



25 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.

SEALED: UP TO 25 YEARS OPENED: TO 1 MO. REFRIGERATED

# HOOD STORAGE Emergency Everyday food

# Asian Style Teriyaki Kit

### **Nutrition Facts**

Serving Size: 1/3 Cup rice + 8 Tsp sauce mix (59g dry) Servings Per Container: 20

	Serving			
Calories	200	Ca	lories fi	om Fat 1
				% Daily Value
<b>Total Fat</b>	1.5g			29
Saturate	ed Fat	0.5	ig	39
Trans Fa	at Og			
Choleste	rol 10m	ng		49
Sodium 1	230mg	,		519
Total Car	bohydi	rat	e 45g	159
Dietary Fiber 1g			49	
Sugars 5	g			
Protein 1	Og			
Vitamin A	30%	•	Vitam	in C 40%
Calcium	4%		Iron	10%
*Percent Da			e based	on a 2,000
calorie diet. or lower dep		on y		
calorie diet. or lower dep Total Fat	pending o	on y es	our calor	ie needs.
calorie diet. or lower dep Total Fat Sat Fat	Calorio Calorio Less tha Less tha	on y es an an	our calor 2,000 65g 20g	ie needs. 2,500 80g 25g
calorie diet, or lower dep Total Fat Sat Fat Cholesterol	Calorio Calorio Less tha Less tha Less tha	on y es an an	our calor 2,000 65g 20g 300mg	ie needs. 2,500 80g 25g 300mg
calorie diet, or lower dep Total Fat Sat Fat Cholesterol Sodium	Calorio Calorio Less tha Less tha Less tha Less tha	on y es an an	our calor 2,000 65g 20g 300mg 2400mg	ie needs. 2,500 80g 25g 300mg 2400mg
calorie diet. or lower dep Total Fat Sat Fat Cholesterol Sodium Total Carboł	Calorie Calorie Less tha Less tha Less tha Less tha nydrate	on y es an an	vour calor 2,000 65g 20g 300mg 2400mg 300g	ie needs. 2,500 80g 25g 300mg 2400mg 375g
calorie diet, or lower dep Total Fat Sat Fat Cholesterol Sodium	Calorie Calorie Less tha Less tha Less tha Less tha nydrate	on y es an an	our calor 2,000 65g 20g 300mg 2400mg	ie needs. 2,500 80g 25g 300mg 2400mg

00270-011215

### **DIRECTIONS FOR TWO SERVINGS:**

2/3 cup rice, 1/3 cup sauce mix, 2 cups water. Add ingredients to boiling water; stir well. Reduce heat. Cook on a low boil 15-18 minutes, stirring frequently.

Refrigerate after opening.

**INGREDIENTS:** Enriched precooked long grain rice (rice, niacin, iron [ferric orthophosphate], thiamine [thiamine mononitrate], folic acid), freeze dried beef chunks (salt added), beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), chopped onion, white granulated sugar, terivaki flavor (powdered soy sauce, salt, toasted sesame seed oil, silicon dioxide [anticaking agent], natural flavor, soybean oil), 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), red and green bell peppers, carrot dices, peas, garlic powder, yeast extract, sauteed onion flavor (natural flavors [contains wheat, milk, soybeans], onion powder, tapioca maltodextrin, autolyzed yeast extract, enzyme modified butter and buttermilk powder [butter {cream, salt}, dry buttermilk, mono and diglycerides], salt, tricalcium phosphate, silicon dioxide).

Contains allergens: Soy, wheat and milk.

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J4 SERVINGS 25

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> FOOD STORAGE Emergency Everyday food

## Freeze Dried Chicken Fettuccine Alfredo Kit

### **Nutrition Facts**

Serving Size: 1/2 Cup pasta + 1/3 Cup sauce mix (86g dry) Servings Per Container: 14

Amount Per	Serving	_			
Calories	360 C	al	ories fro	m Fa	at 100
				% Dail	y Value
<b>Total Fat</b>	11g				189
Saturate	ed Fat	69	3		29%
Trans Fa	at Og				
Choleste	rol 50	mg	9		179
Sodium 9	940mg	1			399
Total Car	bohyd	Ira	te 50g		179
Dietary F	iber 2	g			7%
Sugars 4	g	-			
Protein 1	2g				
Vitamin A	4%	•	Vitam	in C	4%
Calcium	8%	•	Iron		45%
*Percent Da calorie diet. or lower dep	Your da	ily on	values mag	y be h ie nee	igher
Total Fat	Less than		65g	80g	
Sat Fat	Less th	an	20g		25g
1000 (1000) (1000)	Less than		300mg		
ST 24 25					- 53
Cholesterol Sodium	Less th	an	2400mg		Omg
Cholesterol Sodium Total Carbol	Less th nydrate	an	300g	3	)mg 175g
Cholesterol Sodium	Less th nydrate	an		3	Omg

00271-011215

#### **DIRECTIONS FOR 2 SERVINGS:**

1 cup pasta, 2/3 cup sauce mix, 2 cups water. Add ingredients to boiling water. Simmer 15 to 18 minutes, stirring frequently.

Refrigerate after opening.

**INGREDIENTS:** Egg noodles (durum flour, eggs, glyceryl monosterate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), creamer (maltodextrin, palm oil), white cheddar cheese blend (cheddar cheese [pasteurized milk. salt, cheese culture, enzymes], buttermilk, whey, salt, natural flavors), freeze dried chicken chunks, modified food starch, salt, sweet whey, natural sauteed mushroom flavor (maltodextrin, natural flavor [contains milk, wheat, soybeans], mushroom powder, tapioca maltodextrin, autolyzed yeast extract, partially hydrogenated soybean oil, salt, onion powder, modified food starch), natural roast onion flavor (autolyzed yeast extract, onion powder, natural flavor [contains wheat, soybeans], defatted wheat germ, sugar, refinery syrup powder, brown sugar, molasses powder, corn syrup solids. caramel color), sour cream powder, garlic powder, yeast extract, 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), parsley, xanthan gum.

Contains allergens: Wheat, egg, milk, soy.

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14 Servings



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# POOD STORAGE Emergency Everyday food

## Freeze Dried Beef Stroganoff Kit

### **Nutrition Facts**

Serving Size: 1/2 Cup pasta + 1/3 Cup sauce mix (82g dry) Servings Per Container: 14

Calories	320 C	alories fr	om Fat 8
			% Daily Valu
Total Fat	9g		14
Saturate	ed Fat 4	.5g	22
Trans Fa	at Og		
Choleste	rol 45m	g	16
Sodium 7	780mg		32
Total Car	bohydra	ate 50g	175
Dietary Fiber 2g			109
Sugars 4	g		
Protein 1	2g		
Vitamin A	10%	Vitam	in C 100%
Calcium	4%	Iron	15%
10	ilv values	are based	on a 2,000
calorie diet. or lower dep	Your daily	n your calor	
calorie diet.	Your daily pending or	n your calor s 2,000	ie needs.
calorie diet. or lower dep	Your daily pending or Calorie	n your calor s 2,000 n 65g	ie needs. 2,500
calorie diet. or lower dep Total Fat Sat Fat Cholesterol	Your daily bending or Calorie Less thar Less thar Less thar	n your calor s 2,000 n 65g n 20g n 300mg	ie needs. 2,500 80g 25g 300mg
calorie diet. or lower deg Total Fat Sat Fat Cholesterol Sodium	Your daily bending or Calorie Less thar Less thar Less thar Less thar	n your calor s 2,000 n 65g n 20g n 300mg n 2400mg	ie needs. 2,500 80g 25g 300mg 2400mg
calorie diet. or lower dep Total Fat Sat Fat Cholesterol	Your daily cending or Calorie: Less thar Less thar Less thar Less thar ydrate	n your calor s 2,000 n 65g n 20g n 300mg	ie needs. 2,500 80g 25g 300mg

00272-011315

#### **DIRECTIONS FOR 2 SERVINGS:**

1 cup pasta, 2/3 cup sauce mix, 2 cups water. Add ingredients to boiling water. Cook on a low boil 18-20 minutes, stirring frequently.

Refrigerate after opening.

**INGREDIENTS:** Egg noodles (durum flour, eggs, glyceryl monosterate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), creamer (maltodextrin, palm oil), modified food starch, freeze dried beef chunks (salt added), dehydrated tomato paste, chopped onions, red and green bell peppers, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), sour cream powder, (cultured cream [cream, nonfat milk, culture, enzymes], salt, lactic asid, tocopherols, BHT, silicon dioxide, sodium citrate), salt, garlic powder, mushrooms, caramel color, dehydrated toasted onion flavor, mushroom flavor, yeast extract.

Contains allergens: Wheat, egg, milk, soy.

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# TWOD STORAGE EMERGENCY MERYDAY FOOD

# Nutrition Facts

Serving Size: 1/4 Cup pasta + 1/4 Cup sauce mix (56g dry) Servings Per Container: 24

A	100	0-	1	and Fak
Calorles	190	Ca	lories fr	-
			5	% Daily Val
<b>Total Fat</b>	2g			3
Saturate	ed Fat	0.	5g	14
Trans Fa	at Og			
Choleste	rol 10	mg		4
Sodium 1	380m	g		58
Total Car	bohyc	Ira	te 34g	1
Dietary Fiber 3g				10
Sugars 4	a contraction of the second seco			
Protein 1		-	the states	
Vitamin A	4%	٠	Vitam	in C 20
Calcium	2%	٠	Iron	35
*Percent Da calorie diet. or lower der	Your da	on	values mag	y be highe
	14 C-2514	3696	65g	80g
Total Fat	Less th	nan		
Total Fat Sat Fat	Less th		20g	25g
Sat Fat Cholesterol	Less th Less th	nan nan	20g 300mg	300mg
Sat Fat Cholesterol Sodium	Less th Less th Less th	nan nan	20g 300mg 2400mg	300mg 2400mg
Sat Fat Cholesterol Sodium Total Carbol	Less th Less th Less th Nydrate	nan nan	20g 300mg 2400mg 300g	300mg 2400mg 375g
Sat Fat Cholesterol Sodium	Less th Less th Less th Nydrate	nan nan	20g 300mg 2400mg	300mg 2400mg

00273-011315

#### **DIRECTIONS FOR 2 SERVINGS:**

1/2 cup pasta, 1/2 cup sauce mix, 2 cups water. Add ingredients to boiling water; stir well. Reduce heat. Cook on a low boil 18-20 minutes, stirring frequently.

Chili Macaroni Kit

With Freeze Dried Beef

Refrigerate after opening.

Macaroni (semolina, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), freeze dried beef chunks (salt added), precooked red beans, modified food starch, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), dehydrated tomato paste, salt, white granulated sugar, chopped onion, red and green bell peppers, chili pepper powder, garlic powder, cumin, caramel color.

Contains allergens: Wheat and soy.

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23 YEARS

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SEALED: UP TO 25 YEARS OPENED: TO 1 MO. REFRIGERATED

# POOD STORAGE Emergency Everyday food

# Spaghetti Marinara Kit

### **Nutrition Facts**

Serving Size: 1.5 oz pasta + 1/4 Cup sauce mix (67g dry) Servings Per Container: 20

Amount Per	Serving		
Calories	230 C	alories fi	rom Fat 1
			% Daily Value
<b>Total Fat</b>	2g		39
Saturate	ed Fat O	.5g	39
Trans Fa	at Og		
Choleste	rol 10m	g	49
Sodium 9	910mg		389
Total Car	bohydra	ate 42g	149
Dietary F	iber 3g		109
Sugars 1	g		
Protein 1	2g		
Vitamin A	2%	Vitam	in C 4%
Calcium	4%	Iron	100%
*Percent Da calorie diet, or lower dep	Your daily	values may 1 your calor	y be higher
Second Second Second	Less than	n 65g	80g
Total Fat	Louis error		
Sat Fat	Less thar	CHAMPER AND	25g
Sat Fat Cholesterol	Less than Less than	300mg	300mg
Sat Fat Cholesterol Sodium	Less thar Less thar Less thar	300mg 2400mg	300mg 2400mg
Sat Fat Cholesterol Sodium Total Carbol	Less thar Less thar Less thar nydrate	300mg 2400mg 300g	300mg 2400mg 375g
Sat Fat Cholesterol Sodium	Less thar Less thar Less thar nydrate	300mg 2400mg	300mg 2400mg

00275-013015

### **DIRECTIONS FOR 2 SERVINGS:**

3 oz spaghetti, 1/2 cup sauce mix, 4 cups water.

Add spaghetti to boiling water. Boil 6 minutes. Stir in sauce mix. Reduce heat to a low boil. Cook for 9-12 minutes.

Refrigerate after opening.

**INGREDIENTS:** Spaghetti (semolina, durum flour, enriched with iron [ferrous sulfate] and B vitamins [niacin, thiamine mononitrate, riboflavin, folic acid]), dehydrated tomato paste, freeze dried beef chunks (salt added), salt, chopped onion, sugar, modified food starch, garlic powder, oregano, parsley, olive oil flavor (maltodextrin, modified food starch, natural flavor), citric acid.

Contains allergen: Wheat.

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