

160 SERVINGS



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

10 YEARS

Shelf life estimates are based on industry studies from Since Augason Farms has no control over individual storage any liability or warranty for particular results.

> **FOOD STORAGE EMERGENCY EVERYDAY FOOD**

1-800-878-0099

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2 WEEK PANTRY PACK

BLUEBERRY GRANOLA OATMEAL WITH WITH MILK **STRAWBERRIES**



Nutrition Facts Serving Size: 1/2 Cup (53g dry)

Calories 210 Calories from Fat 60

Servings Per Container: 4

Total Fat 6g

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

Saturated Fat 1g



Nutrition Facts

Servings Per Container: 4

Total Fat 4.5g

Trans Fat Og

Sodium 90mg

Sugars 10g

Vitamin A 0%

Protein 5g

Calcium

Total Fat

Sat Fat

Sodium

Cholesterol Omg

Dietary Fiber 3g

2%

Saturated Fat 2.5g

Total Carbohydrate 33g

6%

0%

3%

11%

14%

80g

25g

375a

300mg

2400mg

Vitamin C 2%

Iron

65g

20g

300a

25g

300mg

*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

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

Less than

Less than

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

Calories 190 Calories from Fat 40



7%

11%

0%

4%

11%

13%

10%

2,500

80g

25g

375a

30g

300mg

2400mg

Vitamin C 15%

Iron

2,000

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

or lower depending on your calorie needs

Calories

Less than

Less than

Cholesterol Less than

INGREDIENTS:

Quick rolled oats, brown sugar, creamer (coconut oil, corn

syrup solids, sodium caseinate

phosphate, sugar, mono and

diglycerides, polysorbate 80,

Γa milk derivative], dipotassium

sodium silicoaluminate, tetrasodium

pyrophosphate, soy lecithin), maple

flavor (natural & artificial), salt, sliced

Total Carbohydrate

Dietary Fiber

Calories

Less than

Less than

Cholesterol Less than

Total Carbohydrate

Dietary Fiber

Total Fat

Sat Fat

Sodium

CREAMY CHICKEN



2,000



CHEESY BROCCOLI RICE

8 TOTAL SERVINGS (2 POUCHES)

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|-----|--|--------|---|
| | | | 3 |
| 311 | | ing Su | |

| Nutrition Facts | Nutrition Fa |
|------------------------------|---------------------|
| Serving Suggestion | Servine |
| 8 TOTAL SERVINGS (2 POUCHES) | |

| Serving Suggestion | Serving Suggesti |
|--------------------------------------------------------------|--------------------------------------------------------------|
| Nutrition Facts | Nutrition Facts |
| Serving Size: 2/3 Cup (80g dry) Servings Per Container: 4 | Serving Size: 2/3 Cup (80g dry) Servings Per Container: 4 |
| Amount Per Serving | Amount Per Serving |
| Calories 480 Calories from Fat 70 | Calories 350 Calories from Fat |

| Nutrition Facts Serving Size: 2/3 Cup (80g dry) Servings Per Container: 4 | Nutrition Facts Serving Size: 2/3 Cup (80g dry) Servings Per Container: 4 |
|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| Amount Per Serving | Amount Per Serving |
| Calories 480 Calories from Fat 70 | Calories 350 Calories from Fat 110 |
| % Daily Value* | % Daily Value |
| Total Fat 8g 12% | Total Fat 12g 19% |
| Saturated Fat 4g 20% | Saturated Fat 9g 43% |
| Trans Fat Og | Trans Fat 1g |
| Cholesterol Omg 0% | Cholesterol 20mg 6% |
| Sodium 520mg 22% | Sodium 360mg 15% |
| Total Carbohydrate 66g 22% | Total Carbohydrate 49g 16% |
| Dietary Fiber Og 1% | Dietary Fiber Og 1% |
| Sugars 2g | Sugars 5g |
| Protein 5g | Protein 9g |
| Vitamin A 2% • Vitamin C 4% | Vitamin A 2% • Vitamin C 15% |
| Calcium 4% • Iron 10% | 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. | *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 Sat Fat Less than 20g 25a 300mg Cholesterol Less than 300mg Less than 400mg 2400mg Total Carbohydrate 375g 300g Dietary Fiber 25a

Calories per gram: Fat 9 Carbs 4 Protein 4

65g 80g 20g 25g 300mg 300mg Less than 2400mg 2400mg 300a 375a 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 [anticaking agent]), onion powder, parsley flakes.

Contains allergens: Soy and milk.

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.

Cholesterol Less than

Total Carbohydrate

Dietary Fiber

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.

Contains allergens: Milk and soy.

freeze dried strawberries.

BLACK BEANS AND RICE PASTA ALFREDO 8 TOTAL SERVINGS (2 POUCHES)

8 TOTAL SERVINGS (2 POUCHES)

ENCHILADA SOUP

8 TOTAL SERVINGS (1 POUCH)



Nutrition Facts

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

CREAMY

STROGANOFF

4 TOTAL SERVINGS (1 POUCH)

| Amount Per Serving | |
|-------------------------|----------------|
| Calories 280 Calories f | rom 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 5a | |

| Vitamin A | 2% • | Vitam | in C 0% |
|----------------------------------------------|-------------|------------|-----------|
| Calcium | 2% • | Iron | 8% |
| *Percent Da calorie diet. or lower dep | Your daily | values may | be higher |
| | 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 | nydrate | 300g | 375g |
| Dietary Fibe | r | 25g | 30g |
| Calories per g | gram: Fat 9 | Carbs 4 | Protein 4 |

INGREDIENTS: 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

Nutrition Facts Serving Size: 3/4 Cup (59g dry)

Servings Per Container: 4

| | , | |
|---------------|-----------|---------------|
| Calories 170 | Calories | from Fat 10 |
| | | % Daily Value |
| Total Fat 1g | | 2% |
| Saturated Fa | t 0g | 0% |
| Trans Fat Og | | |
| Cholesterol 0 | mg | 0% |
| Sodium 750m | g | 31% |
| Total Carbohy | drate 44g | 15% |
| Dietary Fiber | · 10g | 40% |
| Sugars 3g | | |
| Protein 8g | | |

| Vitamin A | 4% | • | Vitam | in 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. | | | | | |
| | Calc | ories | 2,000 | 2,5 | 500 |
| Total Fat | Less t | than | 65g | 8 | 30g |
| Sat Fat | Less t | than | 20g | : | 25g |
| Cholesterol | Less t | than | 300mg | 300 | mg |
| Sodium | Less t | than | 2400mg | 2400 | mg |
| Total Carbohydrate | | 300g | 3 | 75g | |

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

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.



Nutrition Facts

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

| 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 | |

Protein 7g

Vitamin A 6%

| vitaiiiii A | 070 | Vitaiii | 111 C 070 | | |
|-----------------------------------------------------------------------------------------------------------------------------------|-----------|---------|-----------|--|--|
| 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 Carbol | nydrate | 300g | 375g | | |

Vitamin C

| 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 s | gram: Fat 9 | Carbs 4 | Protein 4 | _ |
| NGDEDIENTS: | | | | |

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

semolina flour [wheat], niacin, iron

riboflavin, folic acid), white cheddar

[pasteurized milk, salt, cheese culture,

cheese blend (cheddar cheese

[ferrous sulfate], thiamine mononitrate,

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



Nutrition Facts

Serving Size: 1/4 Cup (34g dry)

Servings Per Container: 8

Calories 130 Calories from Fat 25 Total Fat 3g 4% Saturated Fat 1.5g **7**% Trans Fat Og Cholesterol 5mg 1% Sodium 280mg 12% **Total Carbohydrate 23**g 8% Dietary Fiber 3g 11% Sugars 3g Protein 4g Vitamin A 0% Vitamin C 2% Calcium 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 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 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

dioxide, [anti-caking agent]), chicken soup base (hydrolized corn and soy protein, corn syrup solids, cornstarch, sugar, onion powder, spices, turmeric, dehydrated parsley), oregeno,

phosphate, mono and diglycerides,

onions, sweet dairy whey, tomato

natural flavor), dehydrated chopped

powder, onion powder, chicken flavor

(chicken stock, natural flavor, silicon

Contains allergens: Soy and milk.

cilantro, chili pepper, jalapeno.

TOMATO BASIL SOUP 16 TOTAL SERVINGS (2 POUCHES)



Nutrition Facts

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

| Servings Per Container. 6 | | | | |
|---------------------------|----------------|--|--|--|
| Amount Per Serving | | | | |
| Calories 150 Calories | from Fat 20 | | | |
| | % Daily Value* | | | |
| Total Fat 2g | 3% | | | |
| Saturated Fat 1.5g | 6% | | | |
| Trans Fat Og | | | | |
| Cholesterol 5mg | 2% | | | |
| Sodium 600mg | 25% | | | |
| Total Carbohydrate 299 | g 10 % | | | |
| Dietary Fiber 1g | 4% | | | |
| Sugars 3g | | | | |
| Protein 5g | | | | |
| Vitamin A 2% • Vit | amin C 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 Total Fat Less than 65g 80g Less than 20g 25g 300mg Cholesterol Less than 300mg Less than 2400mg 2400mg Sodium Total Carbohydrate 300g 375g

Calories per gram: Fat 9 Carbs 4 Protein 4

Iron

25g

4%

Calcium

Dietary Fiber

INGREDIENTS: 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,

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

SOUP

CHICKEN NOODLE

16 TOTAL SERVINGS (2 POUCHES)



Nutrition Facts

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

| Calories fro | m Fat 10 |
|--------------|--------------|
| % | Daily Value* |
| | 2% |
| 1g | 2% |
| | |
| mg | 4% |
| 9 | 24% |
| drate 19g | 6% |
| 1g | 3% |
| ֡ | Calories fro |

Protein 3a Vitamin C Vitamin A 25% 2% Iron Calcium *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

Sugars 3g

Total Fat Less than 65g 80g Less than 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:

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 36 TOTAL SERVINGS (6 POUCHES)

Nutrition Facts

Serving Size: 5 Tbsp (21g dry)

| Servings Per Container: 6 | | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|---------|------|-------------|---------|--|
| Amount Per | Serving | | | | |
| Calories | 70 | Ca | lories from | Fat C | |
| | | | % Dail | y Value | |
| Total Fat | 0g | | | 0% | |
| Saturate | ed Fat | 0g | | 0% | |
| Trans Fa | at Og | | | | |
| Choleste | rol Or | ng | | 0% | |
| Sodium 1 | 15mg | | | 5% | |
| Total Carbohydrate 11g 4% | | | | | |
| Dietary F | iber (|)g | | 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. Calories 2,000 2,500 | | | | | |
| | Calu | 1162 | 2,000 2 | ,500 | |

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

Less than

Less than

Cholesterol Less than

Total Carbohydrate

65g

20g

300mg

300g

Less than 2400mg 2400mg

80g

25g

375g

30g

300mg

Nonfat dry milk, vitamin A palmitate, vitamin D3.

Contains allergen: Milk.

Total Fat

Sat Fat

Sodium