



274
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: 274

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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

DIRECTIONS:

Use as called for in your favorite recipes.

INGREDIENTS: Hard white wheat berries.

CONTAINS ALLERGEN: Wheat.

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Contains oxygen absorber.
Discard immediately upon opening.