

18 SERVINGS

SHELF LIFE UP TO

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

### **Nutrition Facts**

Serving Size: 1/2 Cup (10g dry) Servings Per Container: 18

Calorles	40	C	alories f	rom	Fat
Calentee		_			v Valu
Total Fat	00		,		<b>0</b>
A CONTRACTOR OF CALLS		~			0
Saturate		υg	1		0
Trans Fa	at Og	_			
Choleste	rol Om	g			0
Sodium (	Omg				0
Total Car	bohydi	rat	te 8g		3
Dietary				6	2
1.000	A STATE OF A	.33	i i i i i i i i i i i i i i i i i i i	0	
Sugars 4					
Protein 1	<b>C1</b>				
Frotein	9	_			
		•	Vitam	in C	80%
Vitamin A		•	Vitam Iron	in C	80% 4%
Vitamin A	0% 2% ily values Your dail	s a ly v on y	Iron re based o values may	on a : y be h ie nee	4% 2,000
Vitamin A Calcium *Percent Da calorie diet. or lower dep	0% 2% ily values Your dail pending c	s a ly v on y es	Iron re based values may your calor	on a 3 y be h ie nee 2,	4% 2,000 ligher ds.
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Vitamin A Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat	0% 2% illy values Your dail bending c Calorie Less tha Less tha	s a ly v on y es on	Iron re based o values may your calor 2,000 65g	on a : y be h ie nee 2,	4% 2,000 iigher eds. 500 80g
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11109-082814

# Freeze Dried Sliced Strawberries

#### DIRECTIONS:

Use: As a snack, in desserts, fruit smoothies, etc. Yield: 1/2 cup of sliced strawberries.

- 1. Mix 1/2 cup strawberries to 1 cup of warm water.
- **2.** Let stand for 5 minutes.
- 3. Serve.

Jam Recipe (keep refrigerated) Yield: Single batch. 1 cup of sliced freeze dried strawberries 1/3 cup of sugar 2 Tablespoons of Augason Farms Ultimate Gel

Cover strawberries with water. Add sugar to strawberries and stir well until sugar is dissolved. Slowly sprinkle Ultimate Gel while stirring to prevent lumps. May add additional water to desired consistency.

**INGREDIENTS:** Sliced freeze dried strawberries.

## 1-800-878-0099

#### www.AugasonFarms.com

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92 SERVINGS





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FOOD STORAGE Emergency Everyday food

## **Nutrition Facts**

Serving Size: 2 Tbsp (11g dry) Servings Per Container: 92

Calories	60 0	Cald	ories fr	om F	at 3
			3	% Daily	Value
<b>Total Fat</b>	4g				69
Saturate	ed Fat 1	g			59
Trans Fa	at Og				
Choleste	rol 165	mg			549
Sodium 8	35mg				49
Total Car	bohydi	ate	2g		19
Dietary	Fiber C	)g			09
Sugars	0g				
Protein 4	g				
Vitamin A	4%	•	Vitam	in C	0%
Calcium	6%		Iron		2%
*Percent Da calorie diet. or lower dep	Your dail	ly va on yo	lues may	y be hi ie nee	gher
Total Fat	Less tha	n	65g	80g	
Sat Fat	Less tha	n	20g	25g	
			300mg	300mg	
			400ma	2400	mg
Sodium	Less tha	in 2			
Cholesterol Sodium Total Carbol Dietary Fibe	nydrate	in 2	300g 25g		75g 30g

90158-092314

# **Scrambled Egg Mix**

#### DIRECTIONS:

**1.** Add 2 tablespoons dry mix to 2 tablespoons warm water and mix.

2. Cook as desired.

Use in omelets, french toast, etc. Scrambled egg mix is also great to take on camping trips.

When using with other dry ingredients, it is not necessary to reconstitute egg mix. Simply add to other dry ingredients and increase liquid requirements by necessary amounts.

**INGREDIENTS:** Whole eggs, nonfat dry milk, vegetable oil.

Contains allergens: Milk and eggs.

Pasteurized fully dehydrated fresh whole eggs. No refrigeration necessary.

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24 SERVINGS



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FOOD STORAGE Emergency Everyday food

## **Nutrition Facts**

Serving Size: 1/2 Cup (55g dry) Servings Per Container: 24

Amount Per			1.7		
Calories	250	Ca	lories fro	om F	at 90
				% Dail	y Value
<b>Total Fat</b>	10g				169
Saturate	ed Fat	: 29	1	- 00	10%
Trans Fa	at Og				
Choleste	rol Or	ng			0%
Sodium !	55mg				29
Total Car	bohy	dra	te 35g		129
Dietary	211272				18%
Sugars 6	a				1123 2 200
Protein 6	-				
	The second s	-43			
Vitamin A	0%	٠	Vitam	in C	0%
Calcium	2%		Iron		10%
"Percent Da calorie diet. or lower der	Your d	aily	values may	/ be h ie nee	igher
	Calo	ries		2,	500
Total Fat	Calo Less t				500 80g
	10,000	han	2,000	1	1
Sat Fat Cholesterol	Less t Less t Less t	han han han	2,000 65g 20g 300mg	300	80g 25g )mg
Sat Fat Cholesterol	Less t Less t Less t	han han han	2,000 65g 20g	1	80g 25g )mg
Total Fat Sat Fat Cholesterol Sodium Total Carbol	Less t Less t Less t Less t	han han han han	2,000 65g 20g 300mg	300 2400	80g 25g )mg
Sat Fat Cholesterol Sodium	Less ti Less ti Less ti Less ti nydrate	han han han han	2,000 65g 20g 300mg 2400mg	300 2400 3	80g 25g )mg )mg

90166-120214

## Super Nutty Granola

#### DIRECTIONS:

Use as a cereal, snack, or in a trail mix.

**INGREDIENTS:** Whole rolled oats, milled cane sugar, vegetable oil (canola and/or safflower and/ or sunflower oil), molasses, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, salt, natural flavor, cardamom seed, fennel seed, fenugreek seed, nutmeg.

**Contains allergens:** Coconut, cashews, walnuts and almonds. May contain other tree nuts, wheat, and soy.

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