

SERVINGS



temperatures between 55° and 70° F (ideal humidity 15%).

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

> **FOOD STORAGE EMERGENCY EVERYDAY FOOD**

1-800-878-0099

www.AugasonFarms.com

1 WEEK PANTRY PACK

BLUEBERRY GRANOLA OATMEAL WITH STRAWBERRIES WITH MILK

9%

6%

0%

3%

11%

14%

2%

80g

25g

375a

300mg

2400mg

Vitamin C

Iron

65g

20g

300mg

300a

25g

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher

Less than 2400mg

Calories per gram: Fat 9 Carbs 4 Protein 4

Granola blend (organic rolled oats,

almonds, sesame seeds, sunflower

salt, natural vanilla flavor, epazote

seeds, cashews, walnuts, honey, sea

leaf, organic cardamom seed, organic

and organic nutmeg), nonfat dry milk

(nonfat dry milk, vitamin A palmitate,

vitamin D3), freeze dried blueberries.

Contains allergens: Almonds,

cashews, walnuts, milk.

fennel seed, organic fenugreek seed

expeller pressed canola oil, coconut,

organic evaporated cane juice,

or lower depending on your calorie needs. Calories 2,000

Less than

Less than

Cholesterol Less than

INGREDIENTS:

Total Carbohydrate

Dietary Fiber



Nutrition Facts

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

Total Fat 6g

Saturated Fat 1g

Trans Fat Og

Sodium 75mg

Sugars 16g

Vitamin A 4%

Calcium 20%

Total Fat

Sat Fat

Protein 7g

Cholesterol Omg

Dietary Fiber 3g

Total Carbohydrate 32g

Calories 210 Calories from Fat 60



Serving Su	ggestion

	Serving Suggestic
Nutritio	
Serving Size: 1,	/2 Cup (46g dry)

Amount Per Serving	
Calories 190 Calories f	rom Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 2.5g	11%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 90mg	4%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	13%
Sugars 10g	
Protein 5a	

Protein 5g						
Vitamin A	0% •	Vitam	in 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	2,5	500_		
Total Fat	Less than	65g	8	30g		
Sat Fat	Less than	20g		25g		
Cholesterol	Less than	300mg	300)mg		
Sodium	Less than	2400mg	2400)mg		
Total Carbol	300g	3	75g			
Dietary Fibe	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

4 TOTAL SERVINGS (1 POUCH)

Nutrition Facts Serving Size: 2/3 Cup (80g dry)

Calories 480 Calories from Fat 70

12%

20%

0%

22%

22%

Vitamin C 4%

2,500

80g

25g

300mg

375a

30g

1%

Servings Per Container: 4

Total Fat 8g

Trans Fat Og

Cholesterol Omg

Dietary Fiber 0g

Total Carbohydrate 66g

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

Calories per gram: Fat 9 Carbs 4 Protein 4

Less than

Less than

Cholesterol Less than

INGREDIENTS:

Long grain white rice, creamer

food starch, chicken soup base

hydrolyzed corn soy protein,

powder, disodium inosinate,

(maltodextrin, palm oil), modified

(corn syrup solids, salt, corn starch,

rendered chicken fat, sugar, onion

disodium guanylate, spices, turmeric,

chopped onion, celery slices, chicken flavor (maltodex- trin, salt, chicken

chicken fat, silicon dioxide [anticaking

agent]), onion powder, parsley flakes.

dehydrated parsley, silicon dioxide),

flavor, chicken stock, natural flavor,

Contains allergens: Soy and milk.

Total Carbohydrate

Dietary Fiber

65g

20g

300mg

300a

Less than 2400mg 2400mg

Sodium 520mg

Sugars 2g

Protein 5g

Calcium

Total Fat

Sat Fat

Sodium

Vitamin A 2%

Saturated Fat 4g





CHEESY BROCCOLI RICE

4 TOTAL SERVINGS (1 POUCH)

	ize: 2	2/3 Cı	Facts up (80g dr iner: 4	
Amount Per	Servir	ıg		
Calories	350	Calc	ries from	Fat 110
			% Da	ily Value
Total Fat	: 12g			19%
Saturat	ed Fa	at 9g		43%
Trans F	at 1g			
Choleste	rol 2	0mg		6%
Sodium	360n	ng		15%
Total Car	bohy	ydrate	e 49g	16%
Dietary	Fibe	r Og		19
Sugars !	5g			
Protein 9)g			
Vitamin A	2%	•	Vitamin C	15%
Calcium	15%	•	Iron	8%
calorie diet	. Your	daily v	e based on a alues may be our calorie ne	higher
	Ca	lories	2,000	2,500
Total Eat	Lace	than	65a	80a

Sat Fat Less than 20g 25a Cholesterol Less than 300mg 300mg Less than 2400mg 2400mg Total Carbohydrate 375g 300g Dietary Fiber 25a 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,

Contains allergens: Milk and soy.

CREAMY

STROGANOFF 4 TOTAL SERVINGS (1 POUCH)



Nutrition Facts

Serving Size: 2/3 Cup (69g dry)

Servings Per Contain	
Amount Per Serving	
Calories 280 Calor	ries from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat Og	
Cholesterol 5mg	2%
Sodium 650mg	27%
Total Carbohydrate	45g 15 %
Dietary Fiber 2g	7%
Sugars 2g	•
Protein 5g	•

calorie diet. Your daily values or lower depending on your control of the properties. Calories 2,0 Total Fat Less than 2 Sat Fat Less than 300 Cholesterol Less than 2400 Sodium Less than 30 Total Carbo-hydrate 30 Dietary Fiber 2	tamin (0%			
calorie diet. Your daily values or lower depending on your control of the properties of lower depending on your control of the properties. Total Fat Less than 2,0 Total Fat Less than 2 Cholesterol Less than 300 Sodium Less than 2400 Total Carbo-hydrate 300 Dietary Fiber 2	on	8%			
Total Fat Less than Sat Fat Less than 2 Cholesterol Less than 300 Sodium Less than 2400 Total Carbohydrate 300 Dietary Fiber 2	*Percent Daily values are based on a 2,00 calorie diet. Your daily values may be higher or lower depending on your calorie needs.				
Sat Fat Less than 2 Cholesterol Less than 300 Sodium Less than 2400 Total Carbo-hydrate 30 Dietary Fiber 2	000	2,500			
Cholesterol Less than 300 Sodium Less than 2400 Total Carbohydrate 30 Dietary Fiber 2	65g	80g			
Sodium Less than 2400 Total Carbohydrate 30 Dietary Fiber 2	20g	25g			
Total Carbohydrate 30 Dietary Fiber 2	mg 3	00mg			
Dietary Fiber 2	mg 24	00mg			
-	00g	375g			
Calories per gram: Fat 9 Carb	25g	30g			
	bs 4 Pr	otein 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

BLACK BEANS AND RICE PASTA ALFREDO

4 TOTAL SERVINGS (1 POUCH)



Nutrition Facts

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

Protein 8g

Amount Per Serving	
Calories 170 Calories	from Fat 10
	% Daily Value
Total Fat 1g	2%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 750mg	31%
Total Carbohydrate 44g	15%
Dietary Fiber 10g	40%
Sugars 3g	

Vitamin A	4%	•	Vitam	in C	25%
Calcium	6%	•	Iron		15%
*Percent Da calorie diet. or lower dep	Your da	ily '	values ma	y be h	nigher
	Calor	ies	2,000	2,	,500
Total Fat	Less th	nan	65g		80g
Sat Fat	Less th	nan	20g		25g
Cholesterol	Less th	nan	300mg	300	Omg
Sodium	Less th	nan	2400mg	2400	Omg

	INGREDIENTS:					
l	Calories per gram: Fat 9		Carbs 4	Protein 4		
I	Dietary Fiber		25g	30g		
I	Total Carboh	nydrate	300g	375g		
I	Sodium	Less than	2400mg	2400mg		
I	Cholesterol	Less than	300mg	300mg		
I	Sat Fat	Less than	20g	25g		
ı	Total Fat	Less than	65g	80g		

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

Contains allergen: Soy.

4 TOTAL SERVINGS (1 POUCH)



Nutrition Facts

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

Amount Per Serving	
Calories 340 Calories fr	om Fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 7g	35%
Trans Fat Og	
Cholesterol 10mg	3%
Sodium 610mg	25%
Total Carbohydrate 48g	16%
Dietary Fiber 1g	6%
Sugars 3g	

/itamin A	6%	•	Vitami	n 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.					
	Calorie	s	2,000	2,5	500
Total Fat	Less than	า	65g	8	30g
Sat Fat	Less than	า	20g	- 2	25g
Cholesterol	Less than	n 3	00mg	300	mg
San all comme	1	- 04	00	2400	

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbol	nydrate	300g	375g
Dietary Fiber		25g	30g
Calories per g	gram: Fat 9	Carbs 4	Protein 4

INGREDIENTS: Creamer (maltodextrin, palm oil), instant wheat noodles (durum

Protein 7g

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.

silicon dioxide), broccoli, chopped onion, onion powder, parsley flakes.

ENCHILADA SOUP

8 TOTAL SERVINGS (1 POUCH)



Nutrition Facts

Huttitio	III Facts
Serving Size: 1/ Servings Per Co	4 Cup (34g dry) ontainer: 8
Amount Per Serving	9
Calories 130	Calories from Fat 25
	% Daily Value*
Total Fat 3g	4%
Saturated Fa	t 1.5g 7 %
Trans Fat Og	
Cholesterol 5	mg 1%

Sodium 280mg 12% **Total Carbohydrate 23**g Dietary Fiber 3g 11% Sugars 3g Protein 4g

8%

Vitamin A 0% Vitamin C 2% Calcium 8% 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 80g Total Fat Less than 65g

Sat Fat Less than 20g 25g 300mg Cholesterol Less than 300mg Sodium Less than 2400mg 2400mg Total Carbohydrate 300a 375a Dietary Fiber 25g

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

Pinto beans, modified food starch, cheddar cheese blend (cheddar cheese, pasteurized milk), creamer (maltodextrin, palm oil, dipotassium phosphate, mono and diglycerides, natural flavor), dehydrated chopped onions, sweet dairy whey, tomato powder, onion powder, chicken flavor (chicken stock, natural flavor, silicon dioxide, [anti-caking agent]), chicken soup base (hydrolized corn and soy

dehydrated parsley), oregeno, cilantro, chili pepper, jalapeno. Contains allergens: Soy and milk.

protein, corn syrup solids, cornstarch,

sugar, onion powder, spices, turmeric,

TOMATO BASIL SOUP

8 TOTAL SERVINGS (1 POUCH)



Nutrition Facts

Serving Size: 1/3 Cup (41g dry) Servings Per Container: 8 Amount Per Serving

Calories 150	Calories 1	from Fat 20
		% Daily Value
Total Fat 2g		3%
Saturated Fa	at 1.5g	69
Trans Fat Og	ı	
Cholesterol 5	mg	2%
Sodium 600n	ng	25%
Total Carbohy	drate 29g	10%
Dietary Fibe	r 1g	49
Sugars 3g		
Protein 5g		

Sugars 3g					
Protein 5g					
Vitamin A	2%	•	Vitamin C C		0%
Calcium	4%	•	Iron		35%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.					
	Calorie	es	2,000	2,	500
Total Fat	Less tha	n	65g		80g
Sat Fat	Less tha	n	20g		25g
Cholesterol	Less tha	n	300mg	300	Omg
Sodium	Less tha	n	2400mg	2400	Omg
Total Carbohydrate		300g	3	75g	

INGREDIENTS:

Dietary Fiber

Enriched Macaroni (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrite riboflavin folic acid) tomato powder, enriched macaroni orzo. (semolina [wheat], niacin, iron. [ferrous sulfate], thiamin mononitrite, riboflacin, folic acid), corn syrup solids, modified food starch, cheddar cheese blend (cheddar cheese. pasteurized milk), lactic acid, sea salt, white granulated sugar, spices, basil,

Calories per gram: Fat 9 Carbs 4 Protein 4

25g

30g

onion powder, white pepper, oregano. Contains allergens: Wheat and milk.

CHICKEN NOODLE

SOUP 8 TOTAL SERVINGS (1 POUCH)



Nutrition Facts

Serving Size: 1/3 Cup (27g dry) Servings Per Container: 8

Amount Per Serving	
Calories 90 Calories	from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 1g	2%
Trans Fat Og	
Cholesterol 10mg	4%
Sodium 570mg	24%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	3%
Sugars 3g	

Protein 3g						
Vitamin A	25%	•	Vitamin	C 4%		
Calcium	2%	•	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 2,500						
	Calor	ies	2,000	2,500		
Total Fat	Less th	nan	65g	80g		

20g 25g 300mg Cholesterol Less than 300mg Sodium Less than 2400mg 2400mg Total Carbohydrate 300g 375g Dietary Fiber Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

Egg noodles (durum flour, eggs, glycerol monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), maltodextrin, chicken soup base (corn syrup solids, salt, cornstarch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium quanylate, spices, turmeric. dehydrated parsley, silicon dioxide), carrots, cornstarch, chopped onion, celery, peas, garlic powder, celery seed, white pepper, xanthan gum, parsley flakes.

Contains allergens: Wheat, eggs and

NON FAT MILK 18 TOTAL SERVINGS (3 POUCHES)



Nutrition Facts Serving Size: 5 Tbsp (21g dry)

Servings Per Container: 6

Amount Per	Serving				
Calories	70	Cal	lories from	Fat 0	
			% Daily	y Value	
Total Fat	0g			0%	
Saturate	ed Fat	t 0g		0%	
Trans Fa	at 0g				
Cholesterol Omg 09				0%	
Sodium 1	Sodium 115mg 5%				
Total Car	Total Carbohydrate 11g 4%				
Dietary Fiber Og 0%					
Sugars 10g					
Protein 7g					
Vitamin A	10%	•	Vitamin C	4%	
Calcium	35%	•	Iron	0%	
Vitamin D	25%	•	Riboflavin	20%	
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.					
	Calo	ries	2,000 2,	500	
Total Fat	Less t	han	65g	80g	

Calories per gram: Fat 9 Carbs 4 Protein 4

Less than

Cholesterol Less than

Total Carbohydrate

20g

300mg

300g

Less than 2400mg 2400mg

25g

375g

300mg

Sat Fat

Sodium

INGREDIENTS: Nonfat dry milk, vitamin A palmitate, vitamin D3.

Contains allergen: Milk.