



18
SERVINGS



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

Freeze Dried Apple Dices

Nutrition Facts

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

Amount Per Serving		% Daily Value*	
Calories	45	Calories from Fat	0
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	11g		4%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	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	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:

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.

11151-082814

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SERVINGS



SHELF LIFE UP TO
25 YEARS

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Dehydrated Apple Slices

Nutrition Facts

Serving Size: 1/2 Cup (17g dry)
Servings Per Container: 32

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	65mg		3%
Total Carbohydrate	16g		5%
Dietary Fiber	2g		6%
Sugars	9g		
Protein	0g		
Vitamin A	0%	Vitamin C	2%
Calcium	0%	Iron	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	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

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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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Freeze Dried Sliced Strawberries

Nutrition Facts

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

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 8g			3%
Dietary Fiber less than 1g			2%
Sugars 4g			
Protein 1g			
Vitamin A 0%		Vitamin C 80%	
Calcium 2%		Iron 4%	
*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			

11109-082814

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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SERVINGS



SHELF LIFE UP TO
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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Freeze Dried Whole Raspberries

Nutrition Facts

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

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	8g		3%
Dietary Fiber	2g		9%
Sugars	4g		
Protein	1g		
Vitamin A	2%	Vitamin C	20%
Calcium	2%	Iron	4%
*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			

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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22
SERVINGS



SHELF LIFE UP TO
10 YEARS



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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Honey Coated Banana Slices

Nutrition Facts

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

Amount Per Serving	
Calories 230 Calories from Fat 140	
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 14g	68%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 210mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	6%
Sugars 12g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 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 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			

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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