



# BREAKFAST EMERGENCY FOOD SUPPLY

20230-122115

Serving suggestions shown below.

162  
SERVINGS



SHELF LIFE UP TO  
20 YEARS

**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 conditions.

FOOD STORAGE  
EMERGENCIES  
EVERYDAY MEALS

1-800-878-0099

www.AugasonFarms.com

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## BUTTERMILK PANCAKES

(4 pouches)



### Nutrition Facts

Serving Size: 1/3 Cup (46g dry)  
Servings Per Pouch: 6

Amount Per Serving		% Daily Value*	
<b>Calories 160</b>	<b>Calories from Fat 0</b>		
<b>Total Fat 0g</b>		<b>0%</b>	
<b>Saturated Fat 0g</b>		<b>0%</b>	
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 620mg</b>		<b>26%</b>	
<b>Total Carbohydrate 34g</b>		<b>11%</b>	
<b>Dietary Fiber 1g</b>		<b>4%</b>	
<b>Sugars 5g</b>			
<b>Protein 4g</b>			
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>		
<b>Calcium 10%</b>	<b>Iron 15%</b>		

\*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

### INGREDIENTS:

Cake flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acidpyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), egg substitute (potato starch, tapioca starch, calcium lactate, calcium carbonate, citric acid, cellulose gum, xanthan gum).

**Contains allergens:** Milk, soy and wheat.

## SIX GRAIN BANANA CEREAL

(2 pouches)



### Nutrition Facts

Serving Size: 1/2 Cup (48g dry)  
Servings Per Pouch: 4

Amount Per Serving		% Daily Value*	
<b>Calories 180</b>	<b>Calories from Fat 15</b>		
<b>Total Fat 2g</b>		<b>3%</b>	
<b>Saturated Fat 1g</b>		<b>5%</b>	
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 85mg</b>		<b>4%</b>	
<b>Total Carbohydrate 33g</b>		<b>11%</b>	
<b>Dietary Fiber 5g</b>		<b>20%</b>	
<b>Sugars 11g</b>			
<b>Protein 5g</b>			
<b>Vitamin A 0%</b>	<b>Vitamin C 2%</b>		
<b>Calcium 2%</b>	<b>Iron 8%</b>		

\*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

### INGREDIENTS:

Six grain mix (hard red wheat, soft white wheat, barley, oats, rye, triticale), sugar, diced bananas, coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono-and diglycerides, silicon dioxide and soy lecithin), natural and artificial maple flavor, brown sugar, non-iodized salt.

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

## BANANA CHIPS

(2 pouches)



### Nutrition Facts

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

Amount Per Serving		% Daily Value*	
<b>Calories 170</b>	<b>Calories from Fat 100</b>		
<b>Total Fat 11g</b>		<b>17%</b>	
<b>Saturated Fat 10g</b>		<b>50%</b>	
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 0mg</b>		<b>0%</b>	
<b>Total Carbohydrate 19g</b>		<b>6%</b>	
<b>Dietary Fiber 3g</b>		<b>12%</b>	
<b>Sugars 12g</b>			
<b>Protein 1g</b>			
<b>Vitamin A 0%</b>	<b>Vitamin C 4%</b>		
<b>Calcium 0%</b>	<b>Iron 2%</b>		

\*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

### INGREDIENTS:

Dehydrated banana slices (bananas, refined coconut oil, sugar, banana flavoring).

**Contains allergen:** Tree nuts (coconut).

## MORNING MOO'S® LOW FAT MILK ALTERNATIVE

(3 pouches)



### Nutrition Facts

Serving Size: 2 Tbsp (17g dry)  
Servings Per Pouch: 20

Amount Per Serving		% Daily Value*	
<b>Calories 70</b>	<b>Calories from Fat 20</b>		
<b>Total Fat 2.5g</b>		<b>4%</b>	
<b>Saturated Fat 2g</b>		<b>10%</b>	
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 120mg</b>		<b>5%</b>	
<b>Total Carbohydrate 10g</b>		<b>3%</b>	
<b>Dietary Fiber 0g</b>		<b>0%</b>	
<b>Sugars 1g</b>			
<b>Protein 3g</b>			
<b>Vitamin A 8%</b>	<b>Vitamin C 0%</b>		
<b>Calcium 10%</b>	<b>Iron 0%</b>		

\*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

### INGREDIENTS:

Whey, 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), nonfat dry milk, sugar, guar gum, vitamin A, vitamin D.

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

## MAPLE BROWN SUGAR OATMEAL

(3 pouches)



### Nutrition Facts

Serving Size: 1/4 Cup (30g dry)  
Servings Per Pouch: 10

Amount Per Serving		% Daily Value*	
<b>Calories 120</b>	<b>Calories from Fat 25</b>		
<b>Total Fat 2.5g</b>		<b>4%</b>	
<b>Saturated Fat 1g</b>		<b>5%</b>	
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 35mg</b>		<b>1%</b>	
<b>Total Carbohydrate 20g</b>		<b>7%</b>	
<b>Dietary Fiber 3g</b>		<b>12%</b>	
<b>Sugars 3g</b>			
<b>Protein 4g</b>			
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>		
<b>Calcium 2%</b>	<b>Iron 6%</b>		

\*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

### 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, non-iodized salt.

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

## STRAWBERRY CREAM OF WHEAT

(3 pouches)



### Nutrition Facts

Serving Size: 1/4 Cup (46g dry)  
Servings Per Pouch: 8

Amount Per Serving		% Daily Value*	
<b>Calories 180</b>	<b>Calories from Fat 25</b>		
<b>Total Fat 2.5g</b>		<b>4%</b>	
<b>Saturated Fat 2g</b>		<b>10%</b>	
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 95mg</b>		<b>4%</b>	
<b>Total Carbohydrate 35g</b>		<b>12%</b>	
<b>Dietary Fiber 1g</b>		<b>4%</b>	
<b>Sugars 11g</b>			
<b>Protein 4g</b>			
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>		
<b>Calcium 0%</b>	<b>Iron 2%</b>		

\*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

### INGREDIENTS:

Farina (wheat), sugar, coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono-and diglycerides, silicon dioxide and soy lecithin), natural and artificial strawberry flavor (dextrose, corn starch, water, alcohol), non-iodized salt, natural red coloring (carmine, caramel color, and maltodextrin).

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

Each pouch contains an oxygen absorber. Discard immediately upon opening.