Augason Farms

30 Day Food Storage

Emergency Food Supply - 35 pouches

MORNING MOO'S®
LOW FAT MILK ALTERNATIVE
(2 pouches)

Nutrition Facts
Serving Size: 2 Tbsp (17g) Dry
Servings Per Container: 20

Amount Per Serving

Calories 70 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 115mg	**5%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 0g	**0%**
Sugars 8g	
Protein 3g	

Vitamin A	10%	• **Vitamin C**	0%
Vitamin D	25%	• **Riboflavin**	2%
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:
Whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, sugar, vitamin mix (nonfat dry milk, vitamin A palmitate, silicon dioxide, cholecalciferol), guar gum.

Contains allergens: Milk and soy.

BANANA CHIPS
(2 pouches)

Nutrition Facts
Serving Size: 1/2 Cup (33g) Dry
Servings Per Container: 8

Amount Per Serving

Calories 170 Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Potassium 180mg	**5%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 3g	**12%**
Sugars 12g	
Protein 1g	

Vitamin A	0%	• **Vitamin C**	4%
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:
Dehydrated banana slices (bananas, refined coconut oil, sugar, banana flavoring).

CREAMY POTATO SOUP MIX
(6 pouches)

Nutrition Facts
Serving Size: 1/3 Cup (50g) Dry
Servings Per Container: 8

Amount Per Serving

Calories 220 Calories from Fat 70

	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 350mg	**15%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 4g	

Vitamin A	0%	• **Vitamin C**	15%
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:
Diced dehydrated potatoes, creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite and BHA to preserve freshness), corn starch, onions, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.

HEARTY VEGETABLE CHICKEN FLAVORED SOUP MIX
(4 pouches)

Nutrition Facts
Serving Size: 1/3 Cup (57g) Dry
Servings Per Container: 8

Amount Per Serving

Calories 180 Calories from Fat 5

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 590mg	**25%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 6g	**24%**
Sugars 3g	
Protein 7g	

Vitamin A	70%	• **Vitamin C**	6%
Calcium	4%	• **Iron**	15%

*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:
White rice (long grain rice, ferric orthophophate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), lentils, elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), carrot dices, celery slices, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.

CHEESY BROCCOLI RICE
(5 pouches)

Nutrition Facts
Serving Size: 1/3 Cup (65g) Dry
Servings Per Container: 8

Amount Per Serving

Calories 250 Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 690mg	**29%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 0g	**0%**
Sugars 9g	
Protein 6g	

Vitamin A	4%	• **Vitamin C**	15%
Calcium	10%	• **Iron**	6%

*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:
Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), cheese powder (whey, buttermilk solids, cheeses [pasteurized milk, cheese culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme), creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor, annatto extract, sodium hexametaphosphate), corn starch, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), dehydrated broccoli (broccoli, sucrose), onions, onion powder, parsley flakes.

Contains allergens: Milk and soy.

INSTANT POTATOES
(1 pouch)

Nutrition Facts
Serving Size: 1/3 Cup (34g) Dry
Servings Per Container: 8

Amount Per Serving

Calories 120 Calories from Fat 5

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 340mg	**14%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 2g	

Vitamin A	0%	• **Vitamin C**	15%
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:
Dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite and BHA to preserve freshness), corn starch, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), onions, natural chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide), parsley flakes.

Contains allergens: Soy.

MAPLE BROWN SUGAR OATMEAL
(6 pouches)

Nutrition Facts
Serving Size: 1/4 Cup (30g) Dry
Servings Per Container: 10

Amount Per Serving

Calories 120 Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 35mg	**1%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 4g	

Vitamin A	0%	• **Vitamin C**	0%
Calcium	2%	• **Iron**	6%

*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:
Gluten free quick oats, brown sugar, creamer coconut oil, corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin, natural and artificial maple flavor (dextrose, maltodextrin, less than 2% silicon dioxide added to prevent caking), non-iodized salt.

Contains allergens: Milk and soy.

ELBOW MACARONI
(2 pouches)

Nutrition Facts
Serving Size: 1/3 Cup (44g) Dry
Servings Per Container: 7.5

Amount Per Serving

Calories 160 Calories from Fat 5

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 6g	

Vitamin A	0%	• **Vitamin C**	0%
Calcium	0%	• **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:
Elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid).

Contains allergens: Wheat.

CHEESE POWDER
(1 pouch)

Nutrition Facts
Serving Size: 2 Tbsp (14g) Dry
Servings Per Container: 15

Amount Per Serving

Calories 50 Calories from Fat 10

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 470mg	**20%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 0g	**0%**
Sugars 7g	
Protein 3g	

Vitamin A	2%	• **Vitamin C**	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:
Cheese powder (whey, buttermilk solids, granular and cheddar cheeses [pasteurized milk, cheese culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme).

Contains allergen: Milk.

CREAMY CHICKEN FLAVORED RICE
(6 pouch)

Nutrition Facts
Serving Size: 1/3 Cup (52g) Dry
Servings Per Container: 8

Amount Per Serving

Calories 240 Calories from Fat 100

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 330mg	**14%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 4g	

Vitamin A	0%	• **Vitamin C**	2%
Calcium	0%	• **Iron**	6%

*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:
Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), corn starch, natural chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide), onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), onion powder, natural flavoring, parsley flakes, turmeric.

Contains allergens: Milk and soy.

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Each can contains an oxygen absorber. Discard immediately upon opening.