



Quality Food Storage from Augason Farms

Superior 1 Yr 2 Person 30 Emergency Pails, Fruit & Vegetable Pallet

Freeze Dried Diced Potatoes

22 Servings (6 pails/132 total servings)
NET WT 10.9 oz (308 g)



Nutrition Facts

Serving Size: 1/3 cup (14g)
Servings Per Container: About 22

Amount Per Serving		% Daily Value*	
Calories 50	Calories from Fat 0		
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 25mg		1%	
Total Carbohydrate 11g		4%	
Dietary Fiber 3g		11%	
Sugars 0g			
Protein 2g			

Vitamin A 2% • Vitamin C 25%
Calcium 0% • 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	80g	100g
Sat Fat	Less than	20g	25g	25g	30g
Cholesterol	Less than	300mg	300mg	300mg	300mg
Sodium	Less than	2400mg	2400mg	2400mg	2400mg
Total Carbohydrate		300g	375g	300g	375g
Dietary Fiber		25g	30g	25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Potatoes

Freeze Dried Peas

30 Servings (6 pails/180 total servings)
NET WT 13.8 oz (390 g)



Nutrition Facts

Serving Size: 1/4 cup (13g)
Servings Per Container: About 30

Amount Per Serving		% Daily Value*	
Calories 50	Calories from Fat 0		
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 9g		3%	
Dietary Fiber 3g		12%	
Sugars 3g			
Protein 3g			

Vitamin A 6% • Vitamin C 40%
Calcium 0% • 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	80g	100g
Sat Fat	Less than	20g	25g	25g	30g
Cholesterol	Less than	300mg	300mg	300mg	300mg
Sodium	Less than	2400mg	2400mg	2400mg	2400mg
Total Carbohydrate		300g	375g	300g	375g
Dietary Fiber		25g	30g	25g	30g

Calories per gram: Fat 0 Carbs 4 Protein 4

INGREDIENTS: Peas

Freeze Dried Cauliflower

60 Servings (6 pails/360 total servings)
NET WT 4.2 oz (120 g)



Nutrition Facts

Serving Size: 1/3 cup (2g)
Servings Per Container: About 60

Amount Per Serving		% Daily Value*	
Calories 5	Calories from Fat 0		
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 0g		0%	
Dietary Fiber less than 1g		2%	
Sugars 0g			
Protein 1g			

Vitamin A 0% • Vitamin C 20%
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	80g	100g
Sat Fat	Less than	20g	25g	25g	30g
Cholesterol	Less than	300mg	300mg	300mg	300mg
Sodium	Less than	2400mg	2400mg	2400mg	2400mg
Total Carbohydrate		300g	375g	300g	375g
Dietary Fiber		25g	30g	25g	30g

Calories per gram: Fat 0 Carbs 4 Protein 4

INGREDIENTS: Cauliflower

Freeze Dried Broccoli Florets & Stems

30 Servings (6 pails/180 total servings)
NET WT 4.2 oz (120 g)



Nutrition Facts

Serving Size: 1/3 cup (4g)
Servings Per Container: About 30

Amount Per Serving		% Daily Value*	
Calories 10	Calories from Fat 0		
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 10mg		0%	
Total Carbohydrate 2g		1%	
Dietary Fiber 1g		5%	
Sugars 0g			
Protein 1g			

Vitamin A 15% • Vitamin C 60%
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	80g	100g
Sat Fat	Less than	20g	25g	25g	30g
Cholesterol	Less than	300mg	300mg	300mg	300mg
Sodium	Less than	2400mg	2400mg	2400mg	2400mg
Total Carbohydrate		300g	375g	300g	375g
Dietary Fiber		25g	30g	25g	30g

Calories per gram: Fat 0 Carbs 4 Protein 4

INGREDIENTS: Broccoli

Freeze Dried Sweet Corn

40 Servings (6 pails/240 total servings)
NET WT 14.03 oz (396.9 g)



Nutrition Facts

Serving Size: 1/4 cup (9.9g)
Servings Per Container: About 40

Amount Per Serving		% Daily Value*	
Calories 35	Calories from Fat 0		
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 8g		3%	
Dietary Fiber 1g		5%	
Sugars 2g			
Protein 1g			

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	80g	100g
Sat Fat	Less than	20g	25g	25g	30g
Cholesterol	Less than	300mg	300mg	300mg	300mg
Sodium	Less than	2400mg	2400mg	2400mg	2400mg
Total Carbohydrate		300g	375g	300g	375g
Dietary Fiber		25g	30g	25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Corn

Freeze Dried Green Beans

40 Servings (6 pails/240 total servings)
NET WT 4.2 oz (120 g)



Nutrition Facts

Serving Size: 1/4 cup (3g)
Servings Per Container: About 40

Amount Per Serving		% Daily Value*	
Calories 10	Calories from Fat 0		
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 2g		1%	
Dietary Fiber 1g		4%	
Sugars 0g			
Protein 1g			

Vitamin A 4% • Vitamin C 8%
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	80g	100g
Sat Fat	Less than	20g	25g	25g	30g
Cholesterol	Less than	300mg	300mg	300mg	300mg
Sodium	Less than	2400mg	2400mg	2400mg	2400mg
Total Carbohydrate		300g	375g	300g	375g
Dietary Fiber		25g	30g	25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Green Beans

Dehydrated Chopped Onion

24 Servings (6 pails/144 total servings)
NET WT 2.5 oz (72 g)



Nutrition Facts

Serving Size: 1 tsp (3g)
Servings Per Container: 24

Amount Per Serving		% Daily Value*	
Calories 10	Calories from Fat 0		
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 2g		1%	
Dietary Fiber 0g		0%	
Sugars 1g			
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	80g	100g
Sat Fat	Less than	20g	25g	25g	30g
Cholesterol	Less than	300mg	300mg	300mg	300mg
Sodium	Less than	2400mg	2400mg	2400mg	2400mg
Total Carbohydrate		300g	375g	300g	375g
Dietary Fiber		25g	30g	25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Onions

Freeze Dried Sliced Strawberries

40 Servings (6 pails/240 total servings)
NET WT 5.6 oz (160 g)



Nutrition Facts

Serving Size: 1/4 cup (4g)
Servings Per Container: About 40

Amount Per Serving		% Daily Value*	
Calories 15	Calories from Fat 0		
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 3g		1%	
Dietary Fiber 0g		0%	
Sugars 2g			
Protein 0g			

Vitamin A 0% • Vitamin C 30%
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	80g	100g
Sat Fat	Less than	20g	25g	25g	30g
Cholesterol	Less than	300mg	300mg	300mg	300mg
Sodium	Less than	2400mg	2400mg	2400mg	2400mg
Total Carbohydrate		300g	375g	300g	375g
Dietary Fiber		25g	30g	25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Strawberries

Freeze Dried Sliced Peaches

52 Servings (6 pails/312 total servings)
NET WT 10.1 oz (286 g)



Nutrition Facts

Serving Size: 1/4 cup (5.5g)
Servings Per Container: About 52

Amount Per Serving		% Daily Value*	
Calories 25	Calories from Fat 0		
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 5g		2%	
Dietary Fiber less than 1g		3%	
Sugars 4g			
Protein 0g			

Vitamin A 4% • Vitamin C 80%
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	80g	100g
Sat Fat	Less than	20g	25g	25g	30g
Cholesterol	Less than	300mg	300mg	300mg	300mg