

Agason Farms

HARD WHITE WHEAT (6 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (43g) Dry Servings Per Container: 51	
Amount Per Serving	
Calories 140	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	23%
Sugars 2g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	Iron 10%
Calcium 2% • Iron 10%	
*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
Saturated 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

INGREDIENTS:

Hard white wheat berries.

Contains allergens: Wheat.

BACON FLAVORED BITS VEGETARIAN MEAT SUBSTITUTE (3 cans)

Nutrition Facts	
Serving Size: 1 Tbsp (5g) Dry Servings Per Container: 192	
Amount Per Serving	
Calories 15	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber less than 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	Iron 2%
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
Saturated 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

INGREDIENTS:

Textured vegetable protein (soy flour, caramel color, red 5, soybean oil, salt, natural flavoring).

Contains allergens: Soy.

ELBOW MACARONI (4 cans)

Nutrition Facts	
Serving Size: 1/2 Cup (54g) Dry Servings Per Container: 26	
Amount Per Serving	
Calories 200	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 40g	13%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 7g	
Vitamin A 0% • Vitamin C 0%	Iron 50%
Calcium 0% • Iron 50%	
*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
Saturated 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

INGREDIENTS:

Semolina, niacin, ferrous sulfate, iron, thiamine mononitrate, riboflavin, folic acid.

Contains allergens: Wheat.

FREEZE DRIED SLICED STRAWBERRIES (1 can)

Nutrition Facts	
Serving Size: 1/2 Cup (86g) Dry Servings Per Container: 18	
Amount Per Serving	
Calories 35	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Vitamin A 0% • Vitamin C 10%	Iron 4%
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
Saturated 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

INGREDIENTS:

Sliced freeze-dried strawberries.

FREEZE DRIED SWEET CORN (2 cans)

Nutrition Facts	
Serving Size: 1/2 Cup (19g) Dry Servings Per Container: 23	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 0% • Vitamin C 8%	Iron 2%
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
Saturated 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

INGREDIENTS:

Freeze-dried corn.

BEEF FLAVORED VEGETARIAN MEAT SUBSTITUTE (2 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (26g) Dry Servings Per Container: 40	
Amount Per Serving	
Calories 90	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 11g	
Vitamin A 0% • Vitamin C 0%	Iron 10%
Calcium 6% • Iron 10%	
*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
Saturated 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

INGREDIENTS:

Textured vegetable protein (soy flour, caramel color, red 5, soybean oil, salt, natural flavoring).

Contains allergens: Soy.

LENTILS (1 can)

Nutrition Facts	
Serving Size: 1/4 Cup (47g) Dry Servings Per Container: 48	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 13g	52%
Sugars 0g	
Protein 12g	
Vitamin A 0% • Vitamin C 0%	Iron 20%
Calcium 0% • Iron 20%	
*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
Saturated 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

INGREDIENTS:

Lentils.

PINTO BEANS (1 can)

Nutrition Facts	
Serving Size: 1/2 Cup (86g) Dry Servings Per Container: 26	
Amount Per Serving	
Calories 300	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 54g	18%
Dietary Fiber 20g	80%
Sugars 4g	
Protein 18g	
Vitamin A 10% • Vitamin C 10%	Iron 10%
Calcium 10% • Iron 10%	
*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
Saturated 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

INGREDIENTS:

Pinto Beans.

HONEY COATED BANANA SLICES (3 cans)

Nutrition Facts	
Serving Size: 1/2 Cup (42g) Dry Servings Per Container: 22	
Amount Per Serving	
Calories 230	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 14g	68%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 210mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	6%
Sugars 12g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	Iron 0%
Calcium 10% • 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
Saturated 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

INGREDIENTS:

Bananas, coconut/vegetable oil, sugar/honey, natural flavoring.

POTATO GEMS (2 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (30g) Dry Servings Per Container: 45	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 11g	
Vitamin A 0% • Vitamin C 15%	Iron 2%
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
Saturated 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

INGREDIENTS:

Potato gems (potato, canola oil (preserved with citric acid and BHT), salt, contains 2% or less of artificial color, mono and diglycerides, natural and artificial flavor). Freshness preserved with sodium bisulfite and BHT.

Contains allergens: Milk.

DEHYDRATED POTATO SLICES (2 cans)

Nutrition Facts	
Serving Size: 1/2 Cup (20g) Dry Servings Per Container: 28	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	6%
Sugars 1g	
Protein 0g	
Vitamin A 0% • Vitamin C 10%	Iron 2%
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 65g 80g
Saturated 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

INGREDIENTS:

Potato slices preserved with sodium bisulfite.

LONG GRAIN WHITE RICE (2 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (47g) Dry Servings Per Container: 47	
Amount Per Serving	
Calories 170	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 37g	12%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	Iron 8%
Calcium 0% • Iron 8%	
*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
Saturated 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

INGREDIENTS:

Long grain white rice.

TACO FLAVORED VEGETARIAN MEAT SUBSTITUTE (2 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (37g) Dry Servings Per Container: 30	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	4%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 850mg	36%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	19%
Sugars 3g	
Protein 14g	
Vitamin A 2% • Vitamin C 0%	Iron 8%
Calcium 8% • Iron 8%	
*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
Saturated 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

INGREDIENTS:

Textured vegetable protein (soy flour, caramel color), soybean oil, salt, autolyzed yeast, spices, dextrose, onion, garlic, paprika.

Contains allergens: Soy.

CHICKEN FLAVORED VEGETARIAN MEAT SUBSTITUTE (2 cans)

Nutrition Facts	
Serving Size: 1/4 Cup (26g) Dry Servings Per Container: 41	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	14%
Sugars 2g	
Protein 11g	
Vitamin A 0% • Vitamin C 0%	Iron 10%
Calcium 6% • Iron 10%	
*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
Saturated 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

INGREDIENTS:

Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium moninate, disodium guanylate.

Contains allergens: Soy.

BUTTERMILK PANCAKE MIX (1 can)

Nutrition Facts	
Serving Size: 1/3 Cup (50g) Dry Servings Per Container: 29	
Amount Per Serving	
Calories 170	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 10mg	3%
Sodium 670mg	28%
Total Carbohydrate 26g	12%
Dietary Fiber less than 1g	4%
Sugars 5g	
Protein 5g	
Vitamin A 10% • Vitamin C 0%	Iron 20%
Calcium 10% • Iron 20%	
*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
Saturated 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

INGREDIENTS:

Cake flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), dried eggs (pasteurized whole eggs, less than 2 percent sodium silicoaluminate as an anticaking agent), soybean oil.

Contains allergens: Milk, egg, soy and wheat.

COUNTRY FRESH® 100% INSTANT NONFAT DRY MILK (3 cans)

Nutrition Facts	
Serving Size: 5 Tbsp (21g) Dry Servings Per Container: 39	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 115mg	