



# Quality Food Storage from Augason Farms

## One Month Kit (48 Total Everyday Size Cans)

### Orange Delight Drink Mix

23 Servings (2 cans/46 total servings)  
NET WT. 1 lb 6.0 oz (623 g)



#### Nutrition Facts

Serving Size: 2 Tbsp (26g)  
Servings Per Container: 23

Amount Per Serving	Calories 100	Calories from Fat 0
	% Daily Value*	
<b>Total Fat</b> 0g	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 0mg	0%	0%
<b>Total Carbohydrate</b> 25g	8%	0%
Dietary Fiber 0g	0%	0%
Sugars 24g		
<b>Protein</b> 0g		
Vitamin A 0% • Vitamin C 100%		
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.

**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, FD&C Red #40]).

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

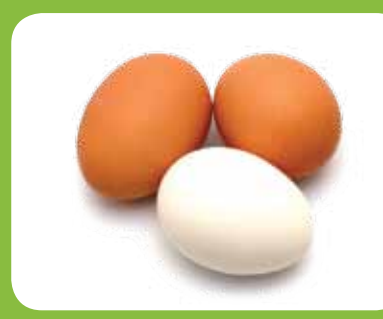
**DIRECTIONS:** To make 1 quart: 1. Add 1/2 cup drink mix to 2 cups water. 2. Mix or blend until dissolved. 3. Add cold water to make 1 quart. 4. Chill.

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

Recipe included: Orange Shishke.

### Dried Whole Eggs

19 Servings (1 can)  
NET WT. 9.0 oz (255 g)



#### Nutrition Facts

Serving Size: 1 1/2 Tbsp (19g)  
Servings Per Container: 19

Amount Per Serving	Calories 70	Calories from Fat 4.5
	% Daily Value*	
<b>Total Fat</b> 0.7g	8%	8%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
<b>Cholesterol</b> 215mg	71%	71%
<b>Sodium</b> 50mg	4%	4%
<b>Total Carbohydrate</b> 0g	0%	0%
Dietary Fiber 0g	0%	0%
Sugars 24g		
<b>Protein</b> 6g		
Vitamin A 6% • Vitamin 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.

**INGREDIENTS:** Whole eggs, sodium silicoaluminate (as an anti-caking agent).

Processed in a dedicated gluten free manufacturing and packaging site.

Pasteurized fully defatted whole eggs. No refrigeration necessary.

**DIRECTIONS:** 1. Add 2 1/2 tablespoons dry whole egg powder to 2 1/2 tablespoons warm water and mix well. Cook as desired.

**Yield:** 1 whole egg.

Can be used in baking and cooking. For example, use in omelets, fried toast, muffins, cookies, cakes, etc. They're also great to eat on camping trips.

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.

Recipe included: Potato Shreds Casserole.

### Chocolate Morning Moo's Low Fat Milk Alternative

15 Servings (2 cans/30 total servings)  
NET WT. 1 lb 3.0 oz (538 g)



#### Nutrition Facts

Serving Size: 3 1/2 Tbsp (35g)  
Servings Per Container: 15

Amount Per Serving	Calories 140	Calories from Fat 3.5
	% Daily Value*	
<b>Total Fat</b> 3.5g	6%	6%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 170mg	7%	7%
<b>Total Carbohydrate</b> 26g	9%	9%
Dietary Fiber less than 1g	3%	3%
Sugars 21g		
<b>Protein</b> 2g		
Vitamin A 10% • Vitamin C 0%		
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.

**INGREDIENTS:** Sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, polydextrose 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin, natural flavor), chocolate cocoa (processed with alkali), sweet whey, natural cream flavor (maltodextrin, natural cream flavor), salt, carboxymethyl gum, xanthan gum, cellulose gum, vitamins A, vitamin D.

**Contains allergens:** Dairy, soy, and coconut.

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

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

Chocolate Morning Moo's served best cold or in a chime. To give variety to your basic chocolate drink, add 1/4 teaspoon mint, banana or coconut extract or sprinkle it with cinnamon or all spice.

Recipe included: Chocolate Cinnamon Quick Mix, Chocolate Almond Supreme, and Double Chocolate Shake.

### Honey Coated Banana Slices

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



#### Nutrition Facts

Serving Size: 1/2 cup (44g)  
Servings Per Container: 5

Amount Per Serving	Calories 240	Calories from Fat 14.0
	% Daily Value*	
<b>Total Fat</b> 16g	24%	24%
Saturated Fat 14g	71%	71%
Trans Fat 0g	0%	0%
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 0mg	0%	0%
<b>Total Carbohydrate</b> 19g	6%	6%
Dietary Fiber 2g	6%	6%
Sugars 13g		
<b>Protein</b> 0g		
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.

**INGREDIENTS:** Bananas, coconut/vegetable oil, sugar/honey, natural flavoring.

**Contains Allergen:** Coconut.

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

**DIRECTIONS:** Use a stick, add to cereals, granolas, or desserts. For a snack, add to oatmeal, granola, or desserts.

**Do Not Refrigerate.**

Recipe included: Banana Chip Trail Mix.

### Freeze Dried Sliced Strawberries

4 Servings (1 can)  
NET WT. 7.6 oz (49 g)



#### Nutrition Facts

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

Amount Per Serving	Calories 40	Calories from Fat 0
	% Daily Value*	
<b>Total Fat</b> 0g	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 0mg	0%	0%
<b>Total Carbohydrate</b> 22g	3%	3%
Dietary Fiber less than 1g	2%	2%
Sugars 4g		
<b>Protein</b> 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.

**INGREDIENTS:** Sliced freeze-dried strawberries.

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

**DIRECTIONS:** Yield: Half a cup of sliced strawberries. Use: A cup, in desserts, fruit smoothies, etc. 1. Mix 1/2 cup strawberries to 1 cup of warm water. 2. Let stand for 5 minutes.

Jan Recipe (keep refrigerated)

**Yield:** Single batch.

1/2 cup of freeze dried strawberries 1/2 cup of sugar 1 1/2 cups of water 2 tablespoons of 13mm Gel

Cover strawberries with water. Add sugar to strawberries and stir well until sugar is dissolved. Slowly sprinkle 13mm Gel while stirring to prevent lumps. May add additional water to desired consistency.

Recipe included: Sweet Glory Strawberry Muffins.

### Potato Gems Complete Mashed Potatoes

11 Servings (2 cans/22 total servings)  
NET WT. 12 oz (340 g)



#### Nutrition Facts

Serving Size: 1 1/4 cup (50g)  
Servings Per Container: 11

Amount Per Serving	Calories 110	Calories from Fat 1.5
	% Daily Value*	
<b>Total Fat</b> 1.5g	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 520mg	22%	22%
<b>Total Carbohydrate</b> 22g	7%	7%
Dietary Fiber 2g	7%	7%
Sugars 1g		
<b>Protein</b> 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.

**INGREDIENTS:** Potatoes, salt, partially hydrogenated canola oil, mono and diglycerides, artificial color, natural and artificial flavor. Preserves preserved with sodium bisulfite and BHT.

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

**Contains allergen:** Dairy.

**DIRECTIONS:** 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 potatoes mature begins to get 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.

Recipe included: Cheesy Potato Gem Bites.

### Dehydrated Chopped Onions

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



#### Nutrition Facts

Serving Size: 1 1/2 cup (26g)  
Servings Per Container: 56

Amount Per Serving	Calories 10	Calories from Fat 0
	% Daily Value*	
<b>Total Fat</b> 0g	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 0mg	0%	0%
<b>Total Carbohydrate</b> 2g	1%	1%
Dietary Fiber 0g	0%	0%
Sugars 1g		
<b>Protein</b> 0g		
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.

**INGREDIENTS:** Dehydrated onions.

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, soups, soups, etc.

Reconstitute before using in food recipes. 1 Tbsp of Chopped Onions to 1/3 cup of warm water - let stand 10 minutes.

1 lb dry chopped onion equals 13.5 fresh onions.

Recipe included: Simmering Chili.

### Freeze Dried Sweet Corn

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



#### Nutrition Facts

Serving Size: 1/2 cup (19g)  
Servings Per Container: 5

Amount Per Serving	Calories 60	Calories from Fat 0
	% Daily Value*	
<b>Total Fat</b> 1g	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 0mg	0%	0%
<b>Total Carbohydrate</b> 14g	5%	5%
Dietary Fiber 2g	10%	10%
Sugars 4g		
<b>Protein</b> 2g		
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.

**INGREDIENTS:** Super sweet corn.

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

**DIRECTIONS:** Yield: 1/2 cup sweet corn. 1. Mix 1/2 cup sweet corn to 1 cup of warm water. 2. Let stand for 5 minutes. 3. Heat in microwave or on stove top.

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

Recipe included: Springtime Corn.

### Long Grain White Rice

13 Servings (2 cans/26 total servings)  
NET WT. 1 lb 7.0 oz (652 g)



#### Nutrition Facts

Serving Size: 1 1/4 cup (47g)  
Servings Per Container: 13

Amount Per Serving	Calories 170	Calories from Fat 0
	% Daily Value*	
<b>Total Fat</b> 0g	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 0mg	0%	0%
<b>Total Carbohydrate</b> 37g	12%	12%
Dietary Fiber 0g	0%	0%
Sugars 4g		
<b>Protein</b> 2g		
Vitamin A 0% • Vitamin C 0%		
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.

**INGREDIENTS:** Long grain white rice.

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

**DIRECTIONS:** Makes 10-13 servings. 1. Add 1/4 cup of rice to 2 cups of cold water. 2. Add 1/2 teaspoon of salt and 1 tablespoon of butter or margarine. 3. Bring to a boil. Cover tightly and cook on low heat 15-20 minutes, or until done (without removing the cover). 4. Fluff with fork before serving.

Recipe included: Homemade Rice-a-Roni.

### Dehydrated Potato Dices

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



#### Nutrition Facts

Serving Size: 1/2 cup (43g)  
Servings Per Container: 5

Amount Per Serving	Calories 150	Calories from Fat 0
	% Daily Value*	
<b>Total Fat</b> 0g	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 30mg	1%	1%
<b>Total Carbohydrate</b> 36g	12%	12%
Dietary Fiber 3g	12%	12%
Sugars 2g		
<b>Protein</b> 2g		
Vitamin A 0% • Vitamin C 25%		
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.

**INGREDIENTS:** Dehydrated potatoes.

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

**DIRECTIONS:** 1. Pour 1 cup of potato dices into 3 cups of boiling water. 2. Add 1 teaspoon of salt. 3. Turn heat down and simmer until tender (10-15 minutes). 4. Drain. 5. Use as a side dish, in casseroles, soups, etc.

**Yield:** Approximately 2 1/2 cups of potatoes.

Recipe included: Cheesy Yummy Potatoes.

### Freeze Dried Broccoli Florets & Stems

6 Servings (2 cans/12 total servings)  
NET WT. 1.7 oz (48 g)



#### Nutrition Facts

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

Amount Per Serving	Calories 20	Calories from Fat 0
	% Daily Value*	
<b>Total Fat</b> 0g	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 10mg	1%	1%
<b>Total Carbohydrate</b> 4g	1%	1%
Dietary Fiber 2g	9%	9%
Sugars 1g		
<b>Protein</b> 2g		
Vitamin A 20% • Vitamin C 110%		
Calcium 4% • 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.

**INGREDIENTS:** Freeze dried broccoli florets & stems.

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

Recipe included: Chicken Divan.

### Country Fresh 100% Instant Nonfat Dry Milk

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



#### Nutrition Facts

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

Amount Per Serving	Calories 70	Calories from Fat 0
	% Daily Value*	
<b>Total Fat</b> 0g	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
<b>Cholesterol</b> 0mg	0%	0%
<		