



18
SERVINGS



SHELF LIFE UP TO
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 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.

1-800-878-0099

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192
SERVINGS



SHELF LIFE
10 YEARS

Certified



Gluten-Free

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Vegetarian Meat Substitute Bacon Flavored Bits

Nutrition Facts

Serving Size: 1 Tbsp (5g dry)
Servings Per Container: 192

Amount Per Serving		% Daily Value*	
Calories	15	Calories from Fat	5
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	115mg		5%
Total Carbohydrate	1g		0%
Dietary Fiber	less than 1g		3%
Sugars	0g		
Protein	2g		
Vitamin A	0%	Vitamin C	0%
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			

70150-120214

DIRECTIONS:

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

Each 1 cup of dry Bacon Flavored Bits Vegetarian Meat Substitute equals approx. 1 pound of bacon bits.

Suggested Uses: Bacon Flavored Bits Vegetarian Meat Substitute provide long-lasting crispiness with the look and flavor of real bacon. Use them to enhance salads, vegetables, casseroles, omelets and other egg dishes, hors d'oeuvres, cheese spreads, biscuits, salad dressings, snack dips, and soups.

INGREDIENTS: Textured vegetable protein (soy flour, caramel color, FD&C Red #3), soybean oil, salt, natural flavoring.

Contains allergen: Soy.

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**FOOD STORAGE
EMERGENCY
EVERYDAY FOOD**

Dehydrated Potato Shreds

Nutrition Facts

Serving Size: 1/2 cup (31g)
Servings Per Container: 21

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
Total Fat	0g		1%
Saturated Fat	0g		1%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	530mg		22%
Total Carbohydrate	24g		8%
Dietary Fiber	2g		8%
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

DIRECTIONS:

Yield: 2 servings

1. Pour 1 cup potato shreds into 3 cups boiling water (1/2 teaspoon salt optional).
2. Turn down heat and simmer until tender.
3. Drain.

Use in recipes calling for potatoes or fry on well oiled grill at 375°F for 3-4 minutes or until golden brown.

INGREDIENTS: Potatoes, salt, mono and diglycerides, dextrose. Freshness preserved with sodium bisulfite and BHT.

11120-120314

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SHELF LIFE UP TO
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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Buttermilk Pancake Mix

Nutrition Facts

Serving Size: 1/3 cup (50g dry)
Servings Per Container: 29

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
Total Fat	1g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	480mg		20%
Total Carbohydrate	36g		12%
Dietary Fiber	less than 1g		3%
Sugars	5g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	10%	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			

80121-112414

DIRECTIONS:

Cold water 3/4 cups

Pancake mix 1 cup

Yield: 9-4 inch pancakes

1. Add mix to cold water. Do not over mix.
2. Add more water until desired consistency.
3. Preheat oiled skillet, griddle to 375° F.
4. Cook pancakes 1 to 1 1/2 minutes per side or until golden brown, turning only once.

Pancake mix may be used for waffles.

Yield: 12-4 inch waffles

1. Mix 2 1/4 cups of mix, 2 cups cold water.
2. Add 2 Tbsp oil. Batter will be slightly lumpy, do not over mix.
3. Pour batter into lightly oiled, preheated waffle iron.
4. Cook waffles until steaming stops.

INGREDIENTS: Cake flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soy flour, dextrose, soybean oil, buttermilk powder, baking soda, corn starch, sodium acid pyrophosphate, salt, monocalcium phosphate, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), soybean oil.

Contains allergens: Milk, eggs, soy and wheat.

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**FOOD STORAGE
EMERGENCY
EVERYDAY FOOD**

Creamy Wheat Cereal

Nutrition Facts

Serving Size: 1/4 cup (50g dry)
Servings Per Container: 36

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	39g		13%
Dietary Fiber	less than 1g		4%
Sugars	0g		
Protein	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	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			

90153-091914

DIRECTIONS:

For each 1 cup serving, heat 1 cup water and 1/4 tsp. salt to boiling. Add 1/4 cup Creamy Wheat Cereal slowly, stirring constantly. Return to a boil over medium heat, reduce heat. Cook 10 minutes or until thickened, stirring frequently. For creamier cereal use milk. Heat to near boiling.

MICROWAVE DIRECTIONS:

Cold water 1 cup
Creamy Wheat Cereal 1/4 cup

1. Place water and Creamy Wheat Cereal in a bowl.
2. Stir well to prevent lumping.
3. Cook for 1 minute on high heat.
4. Remove and stir.
5. Return to microwave for 1 - 2 minutes stirring every minute.

INGREDIENTS: Wheat.

Contains allergen: Wheat.

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92
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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Scrambled Egg Mix

Nutrition Facts

Serving Size: 2 Tbsp (11g dry)
Servings Per Container: 92

Amount Per Serving		Calories from Fat 35	
		% Daily Value*	
Total Fat 4g			6%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 165mg			54%
Sodium 85mg			4%
Total Carbohydrate 2g			1%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 4g			
Vitamin A 4%		Vitamin C 0%	
Calcium 6%		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			

90158-092314

DIRECTIONS:

1. Add 2 tablespoons dry mix to 2 tablespoons warm water and mix.
2. Cook as desired.

Use in omelets, french toast, etc. Scrambled egg mix is also great to take on camping trips.

When using with other dry ingredients, it is not necessary to reconstitute egg mix. Simply add to other dry ingredients and increase liquid requirements by necessary amounts.

INGREDIENTS: Whole eggs, nonfat dry milk, vegetable oil.

Contains allergens: Milk and eggs.

Pasteurized fully dehydrated fresh whole eggs.
No refrigeration necessary.

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