



**256**  
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 Red Wheat

## Nutrition Facts

Serving Size: 1/4 Cup (46g dry)  
Servings Per Container: 256

Amount Per Serving			
Calories 150		Calories from Fat 5	
		% Daily Value*	
<b>Total Fat</b>	0.5g		1%
<b>Saturated Fat</b>	0g		0%
<b>Trans Fat</b>	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	20mg		1%
<b>Total Carbohydrate</b>	33g		11%
<b>Dietary Fiber</b>	6g		24%
<b>Sugars</b>	2g		
<b>Protein</b>	6g		
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	2%	<b>Iron</b>	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 favorite recipes.

**INGREDIENTS:** Hard red wheat berries.

**CONTAINS ALLERGEN:** Wheat.

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Contains oxygen absorber.  
Discard immediately upon opening.