





Shelf Life: Product good for up to 20 years when unopened. Best when stored in a cool, dry between 55° F and 70° F. based on individual storage conditions.

FOOD STORAGE EMERGENCIES **EVERYDAY MEALS**

1-800-878-0099

www.AugasonFarms.com



FREEZE-DRIED VEGETABLE

Nutrition Facts Nutrition Facts Serving Size: 1/3 Cup (10g dry) Serving Size: 1/3 Cup (13g dry) Servings Per Pouch: 15 Servings Per Pouch: 15 ount Per Serving Amount Per Serving Calories 40 Calories from Fat 0 Calories 45 Calories from Fat 0 % Daily Value Total Fat Og Total Fat Og 0% Saturated Fat Og 0% Saturated Fat Og Trans Fat Og Trans Fat Og Cholesterol Omg 0% Cholesterol Omg Sodium 20mg 1% Sodium Omg Total Carbohydrate 8g 3% Total Carbohydrate 6g Dietary Fiber 2g Dietary Fiber 2g 8% Sugars Og Sugars Og Protein 1g Protein 3g Vitamin A 8% Vitamin A 2% • Vitamin C 15% Calcium 0% · Iron Calcium 2% • 4% *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher

*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 Less than 2400mg 2400mg Sodium Total Carbohydrate 300g 375g Dietary Fiber 25g 30g

INGREDIENTS:

Calories per gram: Fat 9 Carbs 4 Protein 4

FREEZE-DRIED GREEN BEANS (1 pouch)



		Amount Per Serving							
Fat O		Calorie	es 10	Ca	alories fi	rom F	at O		
/ Value*					%	6 Daily	Value*		
0%		Total Fat	0g				0%		
0%		Saturated Fat Og					0%		
		Trans Fat Og							
0%		Cholesterol Omg0%Sodium Omg0%							
0%									
0%	Total Carbohydrate 3g 19								
4%		Dietary Fiber Og 0%							
		Sugars 1g							
		Protein C)g						
8%		Vitamin A	0%	•	Vitam	in C	4%		
2%		Calcium	0%	•	Iron		0%		
2,000 nigher ds.		*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.							
500			Calor	ries	2,000	2,5	00		
80g		Total Fat	Less th	nan	65g	8	80g		
25g		Sat Fat	Less th	nan	20g	2	25g		
Omg		Cholesterol	Less th	nan	300mg	300	mg		
Omg		Sodium	Less th	nan	2400mg	2400	mg		
375g		Total Carboł			300g				
30g		Dietary Fibe	r		25g	3	0g		

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS:

INGREDIENTS:

FREEZE-DRIED BROCCOLI (1 pouch)



Nutrition Facts Serving Size: 1/3 Cup (4g dry) Servings Per Pouch: 15 nt Per Serving Calories 10 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 2g 1% 4% Dietary Fiber 1g Sugars 1g Protein 1g Vitamin A 15% • Vitamin C 60% 2% • Calcium 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 Less than 2400mg 2400mg Sodium Total Carbohydrate 300g 375g

% Daily Value

0%

0%

0%

0%

2%

8%

4%

2,500

80g

25a

375g

30g

Dietary Fiber

Broccoli

300mg

Vitamin C 40%

Iron

65g

20g

300g

25g

•

or lower depending on your calorie needs.

Less than

Cholesterol Less than 300mg

Total Fat Less than

Total Carbohydrate

INGREDIENTS:

DEHYDRATED

CHOPPED ONIONS

Nutrition Facts

Serving Size: 1 Tsp (3g dry)

Servings Per Pouch: 24

Dietary Fiber

(1 pouch)

Sat Fat

Calories 2,000

Sodium Less than 2400mg 2400mg

Calories per gram: Fat 9 Carbs 4 Protein 4

FREEZE-DRIED SWEET CORN (1 pouch)

Nutrition Facts Serving Size: 1/4 Cup (10g dry) Servings Per Pouch: 20										
Amount Per										
Calorie	s 40 C	alories f	rom	Fat 5						
		9	6 Daily	Value*						
Total Fat	0%									
Saturate	0%									
Trans Fat Og										
Cholesterol Omg										
Sodium Omg 0%										
Total Carbohydrate 7g 2%										
Dietary Fiber 1g										
Sugars Og										
Protein 1g										
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	6	30g						
Sat Fat	Less than	20g	:	25g						
Cholesterol	Less than	300mg	300mg							
Sodium		2400mg	2400mg							
Total Carbol	5	300g	375g							
Dietary Fiber 25g 30g										
Dietary Fibe				-						

INGREDIENTS:

Calories per gram: Fat 9 Carbs 4 Protein 4

25g

30g

INGREDIENTS:

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