

30 DAY FOOD STORAGE EMERGENCY FOOD SUPPLY Serving suggestions shown below.

20093-111615

% Daily Value

0%

0%

0%

25%

13%

24%

6%

15%

2,500

80g

25g

30g

300mg

2400mg 375g

Vitamin C

Iron

65g

20g

300g

25g

Carbs 4 Protein 4

HEARTY VEGETABLE

Nutrition Facts

Serving Size: 1/3 Cup (57g dry)

Calories 180 Calories from Fat 5

Servings Per Pouch: 8

unt Per Serving

Saturated Fat Og

Total Fat Og

Trans Fat Og

Cholesterol Omg

Sodium 590mg

Dietary Fiber 6g

Sugars 3g Protein 7g Vitamin A 70%

Calcium

Total Fat

Sat Fat

Sodium

Total Carbohydrate

Dietary Fiber

Total Carbohydrate 40g

4% •

Less than

Less than

Cholesterol Less than 300mg

*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

Less than 2400mg

12%

20%

CHICKEN SOUP

(4 pouches)

307 SERVINGS



Shelf Life: Product good for up to 20 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55° F and 70° F. Actual shelf life may vary

FOOD STORAGE EMERGENCIES **EVERYDAY MEALS**

1-800-878-0099

www.AugasonFarms.com



(2 pouches)

MORNING MOO'S® LOW BANANA CHIPS

FAT MILK ALTERNATIVE (2 pouches)

Nutrition Facts Serving Size: 2 Tbsp (17g dry)

Servings Per Pouch: 20 unt Per Serving Calories 70 Calories from Fat 20

		9	6 Daily	Value*		
Total Fat	2.5g			4%		
Saturated Fat 2g						
Trans Fat Og						
Cholesterol Omg 0%						
Sodium 1	20mg			5%		
Total Car	bohydra	te 10g		3%		
Dietary F	iber Og			0%		
Sugars 1	g					
Protein 3	g					
Vitamin A	8% •	Vitam	in C	0%		
Calcium	10% •	Iron		0%		
Vitamin D	25% •	Ribofl	avin	4%		
*Percent Da calorie diet. or lower dep	Your daily	values may your calor	/ be hig	gher ls.		
Total Fat	Less than	65g	8	0g		
Sat Fat	Less than	=- 5		5g		
Cholesterol				-		
Sodium		2400mg		-		
Total Carbol Dietary Fibe		300g 25g		'5g 0g		
Calorios por d	gram: Fat 9	Carbs 4	Protei	n 4		

INGREDIENTS:

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

Contains allergens: Milk, soy and tree nuts (coconut).

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3.	5

Nutrition Facts Serving Size: 1/2 Cup (33g dry) Servings Per Pouch: 8 Per Serving

Calarias										
Calories	m Fat 100									
% Daily Valu Total Fat 11g 17										
							Saturate	ed Fa	nt 10	g
Trans Fat Og Cholesterol Omg Sodium Omg										
						Total Car	bohy	dra	te 19g	6%
						Dietary	Fibe	r 3g		12%
Sugars 1	2g									
Protein 1	g									
Vitamin A	0%	•	Vitam	in C 4%						
Calcium	0%	•	Iron	2%						
Calcium *Percent Da calorie diet. or lower dep	ily val Your o pendin	ues a daily ig on	re based o values may your calor	on a 2,000 / be higher ie needs.						
*Percent Da calorie diet.	ily val Your o pendin	ues a daily ig on ories	re based o values may your calor 2,000	on a 2,000 / be higher ie needs. 2,500						
*Percent Da calorie diet. or lower dep	ily val Your o pendin Cal	ues a daily ig on ories than	re based o values may your calor	on a 2,000 / be higher ie needs.						
*Percent Da calorie diet. or lower dep Total Fat	ily val Your o cal Less Less	ues a daily ig on ories than than	re based o values may your calor 2,000 65g	on a 2,000 / be higher ie needs. 2,500 80g 25g						
*Percent Da calorie diet. or lower dep Total Fat Sat Fat	ily val Your o cal Less Less Less	ues a daily g on ories than than than	values may your calor 2,000 65g 20g	on a 2,000 / be higher ie needs. 2,500 80g 25g 300mg						
*Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol	ily val Your o cal Less Less Less Less	ues a daily ories than than than than	re based o values may your calor 2,000 65g 20g 300mg	on a 2,000 / be higher ie needs. 2,500 80g 25g 300mg 2400mg						
*Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol Sodium	ily val Your o cendin Cal Less Less Less Less Less	ues a daily ories than than than than	re based ovalues may your calor 2,000 65g 20g 300mg 2400mg	on a 2,000 / be higher ie needs. 2,500 80g 25g 300mg 2400mg						

INGREDIENTS:

Dehydrated banana slices (bananas, refined coconut oil, sugar, banana flavoring).

Contains allergen: Tree nuts (coconut).

CREAMY POTATO SOUP

(6 pouches)



Nutrition Facts Serving Size: 1/3 Cup (50g dry) Servings Per Pouch: 8 Amount Per Serving Calories 220 Calories from Fat 70 % Daily Value Total Fat 8g Saturated Fat 4g

		9	
Trans Fa	at Og		
Choleste	rol Omg		0%
Sodium 3	50mg		15%
Total Car	bohydra	te 33g	11%
Dietary F	iber 2g		8%
Sugars 3	g		
Protein 4	g		
Vitamin A	0% •	Vitam	in C 15%
Calcium	2% •	Iron	10%
*Percent Da calorie diet. or lower dep	Your daily	values may	/ be higher
	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 Carboł	nydrate	300g	375g
Dietary Fibe	r	25g	30g
Calories per g	gram: Fat 9	Carbs 4	Protein 4

INGREDIENTS:

Diced dehydrated potatoes, creamer (palm oil maltodextrin sodium caseinate (a milk derivative), dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (Potato, monoglycerides, sodium acid pyrophosphate, citric acid. Freshness preserved with sodium bisulfite and BHA), corn starch, onions, chicken stock (corn syrup, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes, turmeric, garlic powder, caramel color, dehydrated

Contains allergens: Milk, soy and wheat.

MAPLE BROWN

(6 pouches)

SUGAR OATMEAL

INGREDIENTS:

Calories per gram: Fat 9

White rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), lentils, elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), carrot dices, celery slices, chicken stock (corn syrup solids, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehvdrated onion

Contains allergens: Milk, soy and wheat.

CHEESY **BROCCOLI RICE** (5 pouches)



Nutrition Facts Serving Size: 1/2 Cup (65g dry) Servings Per Pouch: 8

Amount Per Serving Calories 250 Calories from Fat 40

% Daily Value





Nutrition Facts Serving Size: 1/2 Cup (34g dry) Servings Per Pouch: 8 Amount Per Serving

Calories 120 Calories from Fat 5 % Dail



Nutrition Facts Serving Size: 1/3 Cup (30g dry) Servings Per Pouch: 10 Amount Per Serving

Calories 120 Calories from Fat 25



Nutrition Facts Serving Size: 1/3 Cup (44g dry) Servings Per Pouch: 7.5 Amount Per Serving Calories 160 Calories from Fat 5

INSTANT POTATOES (1 pouch)

onion



Total Fat	4.5g		7%			
Saturated Fat 2.5g 13%						
Trans Fa	Trans Fat Og					
Choleste	rol 10mg		3%			
Sodium	590mg		29%			
Total Car	bohydra	te 46g	15%			
Dietary F	iber Og		0%			
Sugars 9)g					
Protein 6	ig					
Vitamin A	4% •	Vitam	in C 10%			
Calcium	10% •	Iron	6%			
*Percent Da calorie diet. or lower de	Your daily	values may	/ be higher			
	Calories	2,000	2,500			
Total Fat Sat Fat	Less than Less than	65g 20g	80g 25g			
Cholesterol Sodium Total Carbo	Less than hydrate	300mg 2400mg 300g	300mg 2400mg 375g			
Calories per		25g Carbs 4	30g Protein 4			

INGREDIENTS:

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), cheese powder (whey, buttermilk solids, granular and cheddar cheeses [pasteurized milk,cheese culture,salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme) creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor annatto extract, sodium hexmetaphosphate), corn starch, chicken stock (corn syrup, salt, corn stach, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), dehydrated broccoli (broccoli, sucrose), onions, onion powder parsley flakes.

Contains allergens: Milk and soy.

Total Fat 0.5g 1% 0% Saturated Fat Og Trans Fat Og Cholesterol Omg 0% Sodium 350mg 15% Total Carbohydrate 27g 9% Dietary Fiber 2g 8% Sugars 1g 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 Less than Total Fat 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2400mg 2400mg Total Carbohydrate 300g 375g 25g Dietary Fiber 30g Calories per gram: Fat 9 Carbs 4 Protein 4

ING	RED	IEN	IS:

Dehydrated potato flakes (potato monoglycerdrides, sodium acid pyrophosphate citric acid. Freshness preserved with sodium bisulfite and BHA), corn starch, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), dehydrated chopped onions, natural chicken flavor, parsley flakes.

Contains allergen: Soy.

CREAMY

(6 pouches)

CHICKEN RICE

		9	6 Daily Value*		
Total Fat	2.5g		4%		
Saturate	ed Fat 1g		5%		
Trans Fat Og					
Cholesterol Omg 0%					
Sodium 3	5mg		1%		
Total Car	bohydra	te 20g	7%		
Dietary	Fiber 3g		1 2 %		
Sugars 3	g				
Protein 4	g				
Vitamin A	0% •	Vitam	in C 0%		
Vitamin A Calcium	0% • 2% •	Vitam Iron	in C 0% 6%		
	2% • ily values a Your daily	Iron ire based o values may	6% on a 2,000 / be higher ie needs.		
Calcium *Percent Da calorie diet.	2% • ily values a Your daily bending on	Iron Ire based o values may your calor	6% on a 2,000 / be higher ie needs.		
Calcium *Percent Da calorie diet. or lower dep Total Fat	2% • ily values a Your daily bending on Calories	Iron ire based o values may your calor 2,000 65g	6% 6% be higher ie needs. 2,500 80g		
Calcium *Percent Da calorie diet. or lower dep Total Fat	2% • ily values a Your daily bending on Calories Less than Less than	Iron re based o values may your calor 2,000 65g 20g	6% 6% be higher ie needs. 2,500 80g 25g		
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat	2% • ily values a Your daily pending on Calories Less than Less than Less than	Iron re based ovalues may your calor 2,000 65g 20g 300mg	6% 6% be higher ie needs. 2,500 80g 25g 300mg		
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol	2% • ily values a Your daily pending on Calories Less than Less than Less than Less than	Iron re based ovalues may your calor 2,000 65g 20g 300mg	6% 6% be higher ie needs. 2,500 80g 25g 300mg 2400mg		

	160 C		rom Fat 5		
		9	6 Daily Value*		
Total Fat	0g		0%		
Saturated Fat Og					
Trans Fa	at Og				
Choleste	rol Omg		0%		
Sodium (mg		0%		
Total Car	bohydra	te 33g	11%		
Dietary	Fiber 2g		8%		
Sugars 1	g				
Protein 6	q				
	5				
Vitamin A	0% •	Vitam	in C 0%		
Vitaliiii A	070	*itaini			
Calcium	0% •	Iron	10%		
	0% • ily values a Your daily	Iron are based o values may	10% on a 2,000 y be higher		
Calcium *Percent Da calorie diet.	0% • ily values a Your daily	Iron are based o values may	10% on a 2,000 y be higher		
Calcium *Percent Da calorie diet. or lower dep Total Fat	0% • ily values a Your daily pending on	Iron are based o values may your calor	10% on a 2,000 y be higher ie needs.		
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat	0% • ily values a Your daily pending on Calories Less than Less than	Iron are based of values may your calor 2,000 65g 20g	10% on a 2,000 y be higher ie needs. 2,500 80g 25g		
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol	0% • ily values a Your daily pending on Calories Less than Less than Less than	Iron re based ovalues may your calor 2,000 65g 20g 300mg	10% on a 2,000 y be higher ie needs. 2,500 80g 25g 300mg		
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol Sodium	0% • ily values a Your daily bending on Calories Less than Less than Less than Less than	Iron re based ovalues may your calor 2,000 65g 20g 300mg 2400mg	10% on a 2,000 y be higher ie needs. 2,500 80g 25g 300mg 2400mg		
*Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol Sodium Total Carboł	0% • ily values a Your daily bending on Calories Less than Less than Less than Less than Less than hydrate	Iron are based of values may your calor 2,000 65g 20g 300mg 2400mg 300g	10% 10% on a 2,000 y be higher ie needs. 2,500 80g 25g 300mg 2400mg 375g		
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol Sodium	0% • ily values a Your daily bending on Calories Less than Less than Less than Less than Less than hydrate	Iron re based ovalues may your calor 2,000 65g 20g 300mg 2400mg	10% on a 2,000 y be higher ie needs. 2,500 80g 25g 300mg 2400mg		
Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol Sodium Total Carboł	0% • ily values a Your daily bending on Calories Less than Less than Less than Less than r	Iron are based of values may your calor 2,000 65g 20g 300mg 2400mg 300g	10% 10% on a 2,000 y be higher ie needs. 2,500 80g 25g 300mg 2400mg 375g		

INGREDIENTS:

Elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid)

Contains allergen: Wheat.

Quick rolled oats, brown sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono-and diglycerides, sodium silicoaluminate, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), natural and artificial maple flavor, noniodized salt.

INGREDIENTS:

Calories per gram: Fat 9 Carbs 4 Protein 4

Contains allergens: Milk, soy and tree nuts (coconut).

CHEESE POWDER (1 pouch)



Nutrition Facts

Serving Size: 2 Tbsp (14g dry) Servings Per Pouch: 15					
Amount Per	Serving				
Calories	50 (Ca	lories fr	om F	at 10
			9	6 Daily	Value*
Total Fat	1.5g				2%
Saturate	ed Fat	1g			5%
Trans Fa	at Og				
Choleste	rol 10n	ng			3%
Sodium 4	170mg				20%
Total Car	bohyd	rat	te 7g		2%
Dietary F	iber 0	g			0%
Sugars 7	g				
Protein 3	g				
Vitamin A	2%	•	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 the	an	65g	8	80g
Sat Fat	Less the	an	20g	2	25g
Cholesterol	Less the	an	300mg	300	mg
Sodium	Less the	an	2400mg	2400	mg
Total Carbol	nydrate		300g	37	75g
Dietary Fibe	r		25g	3	60g

	Nutrition Fac	
	Servings Per Pouch: 8	
l	Amount Per Serving	
l	Calories 240 Calories fr	om Fat 100
l		% Daily Value
l	Total Fat 12g	18%
l	Saturated Fat 6g	30%
l	Trans Fat Og	

18% 30% 0% 14% 10%
0% 14% 10%
14% 10%
14% 10%
10%
0%
nin C 2%
6%

or lower dep	ie 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

300g

375g

Dietary Fiber 25g 30g Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

wder (whey, buttermilk solids. granular

Carbs 4 Protein 4

INGREDIENTS:

Total Carbohydrate

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mono nitrate [thiamin], and folic acid [folate]), creamer (palm oil, maltodextrin, sodium caseinate (a milk derivative), dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), corn starch, natural chicken flavor. onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), onion powder, natural flavoring, parsley flakes, turmeric.

cheeses [pasteurized milk, chees culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme).

Contains allergen: Milk

Calories per gram: Fat 9

Contains allergens: Milk and soy.

Each pouch contains an oxygen absorber. Discard immediately upon opening.