



90
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

Quick Rolled Oats

Nutrition Facts

Serving Size: 1/2 Cup (50g dry)
Servings Per Container: 90

Amount Per Serving

Calories 200 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 34g **11%**

Dietary Fiber 5g **20%**

Sugars 0g

Protein 7g

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

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

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DIRECTIONS:

1. Boil 1 cup water with 1/8 teaspoon salt (optional).
2. Stir in 1/2 cup oats.
3. Cook 1 minute, stirring occasionally.
4. Remove from heat and let stand 1 minute.
5. Serve.

Can be used in cookies, breads, cakes, etc.

INGREDIENTS: Quick rolled oats.

Contains oxygen absorber.

Discard immediately upon opening.