

262 **SERVINGS**



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 Since Augason Farms has no practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE EMERGENCY EVERYDAY FOOD

FREEZE DRIED VEGETABLE VARIETY PACK

DICED **POTATOES**

2 POUCHES



Calories from Fat 0

Vitamin C 15%

Iron

Calories 2,000 2,500

65g

20g

300g

25g

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Sodium Less than 2400mg 2400mg

Calories per gram: Fat 9 Carbs 4 Protein 4

Less than

Less than

Cholesterol Less than 300mg

0%

0%

1%

3%

8%

80g

25g

300mg

375a

Nutrition Facts Serving Size: 1/3 Cup (10g dry)

Servings Per Pouch: 15

Calories 35

Total Fat Og

Trans Fat Og

Sodium 20mg

Cholesterol Omg

Dietary Fiber 2g

Sugars Og Protein 1g

Vitamin A 2%

Calcium 0%

Total Fat

Dietary Fiber

Sat Fat

Saturated Fat Og

Total Carbohydrate 8g

PEAS

2 POUCHES



Nutrition Facts

Amount Per Serving					
Calories	35	Ca	lories fr	om	Fat 0
			%	6 Daily	/ Value
Total Fat Og 09					
Saturate	d Fat	0g			0%
Trans Fat Og					
Choleste	rol 0m	g			0%
Sodium (mg				0%
Total Car	bohyd	rat	e 7g		2%
Dietary F	iber 2	<u> </u>			9%
Sugars 3		_			
Protein 2					
Vitamin A	6%	•	Vitam	in C	30%
Calcium	2%	•	Iron		4%
*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					
or lower dep	Calori	es	2,000	2,	500
Total Fat	Calori Less tha		2,000 65g		500 80g
		an			
Total Fat	Less that	an an	65g 20g		80g
Total Fat Sat Fat Cholesterol	Less the	an an an	65g 20g	300	80g 25g Omg
Total Fat Sat Fat Cholesterol	Less that Less that Less that	an an an	65g 20g 300mg	300 2400	80g 25g Omg

Serving Size: 1/4 Cup (10g dry)

Servings F	er Pol	ıcn	. 19				
Amount Per	Serving						
Calories 35 Calories from Fat 0							
			%	6 Dail	y Value*		
Total Fat Og 0%							
Saturated Fat Og 0%							
Trans Fat Og							
Cholesterol Omg 0%							
Sodium ()mg				0%		
Total Car	bohyd	rat	e 7g		2%		
Dietary F	iber 2				9%		
Sugars 3	g						
Protein 2	g						
Vitamin A	6%	•	Vitam	in C	30%		
Calcium	2%	•	Iron		4%		
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.							
	Calori	ies	2,000		,500		
Total Fat	Calori Less th	ies an	2,000 65g		80g		
	Calori	ies an an	2,000	2			
Total Fat Sat Fat	Calori Less the Less the	an an an	2,000 65g 20g	300	80g 25g 0mg		
Total Fat Sat Fat Cholesterol	Less the Less the Less the Less the	an an an	2,000 65g 20g 300mg	300 2400	80g 25g 0mg		
Total Fat Sat Fat Cholesterol Sodium	Calori Less th Less th Less th Less th	an an an	2,000 65g 20g 300mg 2400mg	300 2400	80g 25g Omg Omg		

Nutrition Facts

CAULIFLOWER

2 POUCHES

Serving Size: 1/4 Cup (2g dry) Servings Per Pouch: 30

Calories	5	Cal	ories from	Fat 0		
			% Dail	y Value		
Total Fat	0g			0%		
Saturate	ed Fa	t 0g		0%		
Trans Fa	at Og					
Choleste	rol 0	mg		0%		
Sodium (Sodium Omg 0%					
Total Car	Total Carbohydrate 0g 0%					
Dietary Fiber 1g 2%						
Sugars Og						
Protein 1	g					
Vitamin A	0%	•	Vitamin C	20%		
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

Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per g	ram: Fat 9	Carbs 4	Protein 4

INGREDIENTS:

DEHYDRATED

Cauliflower

BROCCOLI FLORETS AND STEMS

2 POUCHES



Nutrition Facts

Serving Size: 1/3 Cup (4g dry) Servings Per Pouch: 15

Amount Per Servin	g	
Calories 10	Calories	from Fat 0
		% Daily Value*
Total Fat Og		0%
Saturated Fa	at Og	0%
Trans Fat Og	l	
Cholesterol 0	mg	0%
Sodium 10mg	ı	0%
Total Carbohy	drate 2g	1%
Dietary Fibe	r 1g	5%
Sugars 1g		
Protein 1a		

Protein 1g							
Vitamin A	15%	•	Vitamin C	60%			
Calcium	2%	•	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 80g Less than Sat Fat 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2400mg 2400mg Total Carbohydrate 300g 375a Dietary Fiber 25g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Broccoli

INGREDIENTS: Potatoes

Total Carbohydrate

SWEET

CORN 2 POUCHES

Peas

INGREDIENTS:

GREEN BEANS



CHOPPED ONION 1 POUCH



Nutrition Facts

Serving Size: 1/4 Cup (10g dry) Servings Per Pouch: 20

Amount Per Serving						
Calories	35 Ca	alories fi	om Fat 5			
		9	6 Daily Value*			
Total Fat	Total Fat Og 19					
Saturate	ed Fat Og	9	0%			
Trans Fa	at 0g					
Choleste	rol Omg		0%			
Sodium (Omg		0%			
Total Car	bohydra	te 8g	3%			
Dietary F	iber 1g		5%			
Sugars 2g						
Protein 1	g					
Vitamin A	0% •	Vitam	in C 4%			
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	Less than	20g	25g			
Cholesterol	Less than	300mg				
Sodium Total Carbol		2400mg 300g	2400mg 375g			
Dietary Fibe	-	25g	30g			
Calories per g	gram: Fat 9	Carbs 4	Protein 4			

Nutrition Facts

Serving Size: 1/4 Cup (3g dry) Servings Per Pouch: 20

Amount Per	Serving				
Calories	10	Ca	lories f	rom F	at 0
			9	6 Daily	Value*
Total Fat	0g				0%
Saturate	ed Fat	0g			0%
Trans Fa	at 0g				
Choleste	rol Om	ıg			0%
Sodium (mg				0%
Total Car	bohyd	rate	e 2g		1%
Dietary	Fiber	1g			4%
Sugars 1	g				
Protein 1	g g				
Vitamin A	4%	•	Vitam	in C	8%
Calcium	2%	•	Iron		2%
*Percent Da calorie diet. or lower dep	Your da pending	ily va on y	alues may our calor	/ be hig ie need	gher s.
T	Calor		2,000	2,5	
Total Fat Sat Fat	Less th		65g		0g
	Less th		20g 300mg		.5g
Sodium			2400mg	300r 2400r	-
Total Carbol		all .	300g		11g '5g
iotai Caiboi	iyaiate		5509	37	
Dietary Fibe	r		25g	3	0g

Nutrition Facts

Serving Size: 1 Tsp (3g dry) Servings Per Pouch: 24

Amount Per	Serving				
Calories	10	Cal	ories fr	om Fat O	
			%	Daily Value*	
Total Fat Og 09					
Saturate	ed Fat	0g		0%	
Trans Fa	at Og				
Choleste	rol On	ng		0%	
Sodium Omg 0%					
Total Carbohydrate 2g 1%					
Dietary Fiber Og 1%					
Sugars 1g					
Protein C)g				
Vitamin A	0%	۰	Vitami	n C 4%	
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 th		2,000	2,500	
Sat Fat	Less th		65g 20g	80g 25g	
Cholesterol			300mg	300mg	

Less than 2400mg 2400mg

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

INGREDIENTS:

INGREDIENTS:

Sodium Total Carbohydrate Dietary Fiber