



30 DAY PANTRY PACK

26939-061715

320 SERVINGS



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

24 TOTAL SERVINGS (6 POUCHES)



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

48 TOTAL SERVINGS (12 POUCHES)



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

16 TOTAL SERVINGS (4 POUCHES)



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 [antiflaking agent]), onion powder, parsley flakes.

Contains allergens: Soy and milk.

CHEESY BROCCOLI RICE

16 TOTAL SERVINGS (4 POUCHES)



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)



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	

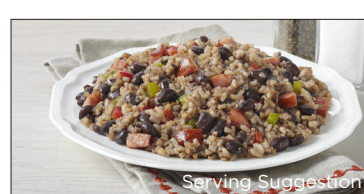
INGREDIENTS:

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

16 TOTAL SERVINGS (4 POUCHES)



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	

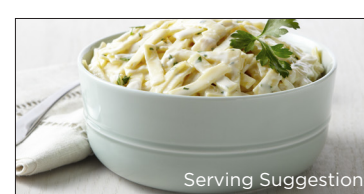
INGREDIENTS:

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

16 TOTAL SERVINGS (4 POUCHES)



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)



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 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:

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 (hydrolyzed corn and soy protein, corn syrup solids, cornstarch, sugar, onion powder, spices, turmeric, dehydrated parsley), oregano, cilantro, chili pepper, jalapeno.

Contains allergens: Soy and milk.

TOMATO BASIL SOUP

32 TOTAL SERVINGS (4 POUCHES)



Nutrition Facts	
Serving Size: 1/3 Cup (41g dry) Servings Per Container: 8	
Amount Per Serving	
Calories 150	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 600mg	25%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 5g	
Vitamin A 2%	Vitamin 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.	
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:

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

Contains allergens: Wheat and milk.

CHICKEN NOODLE SOUP

32 TOTAL SERVINGS (4 POUCHES)



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 0g	
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	
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	

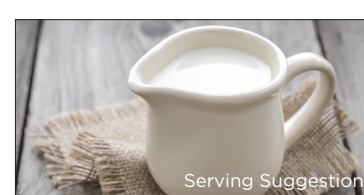
INGREDIENTS:

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 guanylate, 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 soy.

NON FAT MILK

72 TOTAL SERVINGS (12 POUCHES)



Nutrition Facts	
Serving Size: 5 Tbsp (21g dry) Servings Per Container: 6	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%