



51
SERVINGS



**SHELF LIFE UP TO
30 YEARS**

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Hard White Wheat

Nutrition Facts

Serving Size: 1/4 Cup (43g dry)
Servings Per Container: 51

Amount Per Serving	
Calories 140	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	23%
Sugars 2g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

DIRECTIONS:

Use as called for in favorite recipes.

INGREDIENTS: Hard white wheat berries.

Contains allergen: Wheat.

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