



107
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

Regular Rolled Oats

Nutrition Facts	
Serving Size: 1/2 Cup (42g dry) Servings Per Container: 107	
Amount Per Serving	
Calories 180	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 6g	
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 of water.
2. Stir in 1/2 cup oats.
3. Cook 10 minutes, stirring occasionally.
4. Remove from heat and let stand 1 minute.
5. Serve.

Serve with honey and milk. Also good in cookies, breads, and granola.

INGREDIENTS: Whole grain oats.

Contains oxygen absorber.
Discard immediately upon opening.