

# **1 PERSON 72 HOUR FOOD STORAGE EMERGENCY FOOD SUPPLY** Serving suggestions shown below.

20225-112515

# **BANANA CHIPS**

(1 pouch)

# SERVINGS



Shelf Life: Product good for up to 20 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55° F and 70° F. Actual shelf life may vary based on individual storage

# **FOOD STORAGE EMERGENCIES EVERYDAY MEALS**

# 1-800-878-0099

www.AugasonFarms.com



## Nutrition Facts Serving Size: 1/2 Cup (33g dry) Servings Per Pouch: 8

Amount Per Serving Calories 170 Calories from Fat 100

		9	6 Daily Value*
Total Fat	11g		17%
Saturate	ed Fat 10	g	50%
Trans Fa	at Og		
Cholesterol Omg			0%
Sodium Omg			0%
Total Car	bohydra	te 19g	6%
Dietary	Fiber 3g		1 <b>2</b> %
Sugars 1	2g		
Protein 1	g		
Vitamin A	0% •	Vitam	in C 4%
Calcium	0% •	Iron	2%
*Percent Da		re based o	on a 2.000
calorie diet. or lower dep	pending on	your calori	/ be higher ie needs.
or lower dep	cending on Calories	your calori 2,000	/ be higher ie needs. 2,500
or lower dep Total Fat	Calories Less than	your calori 2,000 65g	/ be higher ie needs. 2,500 80g
or lower dep Total Fat Sat Fat	Calories Less than Less than	your calori 2,000 65g 20g	y be higher ie needs. 2,500 80g 25g
or lower dep Total Fat	Calories Less than Less than	your calori 2,000 65g 20g 300mg	y be higher ie needs. 2,500 80g 25g 300mg
or lower dep Total Fat Sat Fat Cholesterol	Calories Less than Less than Less than Less than Less than	your calori 2,000 65g 20g 300mg	y be higher ie needs. 2,500 80g 25g 300mg 2400mg
or lower dep Total Fat Sat Fat Cholesterol Sodium	Calories Less than Less than Less than Less than Less than nydrate	your calori 2,000 65g 20g 300mg 2400mg	v be higher ie needs. 2,500 80g 25g 300mg 2400mg 375g

#### **INGREDIENTS:** ated banana slices (bananas, refined

coconut oil, sugar, banana flavoring).

Contains allergen: Tree nuts (coconut).



**CREAMY POTATO** 

#### **Nutrition Facts** Serving Size: 1/3 Cup (50g dry) Servings Per Pouch: 8 Amount Per Serving ----Colorian fre

Calories			om Fat 70
		9	6 Daily Value*
Total Fat	8g		12%
Saturate	ed Fat 4g	9	20%
Trans Fa	at Og		
Choleste	rol Omg		0%
Sodium 3	350mg		15%
Total Car	bohydra	<b>te</b> 33g	11%
Dietary F	iber 2g		8%
Sugars 3	g		
Protein 4	g		
Vitamin A	0% •	Vitam	in C 15%
Vitamin A Calcium	0% • 2% •	Vitam Iron	in C 15% 10%
	<b>2%</b> • iily values a Your daily	Iron are based o values may	<b>10%</b> on a 2,000 / be higher
Calcium *Percent Da calorie diet.	<b>2%</b> • iily values a Your daily	Iron are based o values may your calor	<b>10%</b> on a 2,000 / be higher
Calcium *Percent Da calorie diet. or lower dep Total Fat	2% • illy values a Your daily bending on Calories Less than	Iron are based o values may your calori 2,000 65g	10% on a 2,000 / be higher ie needs. 2,500 80g
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat	2% • iily values a Your daily pending on Calories Less than Less than	Iron are based of values may your calor 2,000 65g 20g	10% 0n a 2,000 / be higher ie needs. 2,500 80g 25g
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol	2% • Your daily pending on Calories Less than Less than Less than	Iron are based ovalues may your calori 2,000 65g 20g 300mg	10% 10% be higher ie needs. 2,500 80g 25g 300mg
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol Sodium	2% • Your daily bending on Calories Less than Less than Less than Less than	Iron are based of values may your calor 2,000 65g 20g 300mg 2400mg	10% 10% 10% 10% 10% 10% 10% 10%
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol	2% • iily values a Your daily bending on Calories Less than Less than Less than Less than Less than hydrate	Iron are based ovalues may your calori 2,000 65g 20g 300mg	10% 10% be higher ie needs. 2,500 80g 25g 300mg

# **INGREDIENTS:**

Diced dehydrated potatoes, creamer (palm oil maltodextrin sodium caseinate (a milk derivative), dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (Potato, monoglycerides, sodium acid pyrophosphate, citric acid. Freshness preserved with sodium bisulfite and BHA), corn starch, onions, chicken stock (corn syrup, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes, turmeric, garlic powder, caramel color, dehydrated onion

Contains allergens: Milk, soy and wheat

## **HEARTY VEGETABLE** CHICKEN SOUP (1 pouch)

**Nutrition Facts** 

Servings Per Pouch: 8

nt Per Serving

Saturated Fat Og

Total Fat Og

Trans Fat Og

Cholesterol Omg

Sodium 590mg

**Dietary Fiber 6g** 

Sugars 3g Protein 7g Vitamin A 70%

Calcium

Total Fat

Sat Fat

Sodium

Dietary Fiber

dehvdrated onion

Total Carbohydrate

**INGREDIENTS:** 

Total Carbohydrate 40g

.

\*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

Calories per gram: Fat 9 Carbs 4 Protein 4

White rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), lentils, elbow macaroni

(wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid),

carrot dices, celery slices, chicken stock (corn

syrup solids, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar,

onion powder, disodium inosinate and disodium

guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color,

Contains allergens: Milk, soy and wheat.

4% •

Less than

Less than

Cholesterol Less than 300mg

Serving Size: 1/3 Cup (57g dry)

Calories 180 Calories from Fat 5

% Dailv Value

0%

0%

0%

25%

13%

24%

6%

15%

2,500

80g

25g

375g

30g

300mg

Vitamin C

Iron

65g

20g

Less than 2400mg 2400mg

300g

25g

## CREAMY **CHICKEN RICE** (1 pouch)



## Nutrition Facts Serving Size: 1/3 Cup (52g dry) Servings Per Pouch: 8

	_		
Amount Per	Serving		
Calories	240 Ca	lories fro	m Fat 100
			% Daily Value*
Total Fat	12g		18%
Saturate	ed Fat 6	ig	30%
Trans Fa	at Og		
Choleste	rol Omg	9	0%
Sodium 3	30mg		14%
Total Car	bohydr	ate 30g	10%
Dietary	Fiber 0	g	0%
Sugars 1	g		
Protein 4	g		
Vitamin A	0%	• Vitam	nin C 2%
Calcium	0%	• Iron	6%
*Percent Da calorie diet. or lower dep	Your dail	y values ma n your calor	y be higher
	Calone	2,000	2,300
Total Eat	Locs the	n 65a	80a
Total Fat Sat Fat	Less tha		80g 25g
Total Fat Sat Fat Cholesterol	Less tha Less tha Less tha	n 20g	80g 25g 300mg
Sat Fat	Less tha	n 20g n 300mg	25g 300mg
Sat Fat Cholesterol	Less tha Less tha Less tha	n 20g n 300mg n 2400mg 300g	25g 300mg 2400mg 375g
Sat Fat Cholesterol Sodium	Less tha Less tha Less tha Nydrate	n 20g n 300mg n 2400mg	25g 300mg 2400mg 375g

## **INGREDIENTS:**

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), creamer (palm oil, maltodextrin, sodium caseinate (a milk derivative), dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), corn starch, natural chicken flavor. onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, di-sodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), onion powder, natural flavoring, parsley flakes, turmeric

Contains allergens: Milk and soy.

MAPLE BROWN SUGAR OATMEAL (1 pouch)



# **Nutrition Facts** Serving Size: 1/3 Cup (30g dry)

Servings Per Pouch: 10 Amount Per Serving Calories 120 Calories from Fat 25 SOUP (1 pouch)

			6 Daily Value
Total Fat	2.5g		4%
Saturate	ed Fat 1g		5%
Trans Fa	at Og		
Choleste	rol Omg		0%
Sodium 3	35mg		1%
Total Car	bohydra	te 20g	7%
Dietary	Fiber 3g		1 <b>2</b> %
Sugars 3	g		
Protein 4	g		
Vitamin A	0% •	Vitam	in C 0%
Calcium	2% •	Iron	6%
*Percent Da calorie diet. or lower dep	Your daily	values may	/ be higher
	Calories	your calor 2,000	2,500
Total Fat			
	Calories	2,000	2,500
Total Fat	Calories Less than Less than	2,000 65g	2,500 80g 25g
Total Fat Sat Fat	Calories Less than Less than	2,000 65g 20g 300mg	2,500 80g 25g 300mg
Total Fat Sat Fat Cholesterol Sodium Total Carbol	Calories Less than Less than Less than Less than hydrate	2,000 65g 20g 300mg 2400mg 300g	2,500 80g 25g 300mg 2400mg 375g
Total Fat Sat Fat Cholesterol Sodium	Calories Less than Less than Less than Less than hydrate	2,000 65g 20g 300mg 2400mg 300g 25g	2,500 80g 25g 300mg 2400mg

#### **INGREDIENTS:**

Quick rolled oats, brown sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono-and diglycerides, sodium silicoaluminate, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), natural and artificial maple flavor, noniodized salt.

Contains allergens: Milk, soy and tree nuts (coconut).