 4

375a

30g

Contains allergen: Tree nuts (coconut).

### **INGREDIENTS:**

Total Carbohydrate

Dietary Fiber

**INGREDIENTS:** Diced dehydrated potatoes, creamer (palm White rice (long grain rice, ferric orthophosphate oil maltodextrin sodium caseinate (a milk [iron], niacin, thiamin mononitrate [thiamin], derivative), dipotassium phosphate, mono and and folic acid [folate]), lentils, elbow macaroni (wheat flour piacin ferrous sulfate (iron) diglycerides, sodium hexametaphosphate, and silicon dioxide), bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (Potato, monoglycerides, sodium acid pyrophosphate, citric acid. Freshness preserved with sodium bisulfite and BHA), corn starch, onions, chicken stock (corn syrup, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes, turmeric, garlic powder, caramel color, dehydrated

Calories per gram: Fat 9 Carbs 4 Protein 4

300g

375g

30g

Contains allergens: Milk, soy and wheat.

**Nutrition Facts** Serving Size: 1/3 Cup (57g dry) Servings Per Pouch: 8 Calories 180 Calories from Fat 5

Total Fat Og 0% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium 590mg 25% **Total Carbohydrate 40g** 13% Dietary Fiber 6g 24% Sugars 3g Protein 7g Vitamin A 70% Vitamin C 6% Calcium 4% • Iron 15% \*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 65g 80g Total Fat Less than Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Less than 2400mg 2400mg 375g Total Carbohydrate 300g Dietary Fiber 25g 30g

Carbs 4 Protein 4

Calories per gram: Fat 9

thiamin mononitrate, riboflavin and folic acid), carrot dices, celery slices, chicken stock (corn syrup solids, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.

## CHEESY **BROCCOLI RICE**

(5 pouches)



Nutrition Facts
Serving Size: 1/2 Cup (65g dry)
Servings Per Pouch: 8

Amount Per Serving			
Calories 250 Calories from F	at 40		
% Dail	y Value*		
Total Fat 4.5g	<b>7</b> %		
Saturated Fat 2.5g	13%		
Trans Fat Og			
Cholesterol 10mg	3%		
Sodium 690mg	29%		
Total Carbohydrate 46g	15%		
Dietary Fiber Og	0%		
Sugars 9g			
Protein 6g			
Vitamin A 4% • Vitamin C	10%		
Calcium 10% • Iron	6%		
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher			

or lower depending on your calorie needs. 2,000 Calories Total Fat Less than 65g 80g Sat Fat 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2400mg 2400mg Total Carbohydrate 300g 375g Dietary Fiber

Calories per gram: Fat 9 Carbs 4 Protein 4 **INGREDIENTS:** 

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), cheese powder (whey, buttermilk solids, granular and cheddar cheeses [pasteurized milk,cheese culture,salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme) creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor annatto extract, sodium hexmetaphosphate). corn starch, chicken stock (corn syrup, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), dehydrated broccoli (broccoli, sucrose), onions, onion powder parsley flakes.

Contains allergens: Milk and soy.

## **INSTANT POTATOES**

(1 pouch)



### **Nutrition Facts** Serving Size: 1/2 Cup (34g dry)

Servings Per Pouch: 8

Amount Per	Serving	ı			
Calories	120	Ca	lories	from	Fat 5
				% Daily	Value
Total Fat	0.5g				1%
Saturate	ed Fa	t 0g			0%
Trans Fa	at 0g				
Choleste	rol Or	ng			0%
Sodium 350mg 15			15%		
Total Car	bohy	drate	27g		9%
Dietary F	iber 2	2g			8%
Sugars 1	g				
Protein 2	g				
Vitamin A	0%	•	Vitan	nin C	15%
Calcium	2%	•	Iron		2%
*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 65g 80g Less than 20g 25g 300mg

Total Fat Less than Sat Fat Cholesterol Less than 300mg Sodium Less than 2400mg 2400mg Total Carbohydrate 300g 375g Dietary Fiber 30g 25g Calories per gram: Fat 9 Carbs 4 Protein 4

## **INGREDIENTS:**

Dehydrated potato flakes (potato monoglycerdrides, sodium acid pyrophosphate citric acid. Freshness preserved with sodium bisulfite and BHA), corn starch, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), dehydrated chopped onions, natural chicken

Contains allergen: Soy.

### **MAPLE BROWN SUGAR OATMEAL** (6 pouches)



## **Nutrition Facts** Serving Size: 1/3 Cup (30g dry)

Servings Per Pouch: 10

Amount Per Serving	
Calories 120 Calories 1	rom Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 35mg	1%
Total Carbohydrate 20g	<b>7</b> %
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	

Vitamin A 0% · Vitamin C 0% Calcium 2% Iron 6% \*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 80g 65g Total Fat Less than Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg

### Less than 2400mg 2400mg Total Carbohydrate 300a 375a Dietary Fiber 25g 30g Calories per gram: Fat 9 Carbs 4 Protein 4

## **INGREDIENTS:**

Quick rolled oats, brown sugar, creamer (coconut oil. corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono-and diglycerides, sodium silicoaluminate, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), natural and artificial maple flavor, non-

Contains allergens: Milk, soy and tree nuts

# **ELBOW MACARONI**

(2 pouches)



### **Nutrition Facts** Serving Size: 1/3 Cup (44g drv)

Amount Per Serv	ing		
Calories 160	Ca	lories from	Fat 5
		% Dail	y Value*
Total Fat Og			0%
Saturated I	at 0g		0%
Trans Fat C	g		
Cholesterol	0mg		0%
Sodium Om	3		0%
<b>Total Carbol</b>	nydrate	e 33g	11%
Dietary Fib	er 2g		8%
Sugars 1g			
Protein 6g			
Vitamin A 0	% •	Vitamin C	0%
	۰,		100/

Calcium 0% • Iron 10% \*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 80g Total Fat Less than 65g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg

Sodium Less than 2400mg 2400mg Total Carbohydrate 300a 375a Dietary Fiber 25g 30g Calories per gram: Fat 9 Carbs 4 Protein 4

## **INGREDIENTS:**

Elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic

## **CHEESE POWDER**





## **Nutrition Facts** Serving Size: 2 Tbsp (14g dry) Servings Per Pouch: 15

Amount Per Serving			
Calories 50	Calc	ories from F	at 10
		% Daily	/ Value*
Total Fat 1.5g			2%
Saturated Fat	1g		5%
Trans Fat Og			
Cholesterol 10	mg		3%
Sodium 470mg	9		20%
Total Carbohyo	drate	. 7g	2%
Dietary Fiber C	)g		0%
Sugars 7g			
Protein 3g			
Vitamin A 2%		Vitamin C	0%

Protein 3	g			
Vitamin A	2% •	Vitam	in C 0%	
Calcium	10% •	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.				
	Calories	2,000	2,500	
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbol	hydrate	300g	375g	
D: 1 F:1		0.5	7.0	

## **INGREDIENTS:**

ese powder (whey, buttermilk solids, granular cheddar cheeses [pasteurized milk, cheese culture, salt, enzymes], whey protein concentrate. salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme).

Calories per gram: Fat 9 Carbs 4 Protein 4



## **Nutrition Facts** Serving Size: 1/3 Cup (52g dry) Servings Per Pouch: 8

Calories 240 Calories from Fat 100

			% Dai	ly Value*	
Total Fat	12g			18%	
Saturate	ed Fat	6g		30%	
Trans Fa	at Og				
Choleste	rol On	ng		0%	
Sodium 3	30mg	9		14%	
Total Car	bohyc	drate	e 30g	10%	
Dietary Fiber Og 0%					
Sugars 1g					
Protein 4	·g				
Vitamin A	0%	•	Vitamin C	2%	
Calcium	0%	•	Iron	6%	
*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 th	nan	65g	80g	

## Calories per gram: Fat 9 **INGREDIENTS:**

Sodium Total Carbohydrate

Cholesterol Less than 300mg

Less than 2400mg 2400mg

300g

300mg

375g

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron] niacin, thiamin mono nitrate [thiamin], and folic acid [folate]), creamer (palm oil, maltodextrin, sodium caseinate (a milk derivative), dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), corn starch, natural chicken flavor, onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), onion powder, natural flavoring, parsley flakes, turmeric.

Contains allergens: Milk and soy.

# Contains allergen: Wheat.

Each pouch contains an oxygen absorber.

Discard immediately upon opening.