Quality Food Storage Products from Augason Farms

1 Year 1 Person Pail Kit

(18 pails total)

Quick **Rolled Oats** 231 Servings NET WT. 23 lbs (10.43 kg



Nutrition Facts Serving Size: 1/2 cup (45g) Servings Per Container: 231

Amount Per Serving	
Calories 180 Calories	from Fat 30
	% Daily Value*
Total Fat 3.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 17g	68%
Sugars 0g	•
Protein 6g	

Vitamin A 0% • Vitamin C 0% 2% • Iron Calcium *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 Less than 20g Cholesterol Less than 300mg 300mg Less than Total Carbohydrate 375g

30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Quick rolled oats. Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond

DIRECTIONS:

Dietary Fiber

1. Boil 1 cup water and 1/8 teaspoon salt. 2. Stir in 1/2 cup oats.

3. Cook 1 minute, stirring occasionally. 4. Remove from heat and let stand 1 minute.

Can be used in cookies, breads, cakes, etc. Processed in a plant that handles wheat, egg, dairy,

Hard White Wheat NET WT. 45 lbs (20.41 kg)



Nutrition Facts
Serving Size: 1/4 cup (46g)
Servings Per Container: 443

Serving Size: 1/4 cup (46g Servings Per Container: 4	••
Amount Per Serving	
Calories 150 Calories	from Fat 5
	% Daily Value
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	·
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 33g	11%
Dietary Fiber 6g	24%
Sugars 2g	•
Protein 6g	

Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie Calories 2,000 Less than Sat Fat Cholesterol Less than 300mg 300mg Less than 2400mg 2400mg **Total Carbohydrate** 375g **Dietary Fiber**

OPTIMUM SHELF LIFE: 30 YEARS

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Hard white wheat. **DIRECTIONS:**

Use as called for in your favorite recipes. Contains allergen: Wheat.

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

Morning Moo's Milk Alternative 839 Servings NET WT. 37 lbs (16.78 kg)



Nutrition Facts Serving Size: 2 Tbsp (17g)

Servings F	er Co		` ',	
Amount Per S	Serving			
Calories 8	30	Cald	ories from	Fat 2
			% Da	ily Value
Total Fat	3g			4%
Saturate	d Fat	2.5 g	l	12%
Trans Fa	t 0g			
Cholester	ol 0m	g		0%
Sodium 1	30mg			5%
Total Carl	bohyd	rate	10g	3%
Dietary F	iber 0	g)g		0%
Sugars 1	g			
Protein 3	9			
Vitamin A	10%	•	Vitamin C	0
Calcium	15%	•	Iron	0
Vitamin D	30%	•	Riboflavin	49
calorie diet.	Your da	aily v on y	re based on alues may be our calorie ne 2,000	e highe

OPTIMUM SHELF LIFE: 25 YEARS

Calories per gram: Fat 9 Carbs 4 Protein 4

Less than

Less than

2400mg

375g

30g

2400mg

25g

INGREDIENTS: Sweet whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate tetrasodium pyrophosphate, soy lecithin), nonfat milk, sugar, guar gum, vitamin A, vitamin D.

Contains allergens: Dairy and soy.

Total Fat

Sat Fat

Total Carbohydrate

Dietary Fiber

DIRECTIONS: Add 1/2 cup Morning Moo's to 1 cup warm water and

mix until dissolved. Add 3 cups cold water, mix well and chill before serving. Liquid Morning Moo's® (Regular strength – ½ cup wder to 4 cups water) may be used for drinking and in your favorite recipes in place of milk.

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

Chocolate **Morning Moo's** NET WT. 37 lbs (16.78 kg)



Nutrition Facts Serving Size: 3 1/2 Tbsp (35g)

Trans Fat 0g Cholesterol 0mg Sodium 170mg Total Carbohydrate 26g Dietary Fiber less than 1g Sugars 21g Protein 2g Vitamin C 0% Iron 0% Riboflavin 4% Riboflavin 4% Are based on a 2,000 values may be higher your calorie needs. Percent Daily values are based on a calorie diet. Your daily values may be lor lower depending on your calorie needs.	
Calories 140 Calories from Pa ### ### ### ### ### ### ### ### ### #	
4% g 12% Total Fat 3.5g Saturated Fat 3.5g Trans Fat 0g Cholesterol 0mg Sodium 170mg Total Carbohydrate 26g Dietary Fiber less than 1g Sugars 21g Protein 2g Vitamin C 0% Riboflavin 4% are based on a 2,000 values may be higher your calorie needs. Percent Daily values are based on a calorie diet. Your daily values may be lor lower depending on your calorie needs.	t 35
Saturated Fat 3.5g Saturated Fat 3.5g Trans Fat 0g Cholesterol 0mg Sodium 170mg Total Carbohydrate 26g Dietary Fiber less than 1g Sugars 21g Protein 2g Vitamin C 0% Riboflavin 4% Are based on a 2,000 values may be higher your calorie needs.	Value*
Trans Fat 0g Cholesterol 0mg Sodium 170mg Total Carbohydrate 26g Dietary Fiber less than 1g Sugars 21g Protein 2g Vitamin C 0% Iron 0% Riboflavin 4% Procent Daily values are based on a 2,000 values may be higher your calorie needs.	6%
Cholesterol 0mg 5% e 10g 3% 0% Total Carbohydrate 26g Dietary Fiber less than 1g Sugars 21g Protein 2g Vitamin C 0% Riboflavin 4% are based on a 2,000 values may be higher your calorie needs. Protein 2g Vitamin D 25% • Riboflavin *Percent Daily values are based on a calorie diet. Your daily values may be lor lower depending on your calorie needs.	16%
Sodium 170mg Total Carbohydrate 26g Dietary Fiber less than 1g Sugars 21g Protein 2g Vitamin C 0% Iron 0% Riboflavin 4% are based on a 2,000 values may be higher your calorie needs. Protein 2g Vitamin D 25% • Riboflavin *Percent Daily values are based on a calorie diet. Your daily values may be lor lower depending on your calorie needs.	
Vitamin C 0% Iron 0% Riboflavin 4% are based on a 2,000 values may be higher your calorie needs.	0%
Dietary Fiber less than 1g	7%
Vitamin C 0% Iron 0% Riboflavin 4% are based on a 2,000 values may be higher your calorie needs.	9%
Vitamin C 0% Iron 0% Riboflavin 4% are based on a 2,000 values may be higher your calorie needs.	3%
Vitamin C 0% Iron 0% Riboflavin 4% are based on a 2,000 values may be higher your calorie needs.	
Iron 0% Riboflavin 4% are based on a 2,000 values may be higher your calorie needs.	
Riboflavin 4% Are based on a 2,000 values may be higher your calorie needs. Or lower depending on your calorie needs.	0%
are based on a 2,000 values may be higher your calorie needs. or lower depending on your calorie needs.	2%
values may be higher calorie needs. calorie diet. Your daily values may be lower depending on your calorie needs.	2%
2,000 2,500 Calories 2,000 2	nigher
	500
	80g
	25g
300mg 300mg Cholesterol Less than 300mg 300)mg

OPTIMUM SHELF LIFE: 15 YEARS

Calories per gram: Fat 9 Carbs 4 Protein 4

Sodium Less than 2400mg

Total Carbohydrate

Dietary Fiber

375a

30g

2400ma

300a

25a

INGREDIENTS: Sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), nonfat dry whey, natural cream flavor (maltodextrin, natural cream flavor), salt, carrageenan gum, xanthan gum, cellulose gum, vitamin A, vitamin D. Contains allergens: Dairy and soy.

DIRECTIONS: Add 3/4 cup rounded of Chocolate Morning Moo's

to 1 cup warm water and mix until dissolved. Add 3 cups cold water, mix well and chill before serving Processed in a plant that handles wheat, egg, dairy,

Gluten Free **Long Grain White Rice**

NET WT. 44 lbs (19.95 kg)



Nutrition Facts Serving Size: 1/4 cup (47g)

Servings	Per Co	mla	mer: 424	
Amount Per	Serving			
Calories	170	Ca	lories fror	n Fat 0
			% D	aily Value*
Total Fat	0g			0%
Saturate	ed Fat	0g		0%
Trans F	at 0g			
Choleste	rol 0m	ıg		0%
Sodium 0)mg			0%
Total Car	bohyc	irate	e 37g	12%
Dietary	Fiber	0g		0%
Sugars	0g			
Protein 3	g			
Vitamin A	0%	•	Vitamin C	0%
Calcium	0%	•	Iron	8%
calorie diet	Your opending	laily on y	are based or values may l vour calorie r	be higher needs.
	Calo		2,000	2,500
Total Fat	Less 1	than	65g	80g

OPTIMUM SHELF LIFE: 30 YEARS

Calories per gram: Fat 9 Carbs 4 Protein 4

Less than

Total Carbohydrate

Dietary Fiber

300mg

300g

25g

2400mg

300mg

375g

30g

2400mg

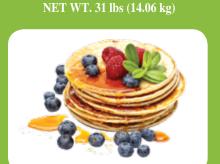
INGREDIENTS: Long grain white rice.

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 the 4. Fluff with fork before serving.

Processed in a dedicated gluten free manufacturing and

Buttermilk Pancake Mix 206 Servings (2 pails/ 412 total servings)



Nutrition Facts Serving Size: 1/2 cup (68g) Servings Per Container: 206

Amount Per	Serving			
Calories 2	240	Cal	ories from l	Fat 20
			% Daily	Value*
Total Fat	2g			3%
Saturate	d Fat	0g		0%
Trans Fa	at 0g			
Choleste	rol 10r	ng		4%
Sodium 6	60mg			27%
Total Car	bohyd	Irate	48g	16%
Dietary	Fiber I	ess t	than 1g	3%
Sugars	7g			
Protein 6	g			
Vitamin A	0%	•	Vitamin C	0%
Calcium	15%	•	Iron	20%

*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 2400ma 2400ma **Total Carbohydrate** 300a 375a **Dietary Fiber** 25g 30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Cake flour (bleached wheat

OPTIMUM SHELF LIFE: 10 YEARS

flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soy flour, dextrose, soybean oil, buttermilk powder, baking soda, corn

Contains allergens: Dairy, eggs, soy and wheat.

DIRECTIONS: Cold water 1 1/4 cups
Pancake mix 1 3/4 cups
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.

golden brown, turning only once.

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 not over mix.

3. Pour batter into lightly oiled, preheated waffle iron.

4. Cook waffles until steaming stops.

Gluten Free **Pinto Beans** 432 Servings NET WT. 41 lbs (18.59 kg)

Nutrition Facts Serving Size: 1/4 cup (43g) Servings Per Container: 432

Amount Per	Serving			
Calories	70	Cal	ories from	Fat (
			% Dail	y Value
Total Fat	0g			0%
Saturat	ed Fat	0g		0%
Trans F	at 0g			
Choleste	rol 0m	g		0%
Sodium 2	20mg			1%
Total Ca	rbohyd	rate :	26g	9%
Dietary	Fiber 1	7g		67%
Sugars	1g			
Protein 8	g			
Vitamin A	0%	•	Vitamin C	0%
Calcium	0%	•	Iron	20%
*Percent D	aily valu	es are	based on a	2,000

calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories 2,000 Total Fat Less than 65g 80g Less than 20g 25g 300mg 300mg Cholesterol Less than Less than 2400mg 2400mg Sodium 375g

Total Carbohydrate 300g **Dietary Fiber** 25g 30g Calories per gram: Fat 9 Carbs 4 Protein 4

OPTIMUM SHELF LIFE: 30 YEARS

INGREDIENTS: Pinto beans.

DIRECTIONS: Soaking overnight

and packaging site.

- 1. Cover each cup of beans with 3 cups of water and let stand overnight or 12 hours. 2. Cover and simmer slowly until beans are tender, about 2 hours.
- 4. Season with salt, pepper, onion and/or garlic. Use in bean salads, chili, casseroles, etc. Ouicker results

3. Add more water if necessary.

1. Add 1 cup dry beans to 3 cups boiling water. 2. Boil 2 minutes and let stand for one hour.

3. Cover and simmer slowly until beans are tender,

4. Add more water if necessary.

5. Season with salt, pepper, onion and/or garlic.
Can be ground into flour for thickening sauces or soups, adding more protein.

Processed in a dedicated gluten free manufacturing

Gluten Free **Potato Slices** 226 Servings NET WT. 10 lbs (4.53 kg)



Nutrition Facts Serving Size: 1/2 cup (20g) Servings Per Container: 226

Amount Per S	erving		
Calories 7	'0 C	alories from	Fat 0
		% D	aily Value
Total Fat	0g		0%
Saturate	d Fat ()g	0%
Trans Fa	t 0g		
Cholester	ol 0mg	3	0%
Sodium 1	5mg		1%
Total Carl	oohydi	ate 16g	5%
Dietary F	iber 2	g	6%
Sugars 1	g		
Protein 0g)		
Vitamin A	0%	Vitamin C	10%
Calcium	0%	• Iron	2%
calorie diet.	Your da	es are based or nily values may l on your calorie r	be highe
	Calori	es 2,000	2,500
Total Fat	Less th	an 65g	80a

OPTIMUM SHELF LIFE: 25 YEARS

Calories per gram: Fat 9 Carbs 4 Protein 4

Less than

Less than

300mg

2400mg

Cholesterol Less than

Total Carbohydrate

Dietary Fiber

25g

300mg

375g

2400mg

Sat Fat

Use in scalloped potatoes, fried potatoes, potato salad,

INGREDIENTS: Potato slices preserved with

DIRECTIONS: Cover potatoes with water and let stand for $10\ \text{to}\ 15$ minutes, or simmer until tender. Salt as desired.

Processed in a dedicated gluten free manufacturing and packaging site.

Gluten Free **Vegetable Stew Blend** NET WT. 18 lbs (8.16 kg)



Nutrition Facts Serving Size: 1/4 cup (21g) Servings Per Container: 388

Amount Per S	Serving					
Calories 6	60 C	alories fr	om Fat			
	% Daily Valu					
Total Fat	0g		0%			
Saturate	Saturated Fat 0g					
Trans Fa	ıt 0g					
Cholester	ol 0mg		0%			
Sodium 4	5ma		2%			
Total Carbohydrate 17g						
Dietary I	7%					
Sugars 4g						
Protein 2	3					
Vitamin A	45% •	Vitamin C	70%			
Calcium	4% •	Iron	4%			
*Percent Daily values are based on a 2,00 calorie diet. Your daily values may be highe 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		300mg	300mg			
Sodium	Less than	2400mg	2400mg			
Total Carbol	iyarate	300g	375g			

Calories per gram: Fat 9 Carbs 4 Protein 4 **OPTIMUM SHELF LIFE: 25 YEARS**

INGREDIENTS: Potato dices, cabbage flakes,

Servings	Stew Mix	Water
2	1/2 cup	2 cups
4	1 cup	4 cup
6	1 1/2 cups	6 cups

DIRECTIONS: 1. Add stew mix to cold water. 2. Slowly bring to boil, stirring frequently. 3. Simmer until vegetables are tender, 15-20 minutes,

Processed in a dedicated gluten free manufacturing and packaging site.

meat.)

4. Season to taste. (May add bouillon, tomato, and

Banana Slices 144 Servings (2 pails/ 288 total servings) NET WT. 14 lbs (6.35 kg)

Gluten Free





Nutrition Facts Serving Size: 1/2 cup (44g) Servings Per Container: 144

Amount Per Serving						
Calories 2	240 Cald	ories fror	n Fat 140			
% Daily Value*						
Total Fat 16g 24%						
Saturated Fat 14g 71%						
Trans Fat 0g						
Choleste	rol 0mg		0%			
Sodium 0	mg		0%			
Total Car	bohydrate	19g	6%			
Dietary Fiber 2g 6%						
Sugars 13g						
Protein 0g						
Vitamin A	0% •	Vitam	in 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		300mg	300mg			
Sodium	Less than	2400mg	2400mg			
Total Carbol	375g					

Calories per gram: Fat 9 Carbs 4 Protein 4 **OPTIMUM SHELF LIFE: 10 YEARS**

25g

30g

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

Do not rehydrate.

and packaging site.

Dietary Fiber

Eat as a snack, add to cereals, granolas, or desserts. Processed in a dedicated gluten free manufacturing



Oct villigs i el Oolii	aniei. 04
Amount Per Serving	
Calories 628	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.	5g 8%
Trans Fat 0g	
Cholesterol 215m	ng 71%
Sodium 90mg	4%
Total Carbohydra	ite 0g 0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6a	

0% 6% 000 Cholesterol Less than 300ma Sodium Less than 2400mg 2400ma Total Carbohydrate 300a 375a **Dietary Fiber** 25a 30g

Calories per gram: Fat 9 Carbs 4 Protein 4 **OPTIMUM SHELF LIFE: 10 YEARS**

INGREDIENTS: Whole eggs, sodium silicoaluminate (as an anticaking agent).

Contains allergen: Eggs.

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

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 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 amounts. Processed in a dedicated gluten free manufacturing and

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

Gluten Free Dehydrated

Apple Slices

240 Servings

NET WT. 9 lbs (4.08 kg)



Amount Per S	Serving			
Calories 6	60	Calor	ies from Fa	at O
			% Daily V	/alue
Total Fat	0g			0%
Saturate	d Fat	0g		0%
Trans Fa	at 0g			
Cholester	rol 0mg	g		0%
Sodium 65mg 3°				
Total Car	bohyd	rate 1	6g	5%
Dietary I	Fiber 2	g:		6%
Sugars 9)g			
Protein 0	g			
Vitamin A	0%	•	Vitamin C	2%
Calcium	0%	•	Iron	0%
calorie diet.	Your da	aily valu	based on a 2 les may be hi calorie needs	ghe

Calories per gram: Fat 9 Carbs 4 Protein 4

2.000

20g

300mg

300a

2400ma

2.500

25g

300mg

375a

2400ma

OPTIMUM SHELF LIFE: 25 YEARS INGREDIENTS: Dehydrated apple slices,

DIRECTIONS:

2. Cool before using.

1. Cover apple slices with hot water and allow to stand for 30 minutes. 2. Stir occasionally.

Processed in a dedicated gluten free manufacturing and packaging site.

May be eaten as a snack or added to granola.

Gluten Free Freeze Dried

Corn & Peas NET WT. 10 lbs (4.53 kg)



Nutrition Facts Serving Size: 1/2 cup (27g) Servings Per Container: 168

Amount Per Serving	
Calories 100	Calories from Fat
	% Daily Value
Total Fat 1g	1%
Saturated Fat	0g 0%
Trans Fat 0g	
Cholesterol 0m	g 0%
Sodium 0mg	0%
Total Carbohyd	rate 19g 6%
Dietary Fiber 5	ig 19%
Sugars 6g	
Protein 5g	

Vitamin A 8% • Vitamin C 45% Calcium 2% • 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 Sat Fat 25g Less than 20g Cholesterol Less than 300mg 300mg Sodium Less than 2400mg 2400ma **Total Carbohydrate** 375g

25g

30g

INGREDIENTS: Super sweet corn, peas.

Calories per gram: Fat 9 Carbs 4 Protein 4

Dietary Fiber

DIRECTIONS:

To rehydrate: 1. Add 1/2 cup vegetables to 1 cup warm water. 2. Let stand 5 minutes.

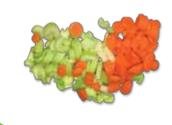
Use as a side dish, in salads, casseroles, soups,

3. Heat in microwave or on stove top.

Processed in a dedicated gluten free manufacturing and packaging site.

Carrots & Celery NET WT. 14 lbs (6.35 kg)

Gluten Free Dehydrated



Nutrition Facts Serving Size: 1/2 cup (41g) Servings Per Container: 155

eortinger er eoni	differ 100
Amount Per Serving	
Calories 130	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydra	te 29g 10%
Dietary Fiber 4g	17%
Sugars 14g	
Protein 4g	

Vitamin A 450% • Vitamin C 60% Calcium 20% • 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. 2,000 Calories 2,500 Total Fat Less than 65g Sat Fat 25g Less than 20g Cholesterol Less than 300mg 300mg Sodium Less than 2400mg 2400mg **Total Carbohydrate** 375a **Dietary Fiber** 25g 30g Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Diced carrots, cross cut celery stalk

DIRECTIONS:

OPTIMUM SHELF LIFE: 25 YEARS

1. Add 1/2 cup vegetables to 1 cup warm water. 2. Cover and simmer for 15 minutes. 3. Season to taste. Can be added, without reconstituting, to stews,

Processed in a dedicated gluten free manufacturing and packaging site.

soups, casseroles, meats and other dishes for a

Meat Substitute Beef 383 Servings NET WT. 22 lbs (9.907 kg)

Vegetarian



Nutrition Facts Serving Size: 1/4 cup (26g) Servings Per Container: 383 Amount Per Serving

Calories 90 Calories from Fat 35

% Daily Value*

Total Fat 4g				6%		
Saturated Fat 0.5g				3%		
Trans F	Trans Fat 0g					
Choleste	0%					
Sodium 4	20%					
Total Carbohydrate 7g				2%		
Dietary Fiber 3g				14%		
Sugars 2g						
Protein 11g						
Vitamin A	0%	•	Vitamin C	0%		
Calcium	6%	•	Iron	10%		

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** 300a 375g

*Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher

Calories per gram: Fat 9 Carbs 4 Protein 4

OPTIMUM SHELF LIFE: 10 YEARS

INGREDIENTS: Textured vegetable

protein (soy flour, caramel color), soybean

25g

30g

oil, salt, hydrolyzed corn, soy, wheat protein, autolyzed yeast. Contains allergen: Soy and wheat.

Dietary Fiber

DIRECTIONS: Add 2 parts water to 1 part Vegetarian Meat Substitute Beef. Bring to a boil. Reduce heat and simmer for 20 minutes, stirring

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

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

occasionally



Nutrition Facts Serving Size: 1/4 cup (26g) Servings Per Container: 383

		% Da	ily Value'		
Total Fat	3g		5%		
Saturate	d Fat 0g		0%		
Trans Fat 0g					
Cholester	ol 0mg		0%		
Sodium 5	50mg		23%		
Total Carl	bohydrat	e 7g	2%		
Dietary F	iber 4g		14%		
Sugars 2	<u>2g</u>				
Protein 11	lg				
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.					
	Calories	2,000	2,500		
Total Fat	Less than	65g	80g		
Sat Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		

OPTIMUM SHELF LIFE: 10 YEARS

Calories per gram: Fat 9 Carbs 4 Protein 4

25g

30g

hydrolyzed corn protein, natural smoke disodium inosinate, disodium guanylate. Contains allergen: Soy.

DIRECTIONS:

Dietary Fiber

To reconstitute: 2 parts water, 1 part chicken bits. Simmer about 10 minutes.

Processed in a dedicated gluten free manufacturing

Gluten Free Vegetarian **Meat Substitute Chicken** 383 Servings



Amount Per Serving

Calories 90 Calories from Fat 30

Choleste	rol 0mg		0%		
Sodium 5	23%				
Total Car	Total Carbohydrate 7g				
Dietary I	Fiber 4	g		14%	
Sugars 2	2g				
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.					
	Calori	es	2,000	2,500	
Total Fat	Less th	an	65g	80g	
Sat Fat	Less th	an	20g	25g	
Cholesterol	Less th	an	300mg	300mg	
Sodium	Less th	an	2400mg	2400mg	
Total Carbol	nydrate	300g	375g		

INGREDIENTS: Textured soy flour, soybean oil, salt, autolyzed yeast extract,

flavoring, thiamine hydrochloride, dextrose,

Each 1 cup of dry Vegetarian Meat Substitute Chicken equals about 1 pound of chicken.

Copyright 2011, Augason Farms • www.AugasonFarms.com • Phone (800) 878-0099

628 Servings NET WT. 18 lbs (8.16 kg)

Gluten Free

Whole Eggs

Nutrition Facts Serving Size: 2 1/2 Tbsp (13g)

	% Daily					
	Total Fat 5g					
	Saturate		8			
	Trans Fat 0g					
	Choleste	rol 21	5mg		71	
	Sodium 9	90mg			4	
	Total Car	bohy	drate	0g	0	
	Dietary	Fiber	0g		0	
	Sugars 0g Protein 6g Vitamin A 6% • Vitamin C Calcium 2% • Iron					
	*Percent Daily values are based on a 2 calorie diet. Your daily values may be hi or lower depending on your calorie needs				e high	
	Calories 2,000 2,5					
	Total Fat Less than 65g				80g	
	Sat Fat Less than 20g					

Yield: 1 whole egg.

Nutrition Facts Serving Size: 1/2 cup (17g) Servings Per Container: 240

Dietary Fiber 25g 30g

Calories

Less than

Less than

Less than

Cholesterol Less than

Total Carbohydrate

Total Fat

Sat Fat

Sodium

For cooked apples to be used as pie filling: 1. Bring to a boil.