



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)



Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 24g	0%
Protein 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.

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

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, FD&C Red #40]).

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

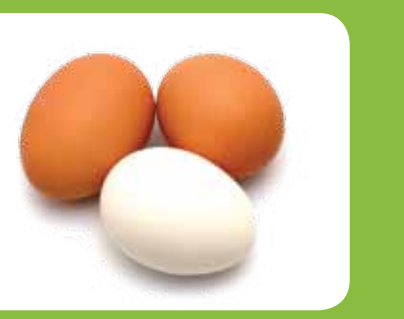
DIRECTIONS: To make 1 quart:
1. Mix 1/2 cup drink mix to 2 cups water.
2. Mix or blend until dissolved.
3. Add cold water to make 1 quart.
4. Chill.

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

Recipe included: Orange Shishes.

Dried Whole Eggs

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



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

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

OPTIMUM SHELF LIFE: 10 YEARS

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

Processed in a dedicated gluten free manufacturing and packaging site.

Pasteurized fully dehydrated whole eggs. No refrigeration necessary.

DIRECTIONS: To make 1 quart:
1. Add 1/2 tablespoon 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, frittatas, 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)



Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	6%
Saturated Fat 3.5g	16%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber less than 1g	3%
Sugars 21g	0%
Protein 2g	
Vitamin A 10% • Vitamin C 0%	
Calcium 10% • Iron 2%	

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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

OPTIMUM SHELF LIFE: 15 YEARS

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 dry milk, 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 chalice. To give variety to your basic coffee drink, add 1/2 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)



Amount Per Serving	
Calories 240	Calories from Fat 140
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 14g	71%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	6%
Sugars 13g	0%
Protein 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.

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

OPTIMUM SHELF LIFE: 10 YEARS

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

Contains Allergens: 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.

Do Not Refrigerate.

Recipe included: Banana Chip Trail Mix.

Freeze Dried Sliced Strawberries

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



Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber less than 1g	2%
Sugars 4g	0%
Protein 1g	
Vitamin A 0% • Vitamin C 80%	
Calcium 2% • Iron 4%	

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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

OPTIMUM SHELF LIFE: 30 YEARS

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 of snack, in desserts, fruit smoothies, etc. 1. Mix 1/2 cup strawberries to 1 cup of warm water. 2. Let stand for 5 minutes.

Jim Recipe (keep refrigerated)

Yield: Single batch.
1/3 cup of sugar.
1/3 cup of freeze dried strawberries
2 Tablespoons of 1/3 cup water

Cover strawberries with water. Add sugar to strawberries and stir well until sugar is dissolved. Slowly sprinkle 1/3 cup water 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)



Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	7%
Sugars 1g	0%
Protein 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.

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

OPTIMUM SHELF LIFE: 10 YEARS

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 allergens: 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)



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

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

OPTIMUM SHELF LIFE: 25 YEARS

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)



Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	10%
Sugars 4g	0%
Protein 2g	
Vitamin A 2% • Vitamin C 8%	
Calcium 0% • Iron 2%	

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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

OPTIMUM SHELF LIFE: 30 YEARS

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)



Amount Per Serving	
Calories 170	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 37g	12%
Dietary Fiber 0g	0%
Sugars 4g	0%
Protein 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.

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

OPTIMUM SHELF LIFE: 30 YEARS

INGREDIENTS: Long grain white rice.

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

DIRECTIONS: Makes 10-12 servings.
1. Add 1/3 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)



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

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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

OPTIMUM SHELF LIFE: 25 YEARS

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

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

Recipe included: Cheesy Yummy Potatoes.

Freeze Dried Broccoli Florets & Stems

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



Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	9%
Sugars 1g	0%
Protein 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.

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 2400