



Quality Food Storage from Augason Farms

One Month Kit

(48 Total Everyday Size Cans)

Orange Delight Drink Mix



100% VITAMIN	
Daily Allowance	
Nutrit	ion Facts

Nutritio	on Facts
Serving Size: 2 The Servings Per Con	osp (26g) tainer: 23
Amount Per Serving	
Calories 100	Calories from Fat 0

Total Fat	0g			0%
Saturate	d Fat 0ç)		0%
Trans Fa	ıt 0g			
Choleste	r ol 0mg			0%
Sodium 0)mg			0%
Total Car	bohydr	ate	25g	89
Dietary F	iber 0g			0%
Sugars 2	.4g			
Protein 0	g			
Vitamin A	0%	•	Vitamin C	100%
Calcium	0%	•	Iron	0%
*Percent Daily values are based on a 2,00 calorie diet. Your daily values may be higher clower depending on your calorie needs.				
	Calorie	es	2,000	2,500
Total Fat	Less that	an	65g	80g
Sat Fat	Less that	an	20g	25g

OPTIMUM SHELF LIFE: 15 YEARS INGREDIENTS: Sugar, citric acid, orange juice powder (corn syrup solids, natural flavors [contains orange juice solids], citric acid, BHT), sodium citrate, ascorbic acid, FD&C Yellow #6,

Calories per gram: Fat 9 Carbs 4 Protein 4

300mg

25g

2400mg

300mg

375g

30g

2400mg

FD&C Red #40. Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond

Less than

Less than

Cholesterol

Dietary Fiber

Total Carbohydrate

DIRECTIONS: To make 1 quart:
1. Add 1/2 cup drink mix to 2 cups water. 2. Mix or blend until dissolved.

3. Add cold water to make 1 quart

Proportions may be altered to suit individual taste. One Glass: 2 Tbsp to 8 oz water.



Dried Whole Eggs

19 Servings (1 can)

Nutritio	n Facts
Nutritio	III Facts
Serving Size: 2 1/2 Servings Per Cont	
Amount Per Serving	
Calories 70	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.	5g 8%
Trans Fat 0g	
Chalacteral 215	mg 71%

Amount Per Se	erving			
Calories 7	70	Calories	from Fat	45
			% Daily Va	alue*
Total Fat	5g			8%
Saturated	d Fat 1.5	g		8%
Trans Fa	at 0g			
Cholester	ol 215m	g	7	1%
Sodium 9	0mg			4%
Total Carl	bohydra	te 0g		0%
Dietary F	iber 0g			0%
Sugars 0g				
Protein 6	9			
Vitamin A	6%	Vitami	in 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	_,		
Total Fat	Less than		•	0g
Sat Fat	Less than		•	5g
Cholesterol	Less than		3	3
Sodium Total Carboh	Less than		3	•
Dietary Fiber	•	300	•	og
		25	ia 3	0g

Calories per gram: Fat 9 Carbs 4 Protein 4 **OPTIMUM SHELF LIFE: 10 YEARS** INGREDIENTS: Whole eggs, sodium uminate (as an anticaking agent). Contains allergen: Eggs. Processed in a dedicated gluten free manufacturing and packaging site. Pasteurized fully dehydrated whole eggs. No

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

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.

Chocolate Morning Moo's Low Fat Milk Alternative 15 Servings (2 cans/30 total servings) NET WT. 1 lb 3.0 oz (538 g)



Nutri	tion			Fact
Serving Si Servings F)
Amount Per	Serving			
Calories	140	Ca	lories fro	m Fat 3
			%	Daily Value
Total Fat	3.5g			69
Saturate	ed Fat 3	.5g		169
Trans F	at Og			
Choleste	rol 0ma	<u> </u>		09
Sodium	`			79
Total Ca		rate	26a	99
				3%
Dietary Fiber less than 1g 39 Sugars 21g				
Protein 2	<u>2g</u>			
Vitamin A	10%	•	Vitamir	n C 0
Calcium	6%	•	Iron	29
Vitamin D	25%	•	Ribofla	vin 2º
*Percent Da calorie diet. lower depen	Your dail	y val our c	ues may b	e higher o
Total Fat	Less th	an	65g	80g
Sat Fat	Less th	an	20g	25g
Cholesterol	Less th		300mg	300mg
Sodium	Less th		2400mg	2400mg
Total Carbol	nyarate30	υg	375g	

OPTIMUM SHELF LIFE: 15 YEARS INGREDIENTS: Sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and

Calories per gram: Fat 9 Carbs 4 Protein 4

diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, dutched cocoa (processed with alkali), sweet whey, natural cream flavor (maltodextrin, natural cream flavor), salt, carrageenan gum, xanthan gum, cellulose gum, vitamin A, vitamin D. Contains allergens: Dairy, soy, and coconut. Processed in a plant that handles wheat, egg, dairy,

DIRECTIONS: To make 1 quart: Add 1 cup dry mix to 1 cup warm water, then dilute with 3 cups cold water.

sprinkle it with cinnamon or all spice.

soybean, peanut, cashew, walnut, and almond

Quick Mix, Chocolate Almond Supreme, and Double Chocolate Shake.

Chocolate Morning Moo's® served hot or cold is a

winner. To give variety to your basic chocolate drink,

add 1/8 teaspoon mint, banana or coconut extracts or

Honey Coated Banana Slices 5 Servings (4 cans/20 total servings) NET WT. 9.0 oz (255 g)



Nutrit	ion	F	acts
Serving Siz Servings P			
Amount Per S	erving		
Calories	240 C	alories fro	m Fat 140
		•	% Daily Value*
Total Fat	16g		24%
Saturate	d Fat 14g		71%
Trans Fa	it 0g		
Choleste	rol 0mg		0%
Sodium 0)mg		0%
Total Car	bohydra	te 19g	6%
Dietary F	iber 2g		6%
Sugars 13g			
Protein 0	g		
Vitamin A	0% •	Vitamin	C 0%
Calcium	10% •	Iron	0%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	9	80g
Sat Fat	Less than	9	25g
Cholesterol	Less than		300mg
Sodium	Less than		2400mg
Total Carboh		300g	375g
Dietary Fiber		25g	30g

OPTIMUM SHELF LIFE: 10 YEARS INGREDIENTS: Bananas, coconut/vegetable oil, sugar/honey, natural flavoring.

Calories per gram: Fat 9 Carbs 4 Protein 4

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond **DIRECTIONS:**

Eat as a snack, add to cereals, granolas, or desserts.

Do Not Rehydrate.

Recipe included: Banana Chip Trail Mix.

Freeze Dried Broccoli Florets & Stems 6 Servings (2 cans/12 total servings)



Calories from Fat 0

% Daily Value*

0%

0%

0%

0%

3%

2%

80%

2,500

25g

300mg

2400mg

20g

300mg

2400mg

Serving Size: 1/2 cup (10g) Servings Per Container: 4

Amount Per Serving Calories 40

Total Fat 0g

Saturated Fat 0g

Total Carbohydrate 8g

Dietary Fiber less than 1g

0% • Vitamin C

*Percent Daily values are based on a 2.000

OPTIMUM SHELF LIFE: 30 YEARS

INGREDIENTS: Sliced freeze dried

Processed in a plant that handles wheat, egg,

dairy, soybean, peanut, cashew, walnut, and

Yield: Half a cup of sliced strawberries.

Use: As a snack, in desserts, fruit smoothies, etc.

1. Mix 1/2 cup strawberries to 1 cup of warm water.

lower depending on your calorie needs. Calories

Less than

Less than

Less than

Cholesterol Less than

Total Carbohydrate

almond products.

DIRECTIONS:

2. Let stand for 5 minutes.

Yield: Single batch.

1/3 cup of sugar

consistency.

Jam Recipe (keep refrigerated)

1 cup of freeze dried strawberries

Recipe included: Sweet Glory Strawberry Muffins.

Cover strawberries with water. Add sugar to

strawberries and stir well until sugar is dissolved.

prevent lumps. May add additional water to desired

Slowly sprinkle Ultimate Gel while stirring to

2 Tablespoons of Ultimate Gel

Trans Fat 0g Cholesterol 0mg

Sodium 0mg

Sugars 4g Protein 1g

Vitamin A

Calcium

Total Fat

Sat Fat

Sodium

375g

Freeze Dried

Sliced Strawberries

4 Servings (1 can)

NET WT. 1.76 oz (49 g)





Potato Gems

Complete Mashed Potatoes

11 Servings (2 cans/22 total servings)



itior	ı Fac	ets
	` ' ' ' '	
Serving		
110 C	alories fron	n Fat 15
	% D	aily Value*
1.5g		2%
d Fat 0g		0%
t 0g		
rol 0mg		0%
20mg		22%
bohydrate	⊋ 22g	7%
iber 2g		7%
g		
g		
0% •	Vitamin C	15%
2% •	Iron	2%
Your daily va	lues may be	
Calories	2,000	2,500
	re: 1/4 cup er Contain Serving 110 C 1.5g d Fat 0g it 0g rol 0mg i20mg bohydrate iiber 2g g g 0% 2% iiiy values ai Your daily va	Calories from % D 1.5g d Fat 0g t 0g rol 0mg 20mg bohydrate 22g g g 0% • Vitamin C

Total Fat Sat Fat Less than 20g 25g 300mg 300mg Cholesterol Less than Less than 2400mg 2400mg Sodium Total Carbohydrate 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 Carbs 4 Protein 4 **OPTIMUM SHELF LIFE: 10 YEARS**

INGREDIENTS: Potatoes, salt, partially

preserved with sodium bisulfite and BHT.

hydrogenated canola oil, mono and diglycerides, artificial color, natural and artificial flavor. Freshness

Processed in a plant that handles wheat, egg, dairy,

soybean, peanut, cashew, walnut, and almond Contains allergen: Dairy. 1. 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). 2. Let sit for 3 to 5 minutes. Stir and serve. Yield: 4 servings. • For creamier mashed potatoes, add more hot water and stir.

Dehydrated Chopped Onions 56 Servings (1 can) NET WT. 6.0 oz (170 g)



Serving Size: 1 tsp (3g) Servings Per Container: 56				
Amount Per Serving				
Calories 10	Calories from Fa			

Calories 1	10	Calories fro	m Fat 0	
		% D	aily Value*	
Total Fat	0g		0%	
Saturated	d Fat 0g		0%	
Trans Fa	t 0g			
Cholester	ol 0mg		0%	
Sodium 0	mg		0%	
Total Carl	bohydrat	t e 2g	1%	
Dietary F	iber 0g		0%	
Sugars 1	g			
Protein 0g	9			
Vitamin A	0% •	Vitamin C	4%	
Calcium	0% •	Iron	0%	
*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	
Sodium	Less than	2400mg	2400mg	
Total Carboh	ydrate	300g	375g	
Dietary Fiber		25g	30g	

INGREDIENTS: Dehydrated onions.

Calories per gram: Fat 9 Carbs 4 Protein 4

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

DIRECTIONS: One tablespoon is equal to one onion. Use directly from the can. Add to gravies, salad dressings, sauces,

Reconstitute before using in fried foods -1 Tbsp of Chopped Onion to 1/3 cup of warm water – let stand 10 minutes. 1 lb dry chopped onion equals 13.5 lbs fresh onions.

Recipe included: Simmering Chili.

Sweet Corn 5 Servings (2 cans/10 total servings) NET WT. 4.0 oz (113 g)

Freeze Dried



Facts

Nutrition

Serving Size: 1/2 cup (19g)

Amount Per S		_		
Calories	60	(Calories from	n Fat 5
			% Dai	ly Value*
Total Fat	1g			1%
Saturate	d Fat 0g	J		0%
Trans Fa	at 0g			
Choleste	rol 0mg			0%
Sodium ()mg			0%
Total Carbohydrate 14g 5%				
Dietary F	iber 2g			10%
Sugars 4	lg			
Protein 2	g			
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.				
	ding on yo	ur ca	aione needs.	
	Less that	an	65g 20g	80g 25g

INGREDIENTS: Super sweet corn. Processed in a plant that handles wheat, egg, dairy,

Calories per gram: Fat 9 Carbs 4 Protein 4

Less than

Total Carbohydrate Dietary Fiber

300mg

25g

2400mg

300mg 2400mg

30g

soybean, peanut, cashew, walnut, and almond DIRECTIONS: Yield: 1/2 cup sweet corn.

1. Mix 1/2 cup sweet corn to 1 cup of warm water.

3. Heat in microwave or on stove top. Use as a side dish, in casseroles, soups, etc.

13 Servings (4 cans/52 total servings) NET WT. 1 lb 7.0 oz (652 g)

Long Grain White Rice



Servings Per Container: 13			
Amount Per Serving			
Calories 170	Calories from Fat 0		
	% Daily Value*		
Total Fat 0g	0%		
Saturated Fat 0g	0%		
T			

Trans Fat 0g

Sodium 0	0%		
Total Car	bohydrate	37g	129
Dietary F	iber 0g		0%
Sugars 0)g		
Protein 3	g		
			0%
Vitamin A	0% •	Vitamin (0%
Calcium *Percent Da calorie diet.	0% • aily values a Your daily value	Iron are based of	8% on a 2,00 oe higher
Calcium *Percent Da calorie diet.	0% •	Iron are based of alues may be calorie need	8% on a 2,00 pe higher dis.
Calcium *Percent Da calorie diet.	0% • aily values a Your daily valuing on your	Iron are based of	8% on a 2,00 oe higher
Calcium *Percent Da calorie diet. lower depend	0% • aily values a Your daily values on your Calories	Iron Tre based of alues may be calorie need 2,000	8% on a 2,00 be higher ds. 2,500
Calcium *Percent Da calorie diet. lower dependent Total Fat	0% • aily values a Your daily value on your Calories Less than Less than	Iron are based of alues may be calorie need 2,000 65g	8% on a 2,00 pe higher lis. 2,500 80g
Calcium *Percent Da calorie diet. lower dependent Total Fat Sat Fat	0% • aily values a Your daily value on your Calories Less than Less than	Iron are based of alues may be calorie need 2,000 65g 20g 300mg	8% on a 2,00 pe higher lls. 2,500 80g 25g 300mg
Calcium *Percent Da calorie diet. lower depend Total Fat Sat Fat Cholesterol	0% • aily values a Your daily values or Your daily values or Calories Less than Less than Less than Less than Less than	Iron are based of alues may be calorie need 2,000 65g 20g 300mg	8% on a 2,00 pe higher ls. 2,500 80g 25g 300mg 2400mg
Calcium *Percent Da calorie diet. lower depend Total Fat Sat Fat Cholesterol Sodium	0% • aily values a Your daily values a Your daily values on your Calories Less than Less than Less than Less than Less than Less than	Iron are based of alues may be calorie need 2,000 65g 20g 300mg	8% on a 2,00 pe higher lls. 2,500 80g 25g 300mg

INGREDIENTS: Long grain white rice. Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond **DIRECTIONS:**

Makes 6 to 8 servings

1. Add 1 cup of rice to 2 cups of cold water. 2. Add 1/2 teaspoon of salt and 1 tablespoon of butter 3. Bring to a boil. Cover tightly and cook on low heat 15-20 minutes, or until done (without removing

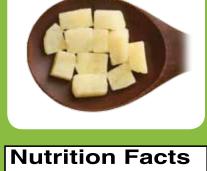
Recipe included: Homemade Rice-a-Roni.

4. Fluff with fork before serving.

5 Servings (2 cans/10 total servings) NET WT. 9.0 oz (255 g)

Dehydrated

Potato Dices



Serving Size: 1/2 cup (43g) Servings Per Container: 5 Amount Per Serving Calories from Eat 0 Calories 160

		Calories 1	
		%	Daily Value*
Total Fat	0g		0%
Saturate	d Fat 0g		0%
Trans Fa	ıt 0g		
Choleste	rol 0mg		0%
Sodium 3	0mg		1%
Total Car	bohydrat	∍ 36g	12%
Dietary F	iber 3g		12%
Sugars 2	<u>?g</u>		
Protein 3	g		
Vitamin A	0% •	Vitamii	n C 25%
Calcium	2% •	Iron	2%
*Percent Da calorie diet. lower depend	ily values a	are based of	2% on a 2,000 be higher or
*Percent Da calorie diet.	ily values a	are based of	2% on a 2,000 be higher or
*Percent Da calorie diet. lower depend	uily values a Your daily valing on your	are based of alues may b calorie need	2% on a 2,000 be higher or ds. 2,500 80g
*Percent Da calorie diet. lower depend Total Fat Sat Fat	values a Your daily values a Your daily values on your Calories Less than Less than	are based of alues may be calorie need 2,000 65g 20g	2% on a 2,000 oe higher or ds. 2,500 80g 25g
*Percent Da calorie diet. lower depend Total Fat Sat Fat Cholesterol	values a Your daily value on your Calories Less than Less than Less than	are based of alues may be calorie need 2,000 65g 20g 300mg	2% on a 2,000 pe higher or ds. 2,500 80g 25g 300mg
*Percent Da calorie diet. lower depend Total Fat Sat Fat Cholesterol Sodium	values a Your daily valing on your Calories Less than Less than Less than Less than	are based of alues may be calorie need 2,000 65g 20g 300mg	2% on a 2,000 oe higher or ds. 2,500 80g 25g
*Percent Da calorie diet. lower depend Total Fat Sat Fat Cholesterol Sodium Total Carboh	values a Your daily values a Your daily values of Calories Less than Less than Less than Less than Less than	are based of alues may be calorie need 2,000 65g 20g 300mg	2% on a 2,000 pe higher or its. 2,500 80g 25g 300mg 2400mg 375g
*Percent Da calorie diet. lower depend Total Fat Sat Fat Cholesterol Sodium	values a Your daily values a Your daily values of Calories Less than Less than Less than Less than Less than	are based of alues may be calorie need 2,000 65g 20g 300mg 2400mg	2% on a 2,000 pe higher or its. 2,500 80g 25g 300mg 2400mg

INGREDIENTS: Dehydrated potatoes. Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond

1. Pour 1 cup of potato dices into 3 cups of boiling

OPTIMUM SHELF LIFE: 25 YEARS

2. Add 1 teaspoon of salt. 3. Turn heat down and simmer until tender (10-15 minutes). 4. Drain, season to taste, and serve. Yield: Approximately 2 1/2 cups of potatoes.

DIRECTIONS:

NET WT. 1.7 oz (48 g)



Nutrition Facts Serving Size: 1/2 cup (7g) Servings Per Container: 6

Calories :	20	Calories for	rom Fat 0
		%	Daily Value*
Total Fat	0g		0%
Saturate	d Fat 0g		0%
Trans Fa	t 0g		
Choleste	rol 0mg		0%
Sodium 2	0mg		1%
Total Car	bohydra	ite 4g	1%
Dietary F	iber 2g		9%
Sugars 1	g		
Protein 2	g g		
Vitamin A	20%	• Vitamin C	110%
	20%		2 110% 4%
Calcium *Percent Da calorie diet.	4% • ily values Your daily	are based ovalues may bur calorie need	4% on a 2,000 e higher or
Calcium *Percent Da calorie diet.	4% • ily values Your daily ding on you	Iron are based ovalues may be calorie needs	4% on a 2,000 e higher or
Calcium *Percent Da calorie diet. lower depend	4% • ily values Your daily ding on you Calories	are based ovalues may bur calorie needs 2,000	4% on a 2,000 e higher or ls. 2,500
Calcium *Percent Da calorie diet. lower depend Total Fat Sat Fat	4% • ily values Your daily ding on you Calories Less thar	are based of values may be realorie need a 2,000 n 65g n 20g	4% on a 2,000 e higher or s. 2,500
Calcium *Percent Da calorie diet. lower depend	4% • ily values Your daily ding on you Calories Less than Less than	are based of values may be realorie need a 2,000 n 65g n 20g n 300mg	4% on a 2,000 e higher or s. 2,500 80g 25g
Percent Da calorie diet. lower depend Total Fat Sat Fat Cholesterol	4% eily values Your daily ding on you Calories Less thar Less thar Less thar Less thar	are based ovalues may be realorie needs 2,000 n 65g n 20g n 300mg	4% on a 2,000 e higher or is. 2,500 80g 25g 300mg
Calcium *Percent Da calorie diet. lower depend Total Fat Sat Fat Cholesterol Sodium	4% • ily values Your daily values Your daily values Calories Less than Less than Less than Less than	are based of values may be realorie need of 2,000 n 65g n 20g n 300mg n 2400mg	4% on a 2,000 e higher or s. 2,500 80g 25g 300mg 2400mg

OPTIMUM SHELF LIFE: 30 YEARS **INGREDIENTS:** Freeze dried broccoli Processed in a plant that handles wheat, egg,

dairy, soybean, peanut, cashew, walnut, and almond products. **DIRECTIONS:** Yield: 1/2 cup broccoli. 1. Mix 1/2 cup broccoli to 1 cup of warm water. 2. Drain.

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

Recipe included: Chicken Divan.

Nutrition Facts Serving Size: 5 Tbsp (21g) Servings Per Container: 10

Country Fresh 100%

Instant Nonfat Dry Milk

10 Servings (2 cans/20 total servings) NET WT. 8.0 oz (226 g)

Amount Per Se				
Calories 7	70	(Calories fr	om Fat
			%	Daily Value
Total Fat	0g			0%
Saturated	d Fat 0	g		0%
Trans Fa	t 0g			
Cholester	ol 0mg	a		0%
Sodium 1	15mg			5%
Total Carl	bohyd	rate	11g	4%
Dietary F	iber 0g	J		0%
Sugars 1	0g			
Protein 7	9			
Vitamin A	10%	•	Vitamin (C 4
Calcium	35%	•	Iron	0
Vitamin D	25%	•	Riboflavi	n 20°
*Percent Da calorie diet. lower depen	Your da ding on y	ily va your	alues may b calorie need	oe higher o
Total Fat	Calori Less th		2,000	2,500
Sat Fat	Less th		65g 20g	80g 25g
Cholesterol	Less th		300mg	300mg
Sodium	Less th		2400mg	2400mg
Total Carboh	ydrate		300g	375g
Dietary Fiber	-		25g	30g
Dielary Fiber				

INGREDIENTS: Nonfat dry milk, vitamin A palmitate, vitamin D3. Contains allergen: Milk. Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond

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. For best taste results: Cover and chill at least 4

Nonfat Dry Milk 1 cup 5 Tbsp or about 1/3 cup 1 cup 1 1/3 cups 1 quart 1 quart 2 2/3 cups 5 1/3 cups

Recipe included: Hot Cinnamon Milk Mix.

Vegetarian Meat Substitute Vegetarian Meat Substitute Vegetarian Meat Substitute Beef (flavored) 10 Servings (1 can)

NET WT. 10.0 oz (283 g)



Calories from Fat 40

Serving Size: 1/4 cup (26g) Servings Per Container: 10 Amount Per Serving

Calories 100

Total Carbohydrate

Dietary Fiber

		% I	Daily Value*			
Total Fat	4g		6%			
Saturate	3%					
Trans Fat 0g						
Choleste	rol 0mg		0%			
Sodium 4	l80mg		20%			
Total Car	bohydrat	e 7g	2%			
Dietary F	iber 3g		14%			
Sugars 2	<u>2g</u>					
Protein 1	1g					
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.						
Total Fat	Calories Less than	2,000	2,500			
Sat Fat	Less than	65g 20g	80g 25g			
Cholesterol	Less than	3	25y 300mg			
Sodium	Less than	2400mg	2400ma			

OPTIMUM SHELF LIFE: 10 YEARS INGREDIENTS: Textured vegetable protein

Calories per gram: Fat 9 Carbs 4 Protein 4

375g

30g

25g

 $hydrolyzed\ corn,\, soy,\, wheat\ protein,\, autolyzed\ yeast.$ Contains allergens: Soy and wheat. Processed in a plant that handles wheat, egg, dairy,

2. Bring to a boil. occasionally.

soybean, peanut, cashew, walnut, and almond

Each 1 cup of dry Vegetarian Meat Substitute Beef equals about 1 pound of beef.

3. Reduce heat and simmer for 20 minutes, stirring

DIRECTIONS: 1. Add 2 parts water to 1 part Vegetarian Meat Substitute Beef.

products.

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

Recipe included: BBQ Sandwich.

55 Servings (1 can) NET WT. 9.8 oz (277 g)

Bacon Bits (flavored)



Nutrition Facts Serving Size: 1 Tbsp (5g) Servings Per Container: 55

			% D	any v
Total Fat	0.5g			
Saturated	d Fat 0	g		
Trans Fa	t 0g			
Cholester	r ol 0m	g		
Sodium 1	15mg			
Total Carl	bohyd	rate	1g	
Dietary F	iber le	ss th	nan 1g	
Sugars 0	g			
Protein 2	g			
Vitamin A	0%	•	Vitamin C	
Calcium	2%	•	Iron	
*Percent Da calorie diet. ' lower depend	Your da	ily va	lues may be	high
	Calor	ies	2,000	2,

oil, salt, natural flavoring. Contains allergen: Soy. soybean, peanut, cashew, walnut, and almond

2. Bring to a boil.

and flavor of real bacon. Use as is to enhance salads vegetables, casseroles, omelets and other egg dishes, hors d'oeuvres, cheese spreads, biscuits, salad dressings, snack dips, and soups.

Creamy Wheat Cereal

10 Servings (6 cans/ 60 total servings)

NET WT. 1 lb 2.0 oz (510 g)



	-				
Saturated Fat 0g					
Trans Fa	at 0g				
Choleste	rol 0mg		0%		
Sodium 115mg					
Total Car	bohydrate	1g	0%		
Dietary F	iber less th	nan 1g	3%		
Sugars ()g				
Protein 2	g				
Vitamin A	0% •	Vitamin C	0%		
Calcium	2% •	Iron	2%		
calorie diet. lower depen	aily values ar Your daily va ding on your o Calories	lues may be l			
Total Fat	Less than	65g	80g		
Sat Fat	Less than	20a	25a		

0g Cholesterol Less than 300mg 300mg Sodium Less than 2400ma 2400mg Total Carbohydrate 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 Carbs 4 Protein 4 OPTIMUM SHELF LIFE: 10 YEARS **INGREDIENTS:** Textured vegetable protein

Processed in a plant that handles wheat, egg, dairy, DIRECTIONS: 1. Add 2 parts water to 1 part Vegetarian Meat Substitute Bacon Bits.

(soy flour, caramel color, FD&C Red #3), soybean

3. Reduce heat and simmer for 20 minutes, Each 1 cup of dry Vegetarian Meat Substitute Bacon Bits equals about 1 pound of bacon bits. Suggested Uses: Vegetarian Meat Substitute Bacon Bits provide long-lasting crispiness with the look

Chicken (flavored) 11 Servings (1 can) NET WT. 10.4 oz (294 g)



Nutrition Facts Serving Size: 1/4 cup (26g) Servings Per Container: 11

Calories from Fat 30

% Daily Value

Amount Per Serving

Calories 90

Total Fat	3g			5%
Saturate	0%			
Trans Fa				
Choleste	rol 0n	ng		0%
Sodium 5	550mg	J		23%
Total Car	bohy	drate	⊋ 7g	2%
Dietary F	iber 4	lg		14%
Sugars 2	<u>2g</u>			
Protein 1	1g			
Vitamin A	0%	•	Vitamin C	0%
Vitamin A Calcium	0% 6%	•	Vitamin C	10%
	6% aily valu Your d	aily va your o	Iron re based or llues may be calorie needs	10% n a 2,000 higher or
Calcium *Percent Da calorie diet.	6% aily valu Your dand	aily va your o	Iron re based or llues may be	10% n a 2,000 higher or
*Percent Da calorie diet. lower depen	6% aily valu Your da ding on Calo	aily va your o ories than	Iron re based or lues may be calorie needs 2,000	10% n a 2,000 higher or i. 2,500
Calcium *Percent Da calorie diet. lower depen	6% aily valu Your ding on Calo	aily va your o ories than than	Iron re based or lues may be calorie needs 2,000 65g	10% n a 2,000 n higher or 2,500 80g
Calcium *Percent Da calorie diet. lower depen Total Fat Sat Fat	6% aily value Your de ding on Calo Less Less Less	aily va your o ories than than	Iron re based or llues may be calorie needs 2,000 65g 20g	10% n a 2,000 higher or s. 2,500 80g 25g
*Percent Da calorie diet. lower depen Total Fat Sat Fat Cholesterol	6% aily value Your de ding on Calo Less Less Less Less	aily va your or tries than than than	Iron re based or llues may be calorie needs 2,000 65g 20g 300mg	10% n a 2,000 n higher or c. 2,500 80g 25g 300mg

OPTIMUM SHELF LIFE: 10 YEARS **INGREDIENTS:** Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate.

Processed in a plant that handles wheat, egg, dairy,

Calories per gram: Fat 9 Carbs 4 Protein 4

soybean, peanut, cashew, walnut, and almond **DIRECTIONS:** To reconstitute: 2 parts water, 1 part chicken bits. Simmer about 10 minutes. Each 1 cup of dry Vegetarian Meat Substitute Chicken equals about 1 pound of chicken.

Contains allergen: Soy.

Buttermilk Pancake Mix

6 Servings (3 cans/ 18 total servings)

NET WT. 15.0 oz (425 g)

Recipe included: BBQ Chicken Sandwich.

Soup Mix 8 Servings (2 cans/ 16 total servings) NET WT. 13.0 oz (368 g)

Cheesy Broccoli



Nutrition Facts Serving Size: 1/3 cup (46g) Servings Per Container: 8

Amount Per S	Serving		
Calories	190 C	Calories fro	m Fat 60
		%	Daily Value
Total Fat	7g		11%
Saturated	d Fat 4g		19%
Trans Fa	t 0g		
Choleste	rol 5mg		2%
Sodium 9	80mg		41%
Total Car	bohydra	te 28g	9%
Dietary F	iber less	than 1g	3%
Sugars 8	g		
Protein 4	9		
Vitamin A	2%	• Vitam	in C 50%
Calcium	10%	• Iron	4%
*Percent Da calorie diet. lower depend	Your daily	values may l	oe higher or
	Calories	2,000	2,500
Total Fat	Less than	n 65g	80g
Sat Fat	Less than	- 3	25g
Cholesterol	Less than	1 300mg	300mg

OPTIMUM SHELF LIFE: 10 YEARS **INGREDIENTS:** Creamer (maltodextrin, palm

Calories per gram: Fat 9 Carbs 4 Protein 4

Sodium

Total Carbohydrate

Dietary Fiber

Less than 2400mg 2400mg

25g

30g

[granular and cheddar {pasteurized milk, cheese culture, salt, enzymes}], whey protein concentrate, inosinate, disodium guanylate, spices, turmeric, chopped onion, celery, salt, yeast extract, onion powder, parsley flakes, sweet whey. Contains allergens: Soy and dairy. products.

stirring occasionally. Soup will thicken as it cools. For 2 servings: 2/3 cup mix to 2 1/8 cups water. Recipe included: Cheesy Broccoli

Whisk soup mix into 8 1/2 cups boiling water.

Simmer on low heat, uncovered, for 12-15 minutes,

DIRECTIONS:

salt, sodium phosphate, citric acid, FD&C Yellow #5, FD&C Yellow #6, lactic acid, enzyme), modified food starch, broccoli, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein

rendered chicken fat, sugar, onion powder, disodium dehydrated parsley, silicon dioxide), maltodextrin, Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond No added MSG.

Creamy Potato

Soup Mix

8 Servings (3 cans/ 24 total servings)

NET WT. 14.0 oz (396 g)



Serving Size: 1/3 cup (49g) Servings Per Container: 8 Amount Per Serving

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		(% Dail	y Va	lue*
				11	1%
at 4g				19	9%
g					
0mg				_	<u></u>
				42	 2%
	ite 3	2a			1%
er 1a					70
er 1g					<u>5%</u>
er 1g					0 %
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	•	Vitan	nin C	10	
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	at 4g g 0mg	Cat 4g g Omg Omg	at 4g g Omg	% Dail fat 4g g Omg Omg	% Daily Va 1: fat 4g 1! g 0mg 0

OPTIMUM SHELF LIFE: 10 YEARS **INGREDIENTS:** Creamer (maltodextrin, palm oil), enriched bleached flour (wheat flour,

mononitrate, riboflavin, folic acid), potato dices,

malted barley flour, niacin, iron, thiamine

Calories per gram: Fat 9 Carbs 4 Protein 4

chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), onion chopped, onion powder, parsley flakes. Contains allergens: Wheat, dairy, and soy. Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond No added MSG. **DIRECTIONS:** Whisk soup mix into 8 1/2 cups boiling water. Simmer on low heat, uncovered, for 20-25 minutes,

stirring occasionally. Soup will thicken as it cools.

For 2 Servings: 2/3 cup mix to 2 1/8 cups water.

Recipe included: Creamy Potato variations.

Chicken Noodle Soup

8 Servings (3 cans/ 24 total servings)

NET WT. 7.7 oz (218 g)



Calories 90 Calories from Fat 10

Gaiorico	00 00	alonico no	iii i at io
		% I	Daily Value
Total Fat	1g		1%
Saturate	d Fat 0g		0%
Trans Fa	at 0g		
Choleste	rol 10mg		4%
Sodium 6	 370mg		28%
Total Car	bohydrate	19g	6%
Dietary F	iber less th	nan 1g	3%
Sugars 2	 <u>2g</u>		
Protein 2	g		
Vitamin A	25% •	Vitami	n C 4%
Calcium	2% •	Iron	4%
calorie diet.	aily values a Your daily va ding on your o	lues may b	e higher o
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbol	ovdrate	300a	375a

OPTIMUM SHELF LIFE: 10 YEARS **INGREDIENTS:** Egg noodles (durum flour, eggs, glycerol monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid),

Calories per gram: Fat 9 Carbs 4 Protein 4

25g

Dietary Fiber

maltodextrin, chicken broth (maltodextrin, salt, autolyzed yeast extract, natural flavor, dehydrated vegetables [onion, celery, parsley, spinach, garlic, carrots], potato flour, soybean oil, xanthan gum, spices, extractive of spices, lecithin), chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), carrots, onion chopped, celery, salt, garlic powder, celery seed, white pepper, xanthan gum, parsley Contains allergens: Wheat and soy.

DIRECTIONS: Whisk soup mix into 8 1/2 cups boiling water. Simmer on low heat, uncovered, for 12-15 minutes, stirring occasionally. For 2 servings: 2/3 cup mix to 2 1/8 cups water.

Processed in plant that handles wheat, egg, dairy,

soybean, peanut, cashew and almond products.

No added MSG.

Recipe included: Asian Chicken Soup.

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Southwest Chili Mix

8 Servings (3 cans/ 24 total servings)

NET WT. 14.0 oz (396 g)



Sugars 4g Protein 8g

34%

Dietary Fiber 8g

Vitamin A 10% • Vitamin C 60% Calcium 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 Less than 65g 80g Sat Fat Less than 20g 25g 300mg Cholesterol Less than 300mg Less than 2400mg 2400mg Sodium Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 Carbs 4 Protein 4 OPTIMUM SHELF LIFE: 10 YEARS

INGREDIENTS: Pinto beans, red beans

(small precooked), modified food starch, chopped onion, beef base (salt, hydrolyzed soy protein

[including partially hydrogenated soybean oil], sugar-

torula yeast, corn starch, caramel color, maltodextrin,

onion powder, yeast extract and natural flavor, citric

acid, silicon dioxide), red and green bell peppers,

dehydrated tomato paste, salt, chili pepper powder, sugar, chicken soup base (corn syrup solids, salt,

corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), xanthan gum, garlic powder, cumin, caramel color.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond

products.

1. Whisk contents into 9 cups boiling water. 2. Simmer, uncovered, on low heat for 12-15 minutes. 3. Stir frequently. For 2 servings: 2/3 cup mix to 2 1/4 cups water.



Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 0mg Total Carbohydrate 39g 13% Dietary Fiber less than 1g 4% Sugars 0g Protein 5g Vitamin A 0% • Vitamin C 0% 0% • Iron *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

Less than

Less than 2400mg

Cholesterol Less than

Total Carbohydrate

DIRECTIONS:

25g

300mg

375g

30g

2400ma

20g

300mg

300g

Sat Fat

Sodium

Dietary Fiber

Calories per gram: Fat 9 Carbs 4 Protein 4 OPTIMUM SHELF LIFE: 10 YEARS **INGREDIENTS:** Wheat. Contains allergen: Wheat. Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond

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:** Creamy Wheat Cereal 1/4 cup

For each 1 cup serving, heat 1 cup water and 1/4 tsp.

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

1. Place water and Creamy Wheat Cereal in a bowl.



Saturated Fat 0g Trans Fat 0g Cholesterol 10mg 4% Sodium 660mg 27% Total Carbohydrate 48g Dietary Fiber less than 1g Sugars 7g Protein 6g Vitamin A 0% • Vitamin C 15% • Iron Calcium calorie diet. Your daily values may be higher or lower depending on your calorie needs. 2.500 Calories 2.000 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

riboflavin, folic acid), sugar, soy flour, dextrose soybean oil, buttermilk powder, baking soda, corn starch, sodium acid pyrophosphate, salt, sodium silicoaluminate [as an anticaking agent]).

OPTIMUM SHELF LIFE: 10 YEARS

INGREDIENTS: Cake flour (bleached wheat

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 3. Pour batter into lightly oiled, preheated waffle iron. 4. Cook waffles until steaming stops.

0%



16% 3% *Percent Daily values are based on a 2,000 Dietary Fiber Calories per gram: Fat 9 Carbs 4 Protein 4

Contains allergens: Dairy, eggs, soy and wheat. Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products. **DIRECTIONS:** Cold water 1 3/4 cups Pancake mix 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.

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