

421 SERVINGS



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

Hard White Wheat

| Nutrition Facts | | | | | |
|--|---------|-------------------|------------------------|---|--------|
| Serving Size: 1/4 Cup (43g dry) | | | | | |
| Servings Per Container: 421 | | | | | |
| Amount Per Serving | | | | | |
| Calories 140 Calories from Fat 5 | | | | | |
| % Daily Value* | | | | | |
| Total Fat 0.5g | | | | | 1% |
| Saturated Fat Og 0 | | | | | 0% |
| Trans Fat Og | | | | | |
| Cholesterol Omg 0% | | | | | |
| Sodium 15mg 1% | | | | | |
| Total Carbohydrate 31g 10% | | | | | |
| | | | | | |
| Dietary Fiber 6g 23% | | | | | |
| Sugars 2g | | | | | |
| Protein 6g | | | | | |
| Vitamin A | 0% | • | Vitamir | ı 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. | | | | | |
| | Calori | es | 2,000 | 2,50 | 00 |
| Total Fat Sat Fat Cholesterol Sodium Total Carboh Dietary Fib | er | han han han | 2,400mg 300g 25g | 80g 25g 300mg 2,400mg 375g 30g | |
| Calories per 9 | gram: F | at 9 • | Carbs 4 • | Pro | tein 4 |

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Contains oxygen absorber.

Discard immediately upon opening.

DIRECTIONS:

Use as called for in your favorite recipes.

INGREDIENTS: Hard white wheat berries.

CONTAINS ALLERGEN: Wheat.

1-800-878-0099