



FREEZE DRIED VEGETABLE VARIETY PACK

20250-070215

**262
SERVINGS**

25

**SHELF LIFE UP TO
25 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**

DICED POTATOES

2 POUCHES



Nutrition Facts	
Serving Size: 1/3 Cup (10g dry) Servings Per Pouch: 15	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 0%	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
Total Fat	Less than 65g 80g
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 gram: Fat 9 Carbs 4 Protein 4	

INGREDIENTS:
Potatoes

PEAS

2 POUCHES



Nutrition Facts	
Serving Size: 1/4 Cup (10g dry) Servings Per Pouch: 19	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 2g	
Vitamin A 6%	Vitamin 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
Total Fat	Less than 65g 80g
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 gram: Fat 9 Carbs 4 Protein 4	

INGREDIENTS:
Peas

CAULIFLOWER

2 POUCHES



Nutrition Facts	
Serving Size: 1/4 Cup (2g dry) Servings Per Pouch: 30	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 1g	
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 80g
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 gram: Fat 9 Carbs 4 Protein 4	

INGREDIENTS:
Cauliflower

BROCCOLI FLORETS AND STEMS

2 POUCHES



Nutrition Facts	
Serving Size: 1/3 Cup (4g dry) Servings Per Pouch: 15	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	5%
Sugars 1g	
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 65g 80g
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 gram: Fat 9 Carbs 4 Protein 4	

INGREDIENTS:
Broccoli

SWEET CORN

2 POUCHES



Nutrition Facts	
Serving Size: 1/4 Cup (10g dry) Servings Per Pouch: 20	
Amount Per Serving	
Calories 35	Calories from Fat 5
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 0%	Vitamin 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 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbs 4 Protein 4	

INGREDIENTS:
Corn

GREEN BEANS

2 POUCHES



Nutrition Facts	
Serving Size: 1/4 Cup (3g dry) Servings Per Pouch: 20	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 4%	Vitamin C 8%
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 65g 80g
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 gram: Fat 9 Carbs 4 Protein 4	

INGREDIENTS:
Green Beans

DEHYDRATED CHOPPED ONION

1 POUCH



Nutrition Facts	
Serving Size: 1 Tsp (3g dry) Servings Per Pouch: 24	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin 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 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbs 4 Protein 4	

INGREDIENTS:
Onions