



1 WEEK PANTRY PACK

26937-061715

82
SERVINGS

10

SHELF LIFE UP TO
10 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

1-800-878-0099

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BLUEBERRY GRANOLA WITH MILK

8 TOTAL SERVINGS (2 POUCHES)



Serving Suggestion

Nutrition Facts

Serving Size: 1/2 Cup (53g dry)
Servings Per Container: 4

Amount Per Serving		Calories 210		Calories from Fat 60	
		% Daily Value*			
Total Fat	6g			9%	
Saturated Fat	1g			6%	
Trans Fat	0g				
Cholesterol	0mg			0%	
Sodium	75mg			3%	
Total Carbohydrate	32g			11%	
Dietary Fiber	3g			14%	
Sugars	16g				
Protein	7g				
Vitamin A	4%	Vitamin C	2%		
Calcium	20%	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 than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Granola blend (organic rolled oats, organic evaporated cane juice, expeller pressed canola oil, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, sea salt, natural vanilla flavor, epazote leaf, organic cardamom seed, organic fennel seed, organic fenugreek seed and organic nutmeg), nonfat dry milk (nonfat dry milk, vitamin A palmitate, vitamin D3), freeze dried blueberries.

Contains allergens: Almonds, cashews, walnuts, milk.

OATMEAL WITH STRAWBERRIES

12 TOTAL SERVINGS (3 POUCHES)



Serving Suggestion

Nutrition Facts

Serving Size: 1/2 Cup (46g dry)
Servings Per Container: 4

Amount Per Serving		Calories 190		Calories from Fat 40	
		% Daily Value*			
Total Fat	4.5g			7%	
Saturated Fat	2.5g			11%	
Trans Fat	0g				
Cholesterol	0mg			0%	
Sodium	90mg			4%	
Total Carbohydrate	33g			11%	
Dietary Fiber	3g			13%	
Sugars	10g				
Protein	5g				
Vitamin A	0%	Vitamin C	15%		
Calcium	2%	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
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
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, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), maple flavor (natural & artificial), salt, sliced freeze dried strawberries.

Contains allergens: Milk and soy.

CREAMY CHICKEN RICE

4 TOTAL SERVINGS (1 POUCH)



Serving Suggestion

Nutrition Facts

Serving Size: 2/3 Cup (80g dry)
Servings Per Container: 4

Amount Per Serving		Calories 480		Calories from Fat 70	
		% Daily Value*			
Total Fat	8g			12%	
Saturated Fat	4g			20%	
Trans Fat	0g				
Cholesterol	0mg			0%	
Sodium	520mg			22%	
Total Carbohydrate	66g			22%	
Dietary Fiber	0g			1%	
Sugars	2g				
Protein	5g				
Vitamin A	2%	Vitamin C	4%		
Calcium	4%	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
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Long grain white rice, creamer (maltodextrin, palm oil), modified food starch, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), chopped onion, celery slices, chicken flavor (maltodex- trin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [antickacking agent]), onion powder, parsley flakes.

Contains allergens: Soy and milk.

CHEESY BROCCOLI RICE

4 TOTAL SERVINGS (1 POUCH)



Serving Suggestion

Nutrition Facts

Serving Size: 2/3 Cup (80g dry)
Servings Per Container: 4

Amount Per Serving		Calories 350		Calories from Fat 110	
		% Daily Value*			
Total Fat	12g			19%	
Saturated Fat	9g			43%	
Trans Fat	1g				
Cholesterol	20mg			6%	
Sodium	360mg			15%	
Total Carbohydrate	49g			16%	
Dietary Fiber	0g			1%	
Sugars	5g				
Protein	9g				
Vitamin A	2%	Vitamin C	15%		
Calcium	15%	Iron	8%		

*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 Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Long grain parboiled white rice, cheddar cheese powder (cheddar cheese [pasteurized milk, salt, culture, annatto, enzymes], whey, partially hydrogenated soybean oil, maltodextrin, salt, blue cheese [pasteurized milk, salt, culture, enzymes], natural flavor, lactic acid, natural wine flavor, citric acid, disodium inosinate and disodium guanylate, yellow 5, yellow 6), creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), cheddar cheese blend (cheddar cheese [pasteurized milk, salt, culture, annatto, enzymes], salt, lactic acid, natural flavors), modified food starch, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn of turmeric, silicon dioxide), broccoli, chopped onion, onion powder, parsley flakes, starch, sugar, onion and garlic powder, spices (including parsley), extractives of turmeric, silicon dioxide), broccoli, chopped onion, onion powder, parsley flakes.

Contains allergens: Milk and soy.

CREAMY STROGANOFF

4 TOTAL SERVINGS (1 POUCH)



Serving Suggestion

Nutrition Facts

Serving Size: 2/3 Cup (69g dry)
Servings Per Container: 4

Amount Per Serving		Calories 280		Calories from Fat 80	
		% Daily Value*			
Total Fat	9g			14%	
Saturated Fat	5g			25%	
Trans Fat	0g				
Cholesterol	5mg			2%	
Sodium	650mg			27%	
Total Carbohydrate	45g			15%	
Dietary Fiber	2g			7%	
Sugars	2g				
Protein	5g				
Vitamin A	2%	Vitamin C	0%		
Calcium	2%	Iron	8%		

*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 Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

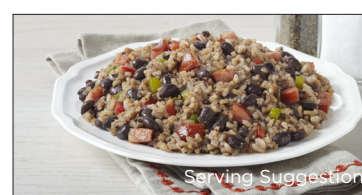
INGREDIENTS:

Instant enriched wheat noodles (durum semolina flour [wheat], niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), creamer (maltodextrin, palm oil), modified food starch, sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes], salt, lactic acid, tocopherols, BHT, silicon dioxide, sodium citrate), chopped onions, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, corn starch, caramel color, maltodextrin, onion powder, and natural flavor, citric acid, silicon dioxide), garlic powder, mushrooms, salt, dehydrated toasted onion flavor, cellulose gum, mushroom flavor.

Contains allergens: Wheat, soy and milk.

BLACK BEANS AND RICE

4 TOTAL SERVINGS (1 POUCH)



Serving Suggestion

Nutrition Facts

Serving Size: 3/4 Cup (59g dry)
Servings Per Container: 4

Amount Per Serving		Calories 170		Calories from Fat 10	
		% Daily Value*			
Total Fat	1g			2%	
Saturated Fat	0g			0%	
Trans Fat	0g				
Cholesterol	0mg			0%	
Sodium	750mg			31%	
Total Carbohydrate	44g			15%	
Dietary Fiber	10g			40%	
Sugars	3g				
Protein	8g				
Vitamin A	4%	Vitamin C	25%		
Calcium	6%	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
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

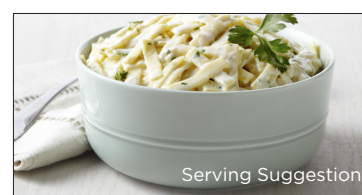
INGREDIENTS:

Black bean flakes, long grain white rice, beef base (salt, hydrolyzed soy protein, sugar, corn starch, caramel color, maltodextrin, onion powder, natural flavor, citric acid), modified food starch, dehydrated chopped onion, seasoning, spices, dehydrated red and green bell peppers, granulated garlic, cumin, cilantro, ground oregano, black pepper, celery seeds.

Contains allergen: Soy.

PASTA ALFREDO

4 TOTAL SERVINGS (1 POUCH)



Serving Suggestion

Nutrition Facts

Serving Size: 2/3 Cup (80g dry)
Servings Per Container: 4

Amount Per Serving		Calories 340		Calories from Fat 120	
		% Daily Value*			
Total Fat	13g			20%	
Saturated Fat	7g			35%	
Trans Fat	0g				
Cholesterol	10mg			3%	
Sodium	610mg			25%	
Total Carbohydrate	48g			16%	
Dietary Fiber	1g			6%	
Sugars	3g				
Protein	7g				
Vitamin A	6%	Vitamin C	6%		
Calcium	10%	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
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

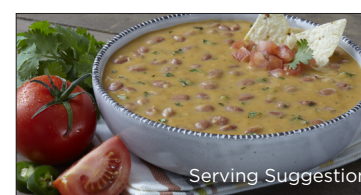
INGREDIENTS:

Creamer (maltodextrin, palm oil), instant wheat noodles (durum semolina flour [wheat], niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), white cheddar cheese blend (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt, natural flavors), modified food starch, sweet whey, natural roast onion flavor (onion powder, natural flavor [contains wheat, soybeans], defatted wheat germ, sugar, refinery syrup powder, brown sugar, molasses powder, corn syrup solids, caramel color), natural sautéed mushroom flavor (maltodextrin, natural flavor [contains milk, wheat, soybeans], mushroom powder, tapioca maltodextrin, partially hydrogenated soybean oil, salt, onion powder, modified food starch), sour cream powder (cultured cream [cream, nonfat dry milk, culture, enzymes], salt, lactic acid, BHT), sea salt, parsley, garlic powder, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), xanthan gum.

Contains allergens: Soy, wheat and milk.

ENCHILADA SOUP

8 TOTAL SERVINGS (1 POUCH)



Serving Suggestion

Nutrition Facts

Serving Size: 1/4 Cup (34g dry)
Servings Per Container: 8

Amount Per Serving		Calories 130		Calories from Fat 25	
		% Daily Value*			
Total Fat	3g			4%	
Saturated Fat	1.5g			7%	
Trans Fat	0g				
Cholesterol	5mg			1%	
Sodium	280mg			12%	
Total Carbohydrate	23g			8%	
Dietary Fiber	3g			11%	
Sugars	4g				
Protein	3g				
Vitamin A	0%	Vitamin C	2%		
Calcium	8%	Iron	4%		

*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
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