Augason Farms

Deluxe One Year Four Person

336 Total #10 Cans

MORNING MOO'S®
LOW FAT MILK ALTERNATIVE
(18 cans)

Nutrition Facts
Serving Size: 2 Tbsp (17g) Dry
Servings Per Container: 93

Amount Per Serving	
Calories 70	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 3g	

Vitamin A	8%	•	Vitamin C	0%
Vitamin D	25%	•	Riboflavin	4%
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:
Sweet whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), nonfat milk, sugar, guar gum, vitamin A, vitamin D.

Contains allergens: Milk and soy.

HARD WHITE WHEAT
(30 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	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 6g	**23%**
Sugars 2g	
Protein 6g	

Vitamin A	0%	•	Vitamin C	0%
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.

ELBOW MACARONI
(6 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	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 7g	

Vitamin A	0%	•	Vitamin C	0%
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.

LONG GRAIN WHITE RICE
(64 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	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 3g	

Vitamin A	0%	•	Vitamin C	0%
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.

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

Nutrition Facts
Serving Size: 5 Tbsp (21g) Dry
Servings Per Container: 39

Amount Per Serving	
Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 115mg	**5%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 0g	**0%**

HONEY WHITE BREAD, SCONE & ROLL MIX
(2 cans)

Nutrition Facts
Serving Size: 1/4 Cup (33g) Dry
Servings Per Container: 49

Amount Per Serving	
Calories 120	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**1%**
Trans Fat 0g	
Cholesterol 5mg	**1%**
Sodium 270mg	**11%**
Total Carbohydrate 23g	**8%**
Dietary Fiber less than 1g	**3%**

WHOLE EGGS
(8 cans)

Nutrition Facts
Serving Size: 2 1/2 Tbsp (13g) Dry
Servings Per Container: 71

Amount Per Serving	
Calories 70	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 215mg	**72%**
Sodium 90mg	**4%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**

FREEZE DRIED SWEET CORN
(3 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	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 2g	**8%**

Sugars 10g	
Protein 7g	

Vitamin A	**10%**	•	**Vitamin C**	**4%**
Vitamin D	**25%**	•	**Riboflavin**	**20%**
Calcium	**35%**	•	**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:

Nonfat dry milk, vitamin A palmitate, vitamin D3.

Contains allergens: Milk.

Sugars 2g	
Protein 4g	

Vitamin A	**0%**	•	**Vitamin C**	**0%**
Calcium	**2%**	•	**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:

Flour (bleached wheat flour, malted barley flour, niacin, iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, nonfat dry milk, salt, refinery syrup, honey, whole eggs (whole eggs, sodium silicoaluminate [as an anitcaking agent]), dough enhancer (flour [bleached wheat flour, malted barley flour, niacin, iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid], PBR-200DF [yeast, enzymes, soybean oil], PBR-FD [wheat flour, ascorbic acid, wheat gluten, enzymes], lecithin powder [liquid lecithin, soy flour, dolomite]).

Contains allergens: Soy, milk, eggs, and wheat.

Sugars 0g	
Protein 6g	

Vitamin A	**6%**	•	**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:

Whole eggs, sodium silicoaluminate (as an anticaking agent).

Contains allergens: Eggs.

Sugars 0g	
Protein 2g	

Vitamin A	**2%**	•	**Vitamin C**	**8%**
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:

Freeze-dried corn.

PINTO BEANS

(2 cans)

Nutrition Facts

Serving Size: 1/2 Cup (86g) Dry
Servings Per Container: 26

Amount Per Serving	% Daily Value*
Calories 300 Calories from Fat 0	
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 54g	**18%**
Dietary Fiber 20g	**80%**
Sugars 4g	
Protein 18g	

Vitamin A	**0%**	•	**Vitamin C**	**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

BUTTER POWDER

(1 can)

Nutrition Facts

Serving Size: 1 Tbsp (5g) Dry
Servings Per Container: 204

Amount Per Serving	% Daily Value*
Calories 35 Calories from Fat 30	
Total Fat 3.5g	**5%**
Saturated Fat 2g	**11%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 45mg	**2%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 1g	

Vitamin A	**4%**	•	**Vitamin C**	**0%**
Calcium	**2%**	•	**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

CHOCOLATE MORNING MOO'S® LOW FAT MILK ALTERNATIVE

(4 cans)

Nutrition Facts

Serving Size: 3 1/2 Tbsp (35g) Dry
Servings Per Container: 57

Amount Per Serving	% Daily Value*
Calories 140 Calories from Fat 35	
Total Fat 3.5g	**6%**
Saturated Fat 3.5g	**16%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 26g	**9%**
Dietary Fiber less than 1g	**3%**
Sugars 21g	
Protein 2g	

Vitamin A	**10%**	•	**Vitamin C**	**0%**
Vitamin D	**25%**	•	**Riboflavin**	**2%**
Calcium	**6%**	•	**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

CREAMY POTATO SOUP MIX

(2 cans & 1 pouch)

Nutrition Facts

Serving Size: 1/3 Cup (49g) Dry
Servings Per Container: 33

Amount Per Serving	% Daily Value*
Calories 200 Calories from Fat 70	
Total Fat 7g	**11%**
Saturated Fat 4g	**19%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1010mg	**42%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 1g	**5%**
Sugars 3g	
Protein 3g	

Vitamin A	**2%**	•	**Vitamin C**	**10%**
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:

Pinto Beans.

INGREDIENTS:

Butter (cream, water, salt), nonfat milk, tocopherols, ascorbyl palmitate.

Contains allergens: Milk.

INGREDIENTS:

Sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, dutched cocoa (processed with alkali), sweet whey, natural cream flavor (maltodextrin, natural cream flavor), salt, carrageenan gum, xanthan gum, cellulose gum, vitamin A, vitamin D.

Contains allergens: Milk and soy.

INGREDIENTS:

Creamer (maltodextrin, palm oil), enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), potato dices, chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), onion chopped, onion powder, parsley flakes.

Contains allergens: Wheat, dairy, and soy..

APPLE DELIGHT DRINK MIX

(3 cans)

Nutrition Facts

Serving Size: 2 Tbsp (25g) Dry
Servings Per Container: 103

Amount Per Serving	
Calories 100	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 24g	8%
Dietary Fiber 0g	0%
Sugars 24g	
Protein 0g	

Vitamin A	0%	Vitamin C	150%
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
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:

Sugar, apple juice powder (maltodextrin, natural flavors [apple juice solids and natural flavors], caramel color, sodium benzoate), citric acid, sodium citrate BB, xanthan gum, ascorbic acid, artificial apple flavor (maltodextrin, artificial flavors), malic acid, caramel color.

BEEF FLAVORED
VEGETARIAN MEAT SUBSTITUTE

(8 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	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 11g	

Vitamin A	0%	Vitamin C	0%
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 3, soybean oil, salt, natural flavoring).

Contains allergens: Soy.

POTATO GEMS

(1 can)

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	
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 22g	7%
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:

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.

QUICK ROLLED OATS

(60 cans)

Nutrition Facts

Serving Size: 1/2 Cup (50g) Dry
Servings Per Container: 22

Amount Per Serving	
Calories 190	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 8g	

Vitamin A	0%	Vitamin C	0%
Calcium	2%	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:

Quick rolled oats.

DEHYDRATED POTATO SHREDS
(2 cans)

Nutrition Facts
Serving Size: 1/2 Cup (31g) Dry
Servings Per Container: 21

Amount Per Serving
Calories 110 Calories from Fat 5

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 450mg	**19%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 2g	

Vitamin A	0%	•	Vitamin C	20%
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.

		2,000	2,500
	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 shreds (potato, salt, dextrose). Freshness preserved with sodium bisulfite and BHT.

BLUEBERRY MUFFIN MIX
(2 cans)

Nutrition Facts
Serving Size: 1/4 Cup (39g) Dry
Servings Per Container: 40

Amount Per Serving
Calories 150 Calories from Fat 25

	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 1g	**5%**
Trans Fat 0.5g	
Cholesterol 25mg	**8%**
Sodium 200mg	**8%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 0g	**2%**
Sugars 15g	
Protein 3g	

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:

Bleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, cake flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), shortening (partially hydrogenated soybean oil), blueberry nuggets (dextrose, partially hydrogenated vegetable oil [soy bean and cottonseed], bleached enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], citric acid, cellulose gum, maltodextrin, artificial flavors and colors [FD&C Red #40, Blue #1, Blue #2]), powdered sugar, buttermilk solids, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), sodium acid pyrophosphate, salt, baking soda, egg yolks, vanilla (natural and artificial flavor), xanthan gum, blueberry flavor.

Contains allergens: Wheat, milk, eggs, and soy.

SHORTENING POWDER
(1 can)

Nutrition Facts
Serving Size: 1 Tbsp (7g) Dry
Servings Per Container: 178

Amount Per Serving
Calories 50 Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	

Vitamin A	0%	•	Vitamin C	0%
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
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:

Creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide).

Contains allergens: Milk.

HONEY POWDER
(1 can)

Nutrition Facts
Serving Size: 1 Tsp (4g) Dry
Servings Per Container: 340

Amount Per Serving
Calories 15 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 4g	**1%**
Dietary Fiber 0g	**0%**
Sugars 4g	
Protein 0g	

Vitamin A	0%	•	Vitamin C	0%
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
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:

Honey powder (refinery syrup, honey), fructose.

DEHYDRATED DICED BELL PEPPERS (RED & GREEN)
(1 can)

Nutrition Facts
Serving Size: 1 Tbsp (5g) Dry
Servings Per Container: 113

Amount Per Serving
Calories 15 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 4g	**1%**

BACON FLAVORED BITS
VEGETARIAN MEAT SUBSTITUTE
(8 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	
Cholesterol 0mg	**0%**
Sodium 115mg	**5%**
Total Carbohydrate 1g	**0%**

FREEZE DRIED SLICED STRAWBERRIES
(3 cans)

Nutrition Facts
Serving Size: 1/2 Cup (10g) 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	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 5g	**2%**

HONEY COATED BANANA SLICES
(18 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	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Potassium 210mg	**6%**

Dietary Fiber 1g	3%
Sugars 1g	
Protein 1g	
Vitamin A 20%	**Vitamin C** 160%
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:
Red and green diced bell peppers, dehydrated.

Contains allergens: Processed in a plant that handles wheat, egg, milk, soybean, peanut, cashew, walnut, and almond products.

Dietary Fiber less than 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 0%	**Vitamin C** 0%
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, FD&C Red #3), soybean oil, salt, natural flavoring.

Contains allergens: Soy.

Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Vitamin A 0%	**Vitamin C** 110%
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.

Total Carbohydrate 18g	6%
Dietary Fiber 2g	6%
Sugars 12g	
Protein 0g	
Vitamin A 0%	**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:
Bananas, coconut/vegetable oil, sugar/honey, natural flavoring.

DEHYDRATED POTATO SLICES
(9 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	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 2g	**6%**
Sugars 1g	
Protein 0g	
Vitamin A 0%	**Vitamin C** 10%
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.

TACO FLAVORED
VEGETARIAN MEAT SUBSTITUTE
(3 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	
Cholesterol 0mg	**0%**
Sodium 850mg	**36%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 5g	**19%**
Sugars 3g	
Protein 14g	
Vitamin A 2%	**Vitamin C** 0%
Calcium 8%	**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:
Textured vegetable protein (soy flour, caramel color), soybean oil, salt, autolyzed yeast, spices, dextrose, onion, garlic, paprika.

Contains allergens: Soy.

FREEZE DRIED WHOLE RASPBERRIES
(3 cans)

Nutrition Facts
Serving Size: 1/2 Cup (10g) Dry
Servings Per Container: 22

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 8g	**3%**
Dietary Fiber 2g	**9%**
Sugars 4g	
Protein 1g	
Vitamin A 2%	**Vitamin C** 20%
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:
Freeze dried raspberries.

DEHYDRATED DICED CARROTS
(4 cans)

Nutrition Facts
Serving Size: 1/3 Cup (36g) Dry
Servings Per Container: 29

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 100mg	**4%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 3g	**12%**
Sugars 19g	
Protein 3g	
Vitamin A 780%	**Vitamin C** 45%
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:
Diced dehydrated carrots.

VEGETABLE STEW BLEND
(2 cans)

Nutrition Facts
Serving Size: 1/4 Cup (23g) Dry
Servings Per Container: 40

Amount Per Serving	
Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 50mg	**2%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 2g	

Vitamin A	50%	•	Vitamin C	70%
Calcium	6%	•	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:
Potato dices, cabbage flakes, chopped onion, carrot dices, celery slices, red and green bell peppers.

Contains allergens: Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

CHOCOLATE FUDGE BROWNIE MIX
(2 cans)

Nutrition Facts
Serving Size: 1/4 Cup (39g) Dry
Servings Per Container: 45

Amount Per Serving	
Calories 150	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 1g	**4%**
Sugars 18g	
Protein 3g	

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:
Sugar, unbleached pastry flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), corn syrup solids, dextrose, dutched cocoa (cocoa [processed with alkali]), egg whites (egg whites and less than 0.1 percent sodium lauryl sulfate added as a whipping agent), shortening (partially hydrogenated soybean and cottonseed oil), cocoa, non-iodized salt, powdered shortening (mono and diglycerides [from partially hydrogenated soybean oil] with mixed tocopherols, ascorbic acid and citric acid [antioxidants]), wheat starch, vanilla flavor (dextrose, corn starch, water, alcohol), egg yolks, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda.

Contains allergens: Egg and wheat.

CREAMY WHEAT CEREAL
(6 cans)

Nutrition Facts
Serving Size: 1/4 Cup (50g) Dry
Servings Per Container: 36

Amount Per Serving	
Calories 180	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 6g	

Vitamin A	0%	•	Vitamin C	0%
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
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:
Farina (Wheat).

Contains allergens: Wheat.

CHICKEN BOULLION
(1 can)

Nutrition Facts
Serving Size: 1/2 Tsp (2g) Dry
Servings Per Container: 921

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 400mg	**17%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	

Vitamin A	0%	•	Vitamin C	0%
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
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:
Chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Soy, milk.

FD BROCCOLI FLORETS & STEMS
(2 cans)

BLACK TURTLE BEANS
(6 cans)

CHICKEN GRAVY MIX
(1 can)

ORANGE DELIGHT DRINK MIX
(3 cans)

Nutrition Facts

Serving Size: 1/2 Cup (7g) Dry
Servings Per Container: 28

Amount Per Serving	
Calories 20	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 4g	1%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	
Vitamin A 20%	Vitamin C 110%
Calcium 4%	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:

Freeze dried broccoli florets & stems.

Nutrition Facts

Serving Size: 1/4 Cup (46g) Dry
Servings Per Container: 49

Amount Per Serving	
Calories 150	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 29g	10%
Dietary Fiber 10g	40%
Sugars 0g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
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:

Black Turtle Beans.

Nutrition Facts

Serving Size: 1/4 Cup (30g) Dry
Servings Per Container: 38

Amount Per Serving	
Calories 100	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 710mg	30%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	
Vitamin A 0%	Vitamin C 2%
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
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:

Corn starch, maltodextrin, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), yeast extract, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anticaking agent]), creamer (maltodextrin, palm oil), parsley, dehydrated onion, salt, white pepper.

Contains allergens: Soy and milk.

Nutrition Facts

Serving Size: 2 Tbsp (26g) Dry
Servings Per Container: 99

Amount Per Serving	
Calories 100	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 25g	8%
Dietary Fiber 0g	0%
Sugars 24g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
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
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:

Sugar, citric acid, natural and artificial orange flavors, sodium citrate, ascorbic acid, FD&C Yellow #6, FD&C Red #40.

BLUEBERRY PANCAKE MIX

(7 cans)

Nutrition Facts

Serving Size: 1/2 Cup (79g) Dry
Servings Per Container: 19

Amount Per Serving	
Calories 290	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 700mg	29%
Total Carbohydrate 56g	19%
Dietary Fiber 2g	6%
Sugars 11g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 25%

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

HONEY WHEAT BREAD & ROLL MIX

(2 cans)

Nutrition Facts

Serving Size: 1/4 Cup (34g) Dry
Servings Per Container: 48

Amount Per Serving	
Calories 120	Calories from Fat 10
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
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.

DEHYDRATED CHOPPED ONIONS

(1 can)

Nutrition Facts

Serving Size: 1 Tsp (3g) Dry
Servings Per Container: 217

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.

DEHYDRATED APPLE SLICES

(4 cans)

Nutrition Facts

Serving Size: 1/2 Cup (17g) Dry
Servings Per Container: 32

Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
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
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 (bleached wheat flour, niacin, iron [reduced iron], thiamine mononitrate, riboflavin, folic acid), artificial blueberry bits (dextrose, hydrogenated palm oil, corn flour, artificial flavor, blue #2 lake, red #40 lake), sugar, soy flour, dextrose, buttermilk powder, corn starch, baking soda, sodium acid pyrophosphate, salt, monocalcium phosphate, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), soybean oil, natural and artificial flavor.

Contains allergens: Milk, eggs, soy and wheat.

		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:

Unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), whole wheat flour, wheat bran, brown sugar, vital wheat gluten, salt, sugar, soybean oil, nonfat dry milk, honey powder (refinery syrup, honey), dough enhancer (bleached wheat flour, malted barley flour, niacin, iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid), whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), lecithin powder (liquid lecithin, defatted soy flour, dolomite).

Contains allergens: Milk, eggs, soy and wheat..

		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 onions.

		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 apple slices and sodium sulfite.

CHEESE BLEND POWDER

(1 can)

Nutrition Facts

Serving Size: 1/4 Cup (34g) Dry
Servings Per Container: 43

Amount Per Serving	
Calories 120	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 15mg	**4%**
Sodium 820mg	**34%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 0g	**1%**
Sugars 11g	
Protein 5g	

Vitamin A	2%	•	Vitamin C	0%
Calcium	15%	•	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:

Cheese powder (whey, buttermilk solids, cheeses [granular and cheddar {pasteurized milk, cheese culture, salt, enzymes}], whey protein concentrate, salt, sodium phosphate, citric acid, FD&C yellow #5, FD&C yellow #6, lactic acid, enzymes), modified corn starch, creamer (maltodextrin, palm oil), silicon dioxide.

Contains allergens: Milk.

CHICKEN FLAVORED
VEGETARIAN MEAT SUBSTITUTE

(8 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	
Cholesterol 0mg	**0%**
Sodium 550mg	**23%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 4g	**14%**
Sugars 2g	
Protein 11g	

Vitamin A	0%	•	Vitamin C	0%
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 inosinate, disodium guanylate.

Contains allergens: Soy.

Augason Farms® is a registered trademark
of Blue Chip Group. © 2017 Blue Chip Group.

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