



20
SERVINGS



SHELF LIFE UP TO
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

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Asian Style Teriyaki Kit

With Freeze Dried Beef

Nutrition Facts	
Serving Size: 1/3 Cup rice + 8 Tsp sauce mix (59g dry)	
Servings Per Container: 20	
Amount Per Serving	
Calories 200	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 1230mg	51%
Total Carbohydrate 45g	15%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 10g	
Vitamin A 30%	Vitamin C 40%
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	

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, teriyaki flavor (powdered soy sauce, salt, toasted sesame seed oil, silicon dioxide [anti-caking 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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FOOD STORAGE
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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 Calories from Fat 100	
% Daily Value*	
Total Fat 11g	18%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 940mg	39%
Total Carbohydrate 50g	17%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 12g	
Vitamin A 4% • Vitamin C 4%	
Calcium 8% • Iron 45%	
*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	

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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FOOD 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	
Amount Per Serving	
Calories 320	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 45mg	16%
Sodium 780mg	32%
Total Carbohydrate 50g	17%
Dietary Fiber 2g	10%
Sugars 4g	
Protein 12g	
Vitamin A 10%	Vitamin C 100%
Calcium 4%	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	

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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 monostearate, 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 acid, 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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FOOD STORAGE
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EVERYDAY FOOD

Chili Macaroni Kit

With Freeze Dried Beef

Nutrition Facts	
Serving Size: 1/4 Cup pasta + 1/4 Cup sauce mix (56g dry)	
Servings Per Container: 24	
Amount Per Serving	
Calories 190	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 1380mg	58%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	10%
Sugars 4g	
Protein 10g	
Vitamin A 4% • Vitamin C 20%	
Calcium 2% • 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	

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.

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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EVERYDAY FOOD

Spaghetti Marinara Kit

with Freeze Dried Beef

Nutrition Facts

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

Amount Per Serving		Calories from Fat 15	
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	10mg		4%
Sodium	910mg		38%
Total Carbohydrate	42g		14%
Dietary Fiber	3g		10%
Sugars	1g		
Protein	12g		
Vitamin A	2%	Vitamin C	4%
Calcium	4%	Iron	100%
*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			

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.

00275-013015

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