

FREEZE DRIED FRUIT VARIETY PACK

SLICED

SLICED STRAWBERRIES

2 POUCHES





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 EMERGENCIES EVERYDAY FOOD



Nutrition Facts Serving Size: 1/4 Cup (4g dry) Servings Per Pouch: 20

Servings P	rei Pou	CII	. 20						
Amount Per	Serving								
Calories 15 Calories from Fat 0									
% Daily Value*									
Total Fat Og 0%									
Saturated Fat Og 0%									
Trans Fat Og									
Cholesterol Omg 0%									
Sodium Omg 0%									
Total Carbohydrate 3g 1%									
Dietary F	iber 0	g			1%				
Sugars 2g									
Protein Og									
Vitamin A 0% • Vitamin C 30%									
Calcium	0%	•	Iron		2%				
*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 tha	an	65g		80g				
Sat Fat	Less tha		20g		25g				
Cholesterol			300mg		Dmg				
Sodium		an	2400mg		-				
Total Carbol	-		300g		75g				
Dietary Fibe	r		25g		30g				
Calories per g	gram: Fat	9	Carbs 4	Prote	ein 4				

INGREDIENTS: Strawberries

Serving Size: 1/4 Cup (6g dry) Servings Per Pouch: 24

Amount Per Serving										
Calories 25 Calories from Fat 0										
% Daily Value*										
Total Fat Og 0%										
Saturated Fat Og 0%										
Trans Fat Og										
Cholesterol Omg 0%										
Sodium (Omg		0%							
Total Car	bohydra	te 5g	2%							
Dietary F	iber 1g		3%							
Sugars 4g										
Protein Og										
Protein 0)g									
Protein C Vitamin A	<u> </u>	Vitam	in C 80%							
	<u> </u>	Vitam Iron	in C 80% 0%							
Vitamin A	4% • 0% • illy values a Your daily pending on	Iron are based o values may your calor	0% on a 2,000 / be higher ie needs.							
Vitamin A Calcium *Percent Da calorie diet. or lower dep	4% • 0% • illy values a Your daily pending on Calories	Iron are based o values may your calor 2,000	0% on a 2,000 / be higher ie needs. 2,500							
Vitamin A Calcium *Percent Da calorie diet. or lower dep Total Fat	4% • 0% • Your daily pending on Calories Less than	Iron are based o values may your calor 2,000 65g	0% on a 2,000 / be higher ie needs. 2,500 80g							
Vitamin A Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat	4% • 0% • illy values a Your daily bending on Calories Less than Less than	Iron are based of values may your calor 2,000 65g 20g	0% on a 2,000 y be higher ie needs. 2,500 80g 25g							
Vitamin A Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol	4% • 0% • illy values a Your daily bending on Calories Less than Less than Less than	Iron re based ovalues may your calor 2,000 65g 20g 300mg	0% on a 2,000 y be higher ie needs. 2,500 80g 25g 300mg							
Vitamin A Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol Sodium	4% • 0% • Your daily bending on Calories Less than Less than Less than Less than	Iron re based ovalues may your calor 2,000 65g 20g 300mg 2400mg	0% on a 2,000 / be higher ie needs. 2,500 80g 25g 300mg 2400mg							
Vitamin A Calcium *Percent Da calorie diet. or lower dep Total Fat Sat Fat Cholesterol	4% • 0% • Your daily bending on Calories Less than Less than Less than Less than hydrate	Iron re based ovalues may your calor 2,000 65g 20g 300mg	0% 0 na 2,000 y be higher ie needs. 2,500 80g 25g 300mg							

INGREDIENTS: Peaches

WHOLE RASPBERRIES 2 POUCHES

Nutrition Facts Serving Size: 1/4 Cup (5g dry) Servings Per Pouch: 20

Amount Per	Serving								
Calories	20 C	alories f	rom Fat O						
		9	6 Daily Value*						
Total Fat	0g		0%						
Saturated Fat Og 0%									
Trans Fat Og									
Choleste	rol Omg		0%						
Sodium (Omg		0%						
Total Car	bohydra	te 4g	1%						
Dietary Fiber 1g 4%									
Sugars 2	a								
Protein 1	-								
	5								
Vitamin A	0% •	Vitam	in C 10%						
Calcium	0% •	Iron	2%						
*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	5	80g						
Sat Fat	Less than	. 0	25g						
Cholesterol			300ma						
Sodium	Less than	2400mg	2400mg						
Sodium Total Carbol	Less than nydrate	2400mg 300g	2400mg 375g						
Sodium	Less than nydrate	2400mg	2400mg 375g						

INGREDIENTS: Raspberries

WHOLE **BLUEBERRIES** 2 POUCHES



Nutrition Facts Serving Size: 1/4 Cup (7g dry) Servings Per Pouch: 22

Amount Per Serving										
Calories 30 Calories from Fat 0										
		9	6 Daily Value*							
Total Fat Og 0%										
Saturated Fat Og 0%										
Trans Fat Og										
Cholesterol Omg 0%										
Sodium Omg 0%										
Total Car	Total Carbohydrate 6g 2%									
Dietary Fiber 1g 5%										
Sugars 6g										
Protein Og										
Vitamin A	Vitamin A 0% • Vitamin C 2%									
Calcium	0% •	Iron	0%							
*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 Cholesterol	Less than Less than	20g	25g							
Sodium	Less than	300mg 2400mg	300mg 2400mg							
		300g	375g							
Total Carbohydrate300g375gDietary Fiber25g30g										
Dietary Fibe	er	25g	30g							

INGREDIENTS:

SLICED BANANAS 2 POUCHES		DICED APPLES 2 POUCHES		APPLE DELIGHT DRINK MIX 1 POUCH			
			3				
Nutrition Fact	s	Nutrition Fac	ts	Nutrition Fact	S		
Serving Size: 1/4 Cup (8g dr Servings Per Pouch: 20	y)	Serving Size: 1/4 Cup (6g Servings Per Pouch: 16	dry)	Serving Size: 2 Tbsp (25g di Servings Per Pouch: 16	ry)		
Amount Per Serving		Amount Per Serving		Amount Per Serving			
Calories 30 Calories fro	om Fat O	Calories 20 Calories	from Fat 0	Calories 100 Calories fro	om Fat O		
%	Daily Value*		% Daily Value*	%	Daily Value*		
Total Fat Og	0%	Total Fat Og	0%	Total Fat Og	0%		
	0%	Saturated Fat Og	0%	Saturated Fat Og	0%		
Saturated Fat Og							
Saturated Fat Og Trans Fat Og		Trans Fat Og		Trans Fat Og			
	0%	Trans Fat Og Cholesterol Omg	0%	Cholesterol Omg	0%		
Trans Fat Og			0% 0%		0% 0%		
Trans Fat Og Cholesterol Omg	0%	Cholesterol Omg		Cholesterol Omg			
Trans Fat Og Cholesterol Omg Sodium Omg	0% 0%	Cholesterol Omg Sodium Omg	0%	Cholesterol Omg Sodium Omg	0%		

Blueberries

20200-071315

Vitamin A	0% •	Vitam	in C 0%	Vitamin A	0%	• Vitan	nin C 2%	"	Vitamin A	0%	Vitam	in C 150%
Calcium	0% •	Iron	0%	Calcium	0%	• Iron	0%		Calcium	0% •	Iron	0%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. * or lower depending on your calorie needs. *							*Percent Da calorie diet. or lower dep	Your daily	values mag	y be higher		
	Calories	2,000	2,500		Calorie	es 2,000	2,500			Calories	2,000	2,500
Total Fat	Less than	65g	80g	Total Fat	Less tha	n 65g	80g		Total Fat	Less thar	65g	80g
Sat Fat	Less than	20g	25g	Sat Fat	Less tha	n 20g	25g		Sat Fat	Less thar	20g	25g
Cholesterol	Less than	300mg	300mg	Cholestero	I Less tha	n 300mg	300mg		Cholesterol	Less thar	300mg	300mg
Sodium	Less than	2400mg	2400mg	Sodium	Less tha	n 2400mg	2400mg		Sodium	Less thar	2400mg	2400mg
Total Carboł	nydrate	300g	375g	Total Carbo	ohydrate	300g	375g		Total Carbol	nydrate	300g	375g
Dietary Fibe	r	25g	30g	Dietary Fib	er	25g	30g		Dietary Fibe	r	25g	30g
Calories per g	gram: Fat 9	Carbs 4	Protein 4	Calories per	gram: Fat	9 Carbs 4	Protein 4		Calories per g	gram: Fat 9	Carbs 4	Protein 4

Sugars 4g

Protein Og

INGREDIENTS:

Bananas

Sugars 2g

Protein Og

INGREDIENTS:

Granny Smith Apples

INGREDIENTS:

Sugars 24g

Protein Og

Sugar, apple juice powder (maltodextrin, natural flavors [apple juice solids and natural flavors], caramel color, sodium benzoate), citric acid, sodium citrate BB, xanthan gum, ascorbic acid, artificial apple flavor (maltodextrin, artificial flavors), malic acid, caramel color.