



21
SERVINGS



SHELF LIFE UP TO
30 YEARS

Certified



Gluten-Free

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

Gluten Free Regular Rolled Oats

Nutrition Facts

Serving Size: 1/2 Cup (42g dry)
Servings Per Container: 21

Amount Per Serving		Calories 210		Calories from Fat 30	
		% Daily Value*			
Total Fat	3g			5%	
Saturated Fat	0g			0%	
Trans Fat	0g				
Cholesterol	0mg			0%	
Sodium	0mg			0%	
Total Carbohydrate	27g			9%	
Dietary Fiber	4g			17%	
Sugars	0g				
Protein	8g				
Vitamin A	0%	•	Vitamin C	0%	
Calcium	2%	•	Iron	15%	

*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

00722-100814

DIRECTIONS:

Cooked Oatmeal (Traditional):

Bring 2 cups water to boil, add dash of salt.

Add 1 cup oats, stir until reaching desired thickness (about 8-10 minutes).

Microwave Oatmeal:

Combine 1/2 cup water, 1/4 cup oats and a pinch of salt in a microwave safe dish.

Microwave for approximately 3 minutes.

INGREDIENTS: Whole grain oats.