



71
SERVINGS



SHELF LIFE UP TO
10 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

Whole Eggs

Nutrition Facts

Serving Size: 2 1/2 Tbsp (13g dry)
Servings Per Container: 71

Amount Per Serving			
Calories 70		Calories from Fat 45	
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	215mg		72%
Sodium	90mg		4%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	6g		
Vitamin A	6%	Vitamin C	0%
Calcium	2%	Iron	6%
*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			

90161-121014

DIRECTIONS:

1. Add 2 1/2 Tablespoons dry whole egg powder to 2 1/2 Tablespoons warm water and mix well.

Cook as desired.

Yield: 1 whole egg.

Can be used in baking and cooking. For example, use in omelets, french toast, bread, muffins, cookies, cakes, etc. They're also great to take on camping trips.

When using with other dry ingredients, it is not necessary to reconstitute the whole egg powder. Simply add to other dry ingredients and increase liquid requirements by necessary amount.

INGREDIENTS: Whole eggs, sodium silicoaluminate (as an anticaking agent).

Contains allergen: Eggs.

Pasteurized fully dehydrated whole eggs. No refrigeration necessary.

1-800-878-0099

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SHELF LIFE UP TO
20 YEARS

Certified



Gluten-Free

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Country Fresh®

100% Instant Nonfat Dry Milk

CAN MAKES APPROXIMATELY 2.5 GALLONS.

MIXING DIRECTIONS:

Add powder to water and stir. Best if mixed in water in a mixing pitcher and chilled overnight. This gives a more smooth consistency to the milk.

Amount	Nonfat Dry Milk	Water
1 Cup	5 Tbsp or about 1/3 Cup	1 Cup
1 Quart	1 1/3 Cups	1 Quart
2 Quarts	2 2/3 Cups	2 Quarts
1 Gallon	5 1/3 Cups	1 Gallon

INGREDIENTS: Nonfat dry milk, vitamin A palmitate, vitamin D3.

Contains allergen: Milk.

Nutrition Facts

Serving Size: 5 Tbsp (21g dry)
Servings Per Container: 39

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	115mg		5%
Total Carbohydrate	11g		4%
Dietary Fiber	0g		0%
Sugars	10g		
Protein	7g		
Vitamin A	10%	Vitamin C	4%
Calcium	35%	Iron	0%
Vitamin D	25%	Riboflavin	20%
*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			

90620-042415

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SHELF LIFE UP TO
30 YEARS

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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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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Potato Gems

Complete Mashed Potatoes

Nutrition Facts

Serving Size: 1/4 Cup (30g dry)
Servings Per Container: 45

Amount Per Serving		Calories from Fat 15	
% Daily Value*			
Total Fat 1.5g			2%
Saturated Fat 0g			1%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 520mg			22%
Total Carbohydrate 22g			7%
Dietary Fiber 2g			7%
Sugars 1g			
Protein 2g			
Vitamin A 0%		Vitamin C 15%	
Calcium 2%		Iron 2%	

*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

11118-121514

DIRECTIONS:

Yield: 4 servings

- Mix 1 cup of Potato Gems with 2 cups of boiling water. Potatoes need to be added quickly and all at once, stirring constantly until potato mixture begins to set (about 20-30 seconds.)
- Let sit for 3 to 5 minutes. Stir and serve.

• For creamier mashed potatoes, add more water by small increments and stir.

INGREDIENTS: Potatoes, salt, partially hydrogenated canola oil mono and diglycerides, artificial color, natural and artificial flavor. Freshness preserved with sodium bisulfite and BHT.

Contains allergen: Milk.

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Freeze Dried Sweet Corn

Nutrition Facts

Serving Size: 1/2 Cup (19g dry)
Servings Per Container: 23

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
Total Fat 1g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 14g			5%
Dietary Fiber 2g			10%
Sugars 4g			
Protein 2g			
Vitamin A 2%		Vitamin C 8%	
Calcium 0%		Iron 2%	

*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

11155-111714

DIRECTIONS:

Yield: 1/2 cup sweet corn.

1. Mix 1/2 cup sweet corn to 1 cup of warm water.
2. Let stand for 5 minutes.
3. Heat in microwave or on stove top.

1/2 cup dried corn = 1/2 cup fresh corn

Use as a side dish, in casseroles, soups, etc.

INGREDIENTS: Super sweet corn.

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Beef

Vegetarian Meat Substitute Flavored

Nutrition Facts

Serving Size: 1/4 Cup (26g dry)
Servings Per Container: 40

Amount Per Serving	
Calories 90	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	14%
Sugars 2g	
Protein 11g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	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	

70130-120514

DIRECTIONS:

Add 2 parts water to 1 part Beef Flavored Vegetarian Meat Substitute. Bring to a boil. Reduce heat and simmer for 20 minutes, stirring occasionally.

Use in soups, stews, or as a meat extender.

INGREDIENTS: Textured vegetable protein (soy flour, caramel color), soybean oil, salt, hydrolyzed corn, soy, wheat protein, autolyzed yeast.

Contains allergens: Soy and wheat.

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