



SHELF LIFE 30 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

# Apple Dices

### **Nutrition Facts**

Serving Size: 1/2 Cup (12g dry) Servings Per Container: 18

Amount Per	Serving				
Calorles	45	C	alories f	rom	Fat C
				% Daily	/ Value
<b>Total Fat</b>	0g				0%
Saturat	ed Fa	t Og	3		0%
Trans Fa	at Og	1			
Choleste	rol Or	ng			0%
Sodium (	Oma				0%
Total Car		dra	te 11a		4%
Dietary	•		020A3MW	20110	0%
Sugars (		0 5			
Protein C	_			-	
Protein	g	-C-215		40.0	See the
Vitamin A	0%	٠	Vitam	in C	0%
Calcium	0%	٠	Iron		0%
*Percent Da calorie diet. or lower dep	Your d	aily on	values may	be hie nee	igher
Total Fat	Less t	han	65g	80g	
Sat Fat	Less t		20g		25g
Cholesterol			300mg	300	
Sodium			2400mg		100000
Total Carbohydrate			300g	100000000000000000000000000000000000000	
Dietary Fiber			25g	3	30g

Calories per gram; Fat 9 Carbs 4 Protein 4

11151-082814

#### **DIRECTIONS:**

Yield: 1/2 cup apples.

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

1 cup dried apples equals 1 cup fresh apples.

Use as a snack, in desserts, fruit smoothies, etc. Makes great pies.

INGREDIENTS: Granny Smith apples, diced.

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**EVERYDAY FOOD** 

## **Dehydrated Apple Slices**

### **Nutrition Facts**

Serving Size: 1/2 Cup (17g dry)

Amount Per	Serving				
Calorles	60	С	alories f	rom	Fat (
				% Daily	Value
Total Fat	0g				09
Saturated Fat Og			3		09
Trans Fa	at Og				
Choleste	rol O	ng			09
Sodium 65mg					39
Total Car	bohy	dra	te 16g		59
Dietary Fiber 2g					69
Sugars 9					NBG.
Protein C			1		
Vitamin A	0%		Vitam	in C	2%
Calcium	0%		Iron		0%
*Percent Da calorie diet. or lower dep	Your d	aily g on	values ma	y be hi ie need	gher
Total Fat	Less than		65g	80g	
Sat Fat	Less t			25g	
Cholesterol			300mg	300mg	
Sodium			2400mg	2400mg	
Total Carbohydrate			300g		75g
Dietary Fibe			259		30g

Calories per gram: Fat 9 Carbs 4 Protein 4

70600-110714

#### DIRECTIONS:

To rehydrate:

- 1. Cover apple slices with hot water and allow to stand for 30 minutes.
- 2. Stir occasionally.

For cooked apples to be used as pie filling:

- 1. Bring to a boil.
- 2. Cool before using.

May be eaten as a snack or added to granola.

1 cup of dried apples = 5 cups of fresh apples.

INGREDIENTS: Dehydrated apple slices, sulfites.

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SHELF LIFE UP TO 30 YEARS

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# Sliced Strawberries

#### **Nutrition Facts** Serving Size: 1/2 Cup (10g dry) Servings Per Container: 18 Calories from Fat 0 Calories 40 Total Fat Og 0% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium Omg 0% Total Carbohydrate 8g 3% Dietary Fiber less than 1g 2% Sugars 4g Protein 1g Vitamin A 0% Vitamin C 80% Calcium Iron \*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 300g 375g

Dietary Fiber

Calories per gram: Fat 9

11109-082814

30g

25g

Carbs 4 Protein 4

#### **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.

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# Whole Raspberries

### **Nutrition Facts**

Serving Size: 1/2 Cup (10g dry) Servings Per Container: 22

5	Cal	lories from	Fat 0
		% Dai	ly Value
g			0%
Saturated Fat Og			
0g			
Cholesterol Omg			
Sodium Omg			0%
ohy	drate	e 8g	3%
Dietary Fiber 2g			
ĺ			
%	*	Vitamin C	20%
%	ě	Iron	4%
	g I Fa Og ol Or ng ohy	I Fat Og Og I Omg II Omg ohydratiber 2g	% Dai Ig I Fat Og Og Ol Omg Ing Ohydrate 8g Iber 2g

\*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	Total Fat Less than		80g
Sat Fat Less than		20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbol	nydrate	300g	375g
Dietary Fiber		25g	30g
Calculat par	tram: Est 0	Carbed	Drotein 4

11105-092414

#### DIRECTIONS:

Yield: 1/2 cup of whole raspberries.

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

Use: As a snack, in desserts, fruit smoothies, etc.

Jam Recipe (keep refrigerated)

Yield: Single batch.

1 cup of freeze dried raspberries

1/3 cup of sugar

2 Tablespoons of Ultimate Gel

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

INGREDIENTS: Freeze dried raspberries.

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HELF LIFE UP TO 10 YEARS



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# Honey Coated Banana Slices

### **Nutrition Facts**

Serving Size: 1/2 Cup (42g dry) Servings Per Container: 22

Amount Per	Serving			
Calories		lories fro	m Fa	t 140
			% Dally	/ Value
Total Fat	15g			23%
Saturat	ed Fat 14	lg		68%
Trans Fa	at Og			
Choleste	rol Omg		-	0%
Sodium (	Omg	-77		0%
Potassiu	m 210mg	1		6%
Total Car	bohvdra	te 18a		6%
	Fiber 20			6%
Sugars 1		<u> </u>		
Protein C				
		-		115.117.477
Vitamin A	0% •	Vitam	in C	0%
Calcium	10% •	Iron		0%
*Percent Da calorie diet. or lower dep	Your daily	values ma your calor	y be h ie nee	igher
Total Fat	Less than	65g	8	80g
Sat Fat	Less than	20g		25g
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
<b>Total Carbol</b>	300g	375g		
Dietary Fiber		25g	30g	
Calories per gram: Fat 9		Carbs 4	Protein 4	

11102-112114

#### DIRECTIONS:

Eat as a snack, add to cereals, granolas, or deserts.

Do not rehydrate.

**INGREDIENTS:** Bananas, coconut/vegetable oil, sugar/honey, natural flavoring.

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