



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

### **Nutrition Facts**

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

Amount Per	Serving	1			_
Calories	40	С	alories f	rom	Fat (
				% Dail	y Value
<b>Total Fat</b>	0g				0%
Saturate	ed Fa	t Og	3		0%
Trans Fa	at Og				
Choleste	rol Or	ng			0%
Sodium (	Dmg				0%
Total Car	bohy	dra	te 8g	64. Jam	3%
Dietary	Fiber	less	than 1q	6	29
Sugars 4	a	10000			1000
Protein 1	-	-			
Vitamin A	0%	•	Vitam	in C	80%
Calcium	2%	•	Iron		4%
*Percent Da calorie diet. or lower dep	Your d	aily a on	values mag	y be h ie nee	nigher
Total Fat	Less t	han	65g		80g
Sat Fat	Less t		20g		25g
Cholesterol	10000.000.00		300mg		Omg
Sodium			2400mg	240	
Total Carbol		6	300g	3	375g
<b>Dietary Fibe</b>	r		25g		30g

11109-082814

# Freeze Dried Sliced Strawberries

### 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

### www.AugasonFarms.com



192 servings





Gluten Free

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## Nutrition Facts

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

Amount Per	Serving		
Calorles	15 C	alories fi	rom Fat 5
			% Daily Value
<b>Total Fat</b>	0.5g		1%
Saturate	ed Fat O	g	09
Trans Fa	at Og		
Choleste	rol Omg		09
Sodium 1	15mg		59
Total Car	bohydra	ate 1g	09
Dietary	Fiber les	s than 1g	39
Sugars C	)q		
Protein 2	-		
Vitamin A	0%	Vitam	in C 0%
Calcium	2%	Iron	2%
*Percent Da calorie diet. or lower dep	Your daily	values ma your calor	y be higher
	Less thar	1 10000	80g
Sat Fat	Less thar	20g	25g
Sat Fat Cholesterol	Less thar Less thar	20g 300mg	25g 300mg
Total Fat Sat Fat Cholesterol Sodium	Less thar Less thar Less thar	20g 300mg 2400mg	25g 300mg 2400mg
Sat Fat Cholesterol	Less thar Less thar Less thar ydrate	20g 300mg	25g 300mg

70150-120214

# Vegetarian Meat Substitute Bacon Flavored Bits

### 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.

### 1-800-878-0099

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SHELF LIFE UP TO

**25 YEARS** 

in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

# Potato Shreds

### **Nutrition Facts**

Serving Size: 1/2 cup (31g)

Servings Per Container: 21

	Serving	9			
Calorles	110	С	alories	from	Fat 5
				% Dall	y Value
<b>Total Fat</b>	0g				1%
Saturat	ed Fa	t Og	3		1%
Trans Fa	at Og				140111-0.00
Choleste	rol O	mg			0%
Sodium !	530m	g			22%
Total Car	bohy	dra	te 24g		8%
Dietary	Fiber	· 2q			8%
Sugars	1a				
Protein 2	CHER A				
Protein 2	9				
	-				
Vitamin A	0%	5	Vitam	in C	15%
	0% 2%	1	Vitam Iron	in C	15% 2%
Vitamin A	2% ily valu Your d pending	laily	Iron ire based values ma your calor	on a 2 y be h ie nee	2% 2,000 ligher
Vitamin A Calcium *Percent Da calorie diet.	2% ily valu Your d pending	laily g on pries	Iron ire based values ma your calor	on a 2 y be h ie nee 2,	2% 2,000 ligher eds.
Vitamin A Calcium *Percent Da calorie diet. or lower dep	2% illy valu Your d pending Calc	laily g on ories han	Iron re based values may your calor 2,000	on a 2 y be h ie nee 2,	2% 2,000 igher eds. 500
Vitamin A Calcium *Percent Da calorie diet, or lower dep Total Fat	2% illy valu Your d Dending Calc Less t	laily g on ories han han	Iron values may your calor 2,000 65g	on a 2 y be h ie nee 2,	2% 2,000 igher ds. 500 80g 25g
Vitamin A Calcium *Percent Da calorie diet, or lower dep Total Fat Sat Fat	2% illy valu Your d bending Calc Less t Less t Less t	laily g on bries han han han	Iron values may your calor 2,000 65g 20g	on a 2 y be h ie nee 2, 300	2% 2,000 iigher eds. 500 80g 25g Dmg
Vitamin A Calcium *Percent Da calorie diet, or lower dep Total Fat Sat Fat Cholesterol	2% Your d cending Calc Less t Less t Less t	laily g on bries han han han	Iron re based values may your calor 2,000 65g 20g 300mg	on a 2 y be h ie nee 2, 300 2400	2% 2,000 iigher eds. 500 80g 25g Dmg
Vitamin A Calcium *Percent Da calorie diet, or lower dep Total Fat Sat Fat Cholesterol Sodium	2% Your d bending Calc Less t Less t Less t Less t	laily g on bries han han han	Iron values may your calor 2,000 65g 20g 300mg 2400mg	on a 2 y be h ie nee 2, 300 2400	2% 2,000 iigher ds. 500 80g 25g Dmg Dmg

#### 11120-120314

### 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.

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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

222 A B	Serving	1	- 41 - 14 - 14		12101 2011
Calories	180	С	alories	rom	Fat
				% Daily	/ Value
<b>Total Fat</b>	: 1g				19
Saturat	ed Fat	0	9		09
Trans Fa	at Og				
Choleste	rol 10r	ng	[		39
Sodium 4	480mg	1			209
Total Car	bohyd	ra	te 36g		129
Dietary	Fiber	les	s than 1	g	3%
Sugars	5a				
Protein 5	-	-			
Vitamin A	0%	۲	Vitam	in C	0%
Calcium	10%	•	Iron		15%
*Percent Da calorie diet. or lower dep	Your da	ily on	values may	/ be h ie nee	igher
		les			
Total Fat	Less th	-	65g	3	80g
Total Fat Sat Fat	15 26	an	-		80g 25g
25597 SUBER	Less th Less th	an an	65g		25g
Sat Fat	Less th Less th Less th	an an an	65g 20g	300	25g )mg
Sat Fat Cholesterol Sodium Total Carbol	Less th Less th Less th Less th Less th	an an an	65g 20g 300mg	300 2400	25g )mg
Sat Fat Cholesterol Sodium	Less th Less th Less th Less th Less th	an an an	65g 20g 300mg 2400mg	300 2400 3	25g )mg )mg

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.

1-800-878-0099

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SHELF LIFE UP TO 10 YEARS

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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

	100	-	alories f	unna	Eat /
Calorles	180	C			2//28/7
		- 24		% Daily	Value
<b>Total Fat</b>	Og	8			09
Saturate	ed Fat	t Og	9		0%
Trans Fa	at Og				
Choleste	rol Or	ng			0%
Sodium (	Omg				0%
Total Car	bohy	dra	te 39g		139
Dietary	Fiber	les	s than 1	g	4%
Sugars	254				
Protein 6	g				
Vitamin A	0%		Vitam	in C	0%
	0.01		Laren		4%
Calcium	0%		Iron		4 70
*Percent Da calorie diet.	ily valu Your d pending	ies a aily g on	values may your calor	y be h ie nee	,000 igher ds.
*Percent Da calorie diet. or lower dep	ily valu Your d cending Calo	ies a aily g on ries	re based o values may your calor 2,000	y be hi ie nee 2,	,000 igher ds. 500
*Percent Da calorie diet. or lower dep Total Fat	illy valu Your d bending Calo Less t	ies a aily on ries han	re based ovalues may your calor 2,000 65g	y be hi ie nee 2,!	,000 igher ds. 500 80g
*Percent Da calorie diet. or lower dep Total Fat Sat Fat	ily valu Your d Dending Calo Less t	ies a aily on ries han han	values may your calor 2,000 65g 20g	y be h ie nee 2,	,000 igher ds. 500 80g 25g
1.	illy valu Your d Dending Calo Less t Less t	ies a aily ories han han han	values may your calor 2,000 65g 20g	y be h ie nee 2,! 300	,000 igher ds. 500 80g 25g 0mg
*Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol Sodium	illy valu Your d Calo Less t Less t Less t	ies a aily on ries han han han	re based o values may your calor 2,000 65g 20g 300mg	y be h ie nee 2,9 300 2400	,000 igher ds. 500 80g 25g 0mg
*Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol	illy valu Your d Dending Calo Less t Less t Less t Less t nydrate	ies a aily on ries han han han	re based ovalues may your calor 2,000 65g 20g 300mg 2400mg	y be hi ie nee 2,! 300 2400 3	,000 igher ds. 500 80g 25g img

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.
- Return to microwave for 1 2 minutes stirring every minute.

### **INGREDIENTS:** Wheat.

Contains allergen: Wheat.

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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	1			
Calories	60	Ca	lories fr	om F	at 35
			3	% Dally	Value
<b>Total Fat</b>	4g				6%
Saturate	ed Fa	t19	3		5%
Trans Fa	at Og				
Choleste	rol 16	5m	g		54%
Sodium 8	35mg	ş.			4%
Total Car	bohy	dra	te 2g		1%
Dietary		0%			
Sugars	0g				
Protein 4	g				
Vitamin A	4%		Vitam	in C	0%
Calcium	6%	<b>ii</b>	Iron		2%
*Percent Da calorie diet. or lower der	Your d	aily g on	values ma; your calor	y be hi ie nee	gher
	oure	mes	2,000		
Total Fat	Less t	han	65g		30g
Sat Fat	Less t	han han	65g 20g		\$224
	Less t Less t Less t	han han han	65g 20g 300mg	300	30g 25g Img
Sat Fat Cholesterol Sodium	Less t Less t Less t Less t	han han han han	65g 20g	300 2400	30g 25g Img Img
Sat Fat Cholesterol Sodium Total Carbol	Less t Less t Less t Less t Less t	han han han han	65g 20g 300mg 2400mg 300g	300 2400 3	30g 25g img img 75g
Sat Fat Cholesterol Sodium	Less t Less t Less t Less t Less t	han han han han	65g 20g 300mg 2400mg	300 2400 3	30g 25g Img Img

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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