



20
SERVINGS



SHELF LIFE UP TO
25 YEARS

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.
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control over individual storage
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particular results.*

SEALED: UP TO 25 YEARS
OPENED: TO 1 MO. REFRIGERATED

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Asian Style Teriyaki Kit

With Freeze Dried Beef

Nutrition Facts

Serving Size: 1/3 Cup rice + 8 Tsp
sauce mix (59g dry)
Servings Per Container: 20

| Amount Per Serving | | | |
|--|-----------|----------------------|-------------------|
| Calories 200 | | Calories from Fat 15 | |
| % Daily Value* | | | |
| Total Fat | 1.5g | 2% | |
| Saturated Fat | 0.5g | 3% | |
| Trans Fat | 0g | | |
| Cholesterol | 10mg | 4% | |
| Sodium | 1230mg | 51% | |
| Total Carbohydrate | 45g | 15% | |
| Dietary Fiber | 1g | 4% | |
| Sugars | 5g | | |
| Protein | 10g | | |
| Vitamin A | 30% | • | Vitamin C 40% |
| Calcium | 4% | • | 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 |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | Fat 9 | Carbs 4 Protein 4 |

00270-011215

DIRECTIONS FOR TWO SERVINGS:

2/3 cup rice, 1/3 cup sauce mix, 2 cups water.
Add ingredients to boiling water; stir well. Reduce
heat. Cook on a low boil 15-18 minutes, stirring
frequently.

Refrigerate after opening.

INGREDIENTS: Enriched precooked long grain
rice (rice, niacin, iron [ferric orthophosphate],
thiamine [thiamine mononitrate], folic acid),
freeze dried beef chunks (salt added), beef base
(salt, hydrolyzed soy protein [including partially
hydrogenated soybean oil], sugar, torula yeast,
corn starch, caramel color, maltodextrin, onion
powder, yeast extract and natural flavor, citric acid,
silicon dioxide), chopped onion, white granulated
sugar, teriyaki flavor (powdered soy sauce, salt,
toasted sesame seed oil, silicon dioxide [anti-
caking agent], natural flavor, soybean oil), 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), red and green bell peppers, carrot
dices, peas, garlic powder, yeast extract, sauteed
onion flavor (natural flavors [contains wheat, milk,
soybeans], onion powder, tapioca maltodextrin,
autolyzed yeast extract, enzyme modified butter
and buttermilk powder [butter {cream, salt}, dry
buttermilk, mono and diglycerides], salt, tricalcium
phosphate, silicon dioxide).

Contains allergens: Soy, wheat and milk.

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Freeze Dried Chicken Fettuccine Alfredo Kit

| Nutrition Facts | | | |
|--|-----------|-----------|--------|
| Serving Size: 1/2 Cup pasta + 1/3 Cup sauce mix (86g dry) | | | |
| Servings Per Container: 14 | | | |
| Amount Per Serving | | | |
| Calories 360 Calories from Fat 100 | | | |
| % Daily Value* | | | |
| Total Fat | 11g | | 18% |
| Saturated Fat | 6g | | 29% |
| Trans Fat | 0g | | |
| Cholesterol | 50mg | | 17% |
| Sodium | 940mg | | 39% |
| Total Carbohydrate | 50g | | 17% |
| Dietary Fiber | 2g | | 7% |
| Sugars | 4g | | |
| Protein | 12g | | |
| Vitamin A | 4% | Vitamin C | 4% |
| Calcium | 8% | Iron | 45% |
| *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 |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: Fat 9 Carbs 4 Protein 4 | | | |

00271-011215

DIRECTIONS FOR 2 SERVINGS:

1 cup pasta, 2/3 cup sauce mix, 2 cups water.
Add ingredients to boiling water. Simmer 15 to 18 minutes, stirring frequently.

Refrigerate after opening.

INGREDIENTS: Egg noodles (durum flour, eggs, glyceryl monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), creamer (maltodextrin, palm oil), white cheddar cheese blend (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt, natural flavors), freeze dried chicken chunks, modified food starch, salt, sweet whey, natural sauteed mushroom flavor (maltodextrin, natural flavor [contains milk, wheat, soybeans], mushroom powder, tapioca maltodextrin, autolyzed yeast extract, partially hydrogenated soybean oil, salt, onion powder, modified food starch), natural roast onion flavor (autolyzed yeast extract, onion powder, natural flavor [contains wheat, soybeans], defatted wheat germ, sugar, refinery syrup powder, brown sugar, molasses powder, corn syrup solids, caramel color), sour cream powder, garlic powder, yeast extract, 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), parsley, xanthan gum.

Contains allergens: Wheat, egg, milk, soy.

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Freeze Dried Beef Stroganoff Kit

Nutrition Facts

Serving Size: 1/2 Cup pasta + 1/3 Cup sauce mix (82g dry)

Servings Per Container: 14

| Amount Per Serving | | | |
|--------------------------------|-------|----------------------|-----|
| Calories 320 | | Calories from Fat 80 | |
| % Daily Value* | | | |
| Total Fat | 9g | | 14% |
| Saturated Fat | 4.5g | | 22% |
| Trans Fat | 0g | | |
| Cholesterol | 45mg | | 16% |
| Sodium | 780mg | | 32% |
| Total Carbohydrate | 50g | | 17% |
| Dietary Fiber | 2g | | 10% |
| Sugars | 4g | | |
| Protein | 12g | | |
| Vitamin A 10% • Vitamin C 100% | | | |
| 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 | |
| Sat Fat | Less than | 20g | 25g | |
| Cholesterol | Less than | 300mg | 300mg | |
| Sodium | Less than | 2400mg | 2400mg | |
| Total Carbohydrate | | 300g | 375g | |
| Dietary Fiber | | 25g | 30g | |

Calories per gram: Fat 9 Carbs 4 Protein 4

00272-011315

DIRECTIONS FOR 2 SERVINGS:

1 cup pasta, 2/3 cup sauce mix, 2 cups water.
Add ingredients to boiling water. Cook on a low
boil 18-20 minutes, stirring frequently.

Refrigerate after opening.

INGREDIENTS: Egg noodles (durum flour, eggs, glyceryl monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), creamer (maltodextrin, palm oil), modified food starch, freeze dried beef chunks (salt added), dehydrated tomato paste, chopped onions, red and green bell peppers, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), sour cream powder, (cultured cream [cream, nonfat milk, culture, enzymes], salt, lactic acid, tocopherols, BHT, silicon dioxide, sodium citrate), salt, garlic powder, mushrooms, caramel color, dehydrated toasted onion flavor, mushroom flavor, yeast extract.

Contains allergens: Wheat, egg, milk, soy.

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Chili Macaroni Kit

With Freeze Dried Beef

Nutrition Facts

Serving Size: 1/4 Cup pasta + 1/4 Cup sauce mix (56g dry)

Servings Per Container: 24

| Amount Per Serving | | | |
|--|-----------|----------------------|---------------|
| Calories 190 | | Calories from Fat 15 | |
| % Daily Value* | | | |
| Total Fat | 2g | | 3% |
| Saturated Fat | 0.5g | | 3% |
| Trans Fat | 0g | | |
| Cholesterol | 10mg | | 4% |
| Sodium | 1380mg | | 58% |
| Total Carbohydrate | 34g | | 11% |
| Dietary Fiber | 3g | | 10% |
| Sugars | 4g | | |
| Protein | 10g | | |
| | | | |
| Vitamin A | 4% | • | Vitamin C 20% |
| Calcium | 2% | • | Iron 35% |
| *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 |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: Fat 9 | | Carbs 4 | Protein 4 |

00273-011315

DIRECTIONS FOR 2 SERVINGS:

1/2 cup pasta, 1/2 cup sauce mix, 2 cups water.
Add ingredients to boiling water; stir well. Reduce heat.
Cook on a low boil 18-20 minutes, stirring frequently.

Refrigerate after opening.

Macaroni (semolina, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), freeze dried beef chunks (salt added), precooked red beans, modified food starch, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), dehydrated tomato paste, salt, white granulated sugar, chopped onion, red and green bell peppers, chili pepper powder, garlic powder, cumin, caramel color.

Contains allergens: Wheat and soy.

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Spaghetti Marinara Kit

with Freeze Dried Beef

| Nutrition Facts | | | | | |
|--|-----------|----------|----------------------|-------|--|
| Serving Size: 1.5 oz pasta + 1/4 Cup sauce mix (67g dry) | | | | | |
| Servings Per Container: 20 | | | | | |
| Amount Per Serving | | | | | |
| Calories 230 | | | Calories from Fat 15 | | |
| | | | % Daily Value* | | |
| Total Fat 2g | | | 3% | | |
| Saturated Fat 0.5g | | | 3% | | |
| Trans Fat 0g | | | | | |
| Cholesterol 10mg | | | 4% | | |
| Sodium 910mg | | | 38% | | |
| Total Carbohydrate 42g | | | 14% | | |
| Dietary Fiber 3g | | | 10% | | |
| Sugars 1g | | | | | |
| Protein 12g | | | | | |
| Vitamin A | 2% | • | Vitamin C | 4% | |
| Calcium | 4% | • | Iron | 100% | |
| *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 | | |
| Sodium | Less than | 2400mg | 2400mg | | |
| Total Carbohydrate | | 300g | 375g | | |
| Dietary Fiber | | 25g | 30g | | |
| Calories per gram: Fat 9 Carbs 4 Protein 4 | | | | | |

DIRECTIONS FOR 2 SERVINGS:

3 oz spaghetti, 1/2 cup sauce mix, 4 cups water.

Add spaghetti to boiling water. Boil 6 minutes. Stir in sauce mix. Reduce heat to a low boil. Cook for 9-12 minutes.

Refrigerate after opening.

INGREDIENTS: Spaghetti (semolina, durum flour, enriched with iron [ferrous sulfate] and B vitamins [niacin, thiamine mononitrate, riboflavin, folic acid]), dehydrated tomato paste, freeze dried beef chunks (salt added), salt, chopped onion, sugar, modified food starch, garlic powder, oregano, parsley, olive oil flavor (maltodextrin, modified food starch, natural flavor), citric acid.

Contains allergen: Wheat.

00275-013015

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SHELF LIFE UP TO
10 YEARS



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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Honey Coated Banana Slices

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 15g23%

Saturated Fat 14g68%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 0mg0%

Potassium 210mg6%

Total Carbohydrate 18g6%

Dietary Fiber 2g6%

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.

Calories2,0002,500

Total FatLess than65g80g

Sat FatLess than20g25g

CholesterolLess than300mg300mg

SodiumLess than2400mg2400mg

Total Carbohydrate300g375g

Dietary Fiber25g30g

Calories per gram: Fat 9Carbs 4Protein 4

DIRECTIONS:

Eat as a snack, add to cereals, granolas, or deserts.

Do not rehydrate.

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

11102-112114

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**FOOD STORAGE
EMERGENCY
EVERYDAY FOOD**

Freeze Dried Sliced Strawberries

| Nutrition Facts | | | |
|--|-----------|----------------------------|------------|
| Serving Size: 1/2 Cup (10g dry) | | | |
| Servings Per Container: 18 | | | |
| Amount Per Serving | | | |
| Calories 40 | | 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 less than 1g | | 2% | |
| Sugars 4g | | | |
| Protein 1g | | | |
| Vitamin A | 0% | Vitamin C | 80% |
| 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 |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: Fat 9 Carbs 4 Protein 4 | | | |

11109-082814

DIRECTIONS:

Use: As a snack, in desserts, fruit smoothies, etc.

Yield: 1/2 cup of sliced strawberries.

1. Mix 1/2 cup strawberries to 1 cup of warm water.
2. Let stand for 5 minutes.
3. Serve.

Jam Recipe (keep refrigerated)

Yield: Single batch.

1 cup of sliced freeze dried strawberries

1/3 cup of sugar

2 Tablespoons of Augason Farms Ultimate Gel

Cover strawberries with water. Add sugar to strawberries and stir well until sugar is dissolved. Slowly sprinkle Ultimate Gel while stirring to prevent lumps. May add additional water to desired consistency.

INGREDIENTS: Sliced freeze dried strawberries.

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Dehydrated Potato Shreds

| Nutrition Facts | | | |
|--|-----------|-------------------|---------------|
| Serving Size: 1/2 cup (31g) | | | |
| Servings Per Container: 21 | | | |
| Amount Per Serving | | | |
| Calories | 110 | Calories from Fat | 5 |
| % Daily Value* | | | |
| Total Fat | Og | | 1% |
| Saturated Fat | Og | | 1% |
| Trans Fat | Og | | |
| Cholesterol | Omg | | 0% |
| Sodium | 530mg | | 22% |
| Total Carbohydrate | 24g | | 8% |
| 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 |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: Fat 9 Carbs 4 Protein 4 | | | |

11120-120314

DIRECTIONS:

Yield: 2 servings

1. Pour 1 cup potato shreds into 3 cups boiling water (1/2 teaspoon salt optional).
2. Turn down heat and simmer until tender.
3. Drain.

Use in recipes calling for potatoes or fry on well oiled grill at 375°F for 3-4 minutes or until golden brown.

INGREDIENTS: Potatoes, salt, mono and diglycerides, dextrose. Freshness preserved with sodium bisulfite and BHT.

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Freeze Dried Sweet Corn

Nutrition Facts

Serving Size: 1/2 Cup (19g dry)

Servings Per Container: 23

Amount Per Serving

Calories 60

Calories from Fat 5

% Daily Value*

Total Fat 1g1%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 0mg0%

Total Carbohydrate 14g5%

Dietary Fiber 2g10%

Sugars 4g

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.

Calories2,0002,500

Total FatLess than65g80g

Sat FatLess than20g25g

CholesterolLess than300mg300mg

SodiumLess than2400mg2400mg

Total Carbohydrate300g375g

Dietary Fiber25g30g

Calories per gram: Fat 9Carbs 4Protein 4

11155-111714

DIRECTIONS:

Yield: 1/2 cup sweet corn.

1. Mix 1/2 cup sweet corn to 1 cup of warm water.
2. Let stand for 5 minutes.
3. Heat in microwave or on stove top.

1/2 cup dried corn = 1/2 cup fresh corn

Use as a side dish, in casseroles, soups, etc.

INGREDIENTS: Super sweet corn.

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Freeze Dried Peas

Nutrition Facts

Serving Size: 1/2 Cup (23g dry)

Servings Per Container: 19

| Amount Per Serving | | | |
|------------------------|---------------------|----------------|--|
| Calories 80 | Calories from Fat 5 | | |
| | | % Daily Value* | |
| Total Fat 0g | 1% | | |
| Saturated Fat 0g | 0% | | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | | |
| Sodium 5mg | 0% | | |
| Total Carbohydrate 15g | 5% | | |
| Dietary Fiber 5g | 21% | | |
| Sugars 6g | | | |
| Protein 6g | | | |
| Vitamin A 15% | • | Vitamin C 70% | |
| 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 | |
| Sat Fat | Less than | 20g | 25g | |
| Cholesterol | Less than | 300mg | 300mg | |
| Sodium | Less than | 2400mg | 2400mg | |
| Total Carbohydrate | | 300g | 375g | |
| Dietary Fiber | | 25g | 30g | |

| | | |
|--------------------------|---------|-----------|
| Calories per gram: Fat 9 | Carbs 4 | Protein 4 |
|--------------------------|---------|-----------|

11156-111714

DIRECTIONS:

Yield: 1/2 cup

1. Mix 1/2 cup freeze dried peas to 1 cup of warm water.
2. Simmer for 5 minutes.

Use as a side dish, in salads, casseroles, soups, etc.

INGREDIENTS: Peas.

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FOOD STORAGE
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EVERYDAY FOOD

Freeze Dried Broccoli Florets & Stems

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 0g0%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 20mg1%

Total Carbohydrate 4g1%

Dietary Fiber 2g9%

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.

Calories2,0002,500

Total FatLess than65g80g

Sat FatLess than20g25g

CholesterolLess than300mg300mg

SodiumLess than2400mg2400mg

Total Carbohydrate300g375g

Dietary Fiber25g30g

Calories per gram: Fat 9Carbs 4Protein 4

11158-120214

DIRECTIONS:

Yield: 1/2 cup broccoli.

1. Mix 1/2 cup broccoli to 1 cup of warm water.
2. Drain.
3. Serve.

Use as a side dish, in casseroles, soups, etc.

INGREDIENTS: Freeze dried broccoli florets & stems.

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15
SERVINGS



SHELF LIFE UP TO
25 YEARS

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

Freeze Dried Chicken Breast Chunks

| Nutrition Facts | | | |
|--|-----------|----------------------|--------------|
| Serving Size: 1/2 Cup (30g dry) | | | |
| Servings Per Container: 15 | | | |
| Amount Per Serving | | | |
| Calories 140 | | Calories from Fat 10 | |
| | | % Daily Value* | |
| Total Fat 1g | | 2% | |
| Saturated Fat 0g | | 0% | |
| Trans Fat 0g | | | |
| Cholesterol 60mg | | 19% | |
| Sodium 35mg | | 1% | |
| Total Carbohydrate 0g | | 0% | |
| Dietary Fiber 0g | | 0% | |
| Sugars 0g | | | |
| Protein 27g | | | |
| 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 |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: Fat 9 | | Carbs 4 | Protein 4 |

11170-122214

DIRECTIONS:

Yield: 1/2 cup chicken chunks with flavor, taste, and color of fresh cooked chicken.

1. Mix 1/2 cup chicken chunks to 1/2 cup of water.
2. Let stand one minute.
3. Drain off excess water and use as you would regular cooked chicken.
4. Serve.

Use in meat pies, stews, soups, sandwiches, etc.

2 1/2 cups dry chicken + 2 cups water = approx. 1 pound fresh chicken.

Refrigerate after opening.

INGREDIENTS: Freeze dried cooked chicken breast chunks.

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13
SERVINGS



SHELF LIFE UP TO
25 YEARS

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Freeze Dried Beef Chunks

| Nutrition Facts | | | |
|--|-----------|----------------------|--------------|
| Serving Size: 1/2 Cup (34g dry) | | | |
| Servings Per Container: 13 | | | |
| Amount Per Serving | | | |
| Calories 160 | | Calories from Fat 50 | |
| % Daily Value* | | | |
| Total Fat 6g | | 9% | |
| Saturated Fat 2.5g | | 14% | |
| Trans Fat 0g | | | |
| Cholesterol 65mg | | 22% | |
| Sodium 530mg | | 22% | |
| Total Carbohydrate 0g | | 0% | |
| Dietary Fiber 0g | | 0% | |
| Sugars 0g | | | |
| Protein 27g | | | |
| | | | |
| Vitamin A | 0% | • | Vitamin C 0% |
| Calcium | 0% | • | 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 |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: Fat 9 Carbs 4 Protein 4 | | | |

11172-120814

DIRECTIONS:

Yield: 1/2 cup of beef chunks with flavor, taste and color of fresh beef.

1. Mix 1/2 cup of beef chunks to 1/2 cup of water.
2. Let stand one minute.
3. Drain off excess water and use as you would regular cooked beef.

Use in meat pies, stews, soups, sandwiches, etc.

Refrigerate after opening.

INGREDIENTS: Freeze dried cooked beef chunks.

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192
SERVINGS



SHELF LIFE
10 YEARS

Certified



Gluten-Free

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

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FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Vegetarian Meat Substitute Bacon Flavored Bits

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% |
| Dietary Fiber | less than 1g | | 3% |
| 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 |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | Fat 9 | Carbs 4 | Protein 4 |

70150-120214

DIRECTIONS:

1. Add 2 parts water to 1 part Bacon Flavored Bits Vegetarian Meat Substitute.
2. Bring to a boil.
3. Reduce heat and simmer for 20 minutes, stirring occasionally.

Each 1 cup of dry Bacon Flavored Bits Vegetarian Meat Substitute equals approx. 1 pound of bacon bits.

Suggested Uses: Bacon Flavored Bits Vegetarian Meat Substitute provide long-lasting crispiness with the look and flavor of real bacon. Use them to enhance salads, vegetables, casseroles, omelets and other egg dishes, hors d'oeuvres, cheese spreads, biscuits, salad dressings, snack dips, and soups.

INGREDIENTS: Textured vegetable protein (soy flour, caramel color, FD&C Red #3), soybean oil, salt, natural flavoring.

Contains allergen: Soy.

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29
SERVINGS



SHELF LIFE UP TO
10 YEARS

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Buttermilk Pancake Mix

Nutrition Facts

Serving Size: 1/3 cup (50g dry)

Servings Per Container: 29

Amount Per Serving

Calories 180

Calories from Fat 5

% Daily Value*

Total Fat 1g1%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 10mg3%

Sodium 480mg20%

Total Carbohydrate 36g12%

Dietary Fiber less than 1g3%

Sugars 5g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • 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.

Calories2,0002,500

Total FatLess than65g80g

Sat FatLess than20g25g

CholesterolLess than300mg300mg

SodiumLess than2400mg2400mg

Total Carbohydrate300g375g

Dietary Fiber25g30g

Calories per gram: Fat 9Carbs 4Protein 4

80121-112414

DIRECTIONS:

Cold water 3/4 cups
Pancake mix 1 cup
Yield: 9-4 inch pancakes

1. Add mix to cold water. Do not over mix.
2. Add more water until desired consistency.
3. Preheat oiled skillet, griddle to 375° F.
4. Cook pancakes 1 to 1 1/2 minutes per side or until golden brown, turning only once.

Pancake mix may be used for waffles.
Yield: 12-4 inch waffles

1. Mix 2 1/4 cups of mix, 2 cups cold water.
2. Add 2 Tbsp oil. Batter will be slightly lumpy, do not over mix.
3. Pour batter into lightly oiled, preheated waffle iron.
4. Cook waffles until steaming stops.

INGREDIENTS: Cake flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soy flour, dextrose, soybean oil, buttermilk powder, baking soda, corn starch, sodium acid pyrophosphate, salt, monocalcium phosphate, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), soybean oil.

Contains allergens: Milk, eggs, soy and wheat.

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36
SERVINGS



SHELF LIFE UP TO
10 YEARS

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FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Creamy Wheat Cereal

Nutrition Facts

Serving Size: 1/4 cup (50g dry)

Servings Per Container: 36

Amount Per Serving

Calories 180

Calories from Fat 0

% Daily Value*

Total Fat 0g0%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 0mg0%

Total Carbohydrate 39g13%

Dietary Fiber less than 1g4%

Sugars 0g

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.

Calories2,0002,500

Total FatLess than65g80g

Sat FatLess than20g25g

CholesterolLess than300mg300mg

SodiumLess than2400mg2400mg

Total Carbohydrate300g375g

Dietary Fiber25g30g

Calories per gram: Fat 9Carbs 4Protein 4

90153-091914

DIRECTIONS:

For each 1 cup serving, heat 1 cup water and 1/4 tsp. salt to boiling. Add 1/4 cup Creamy Wheat Cereal slowly, stirring constantly. Return to a boil over medium heat, reduce heat. Cook 10 minutes or until thickened, stirring frequently. For creamier cereal use milk. Heat to near boiling.

MICROWAVE DIRECTIONS:

Cold water 1 cup
Creamy Wheat Cereal 1/4 cup

1. Place water and Creamy Wheat Cereal in a bowl.
2. Stir well to prevent lumping.
3. Cook for 1 minute on high heat.
4. Remove and stir.
5. Return to microwave for 1 - 2 minutes stirring every minute.

INGREDIENTS: Wheat.

Contains allergen: Wheat.

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92
SERVINGS



SHELF LIFE UP TO
10 YEARS



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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Scrambled Egg Mix

Nutrition Facts

Serving Size: 2 Tbsp (11g dry)

Servings Per Container: 92

Amount Per Serving

Calories 60

Calories from Fat 35

% Daily Value*

Total Fat 4g6%

Saturated Fat 1 g5%

Trans Fat 0g

Cholesterol 165mg54%

Sodium 85mg4%

Total Carbohydrate 2g1%

Dietary Fiber 0g0%

Sugars 0g

Protein 4g

Vitamin A 4% • Vitamin C 0%

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.

Calories2,0002,500

Total FatLess than65g80g

Sat FatLess than20g25g

CholesterolLess than300mg300mg

SodiumLess than2400mg2400mg

Total Carbohydrate300g375g

Dietary Fiber25g30g

Calories per gram: Fat 9Carbs 4Protein 4

90158-092314

DIRECTIONS:

1. Add 2 tablespoons dry mix to 2 tablespoons warm water and mix.
2. Cook as desired.

Use in omelets, french toast, etc. Scrambled egg mix is also great to take on camping trips.

When using with other dry ingredients, it is not necessary to reconstitute egg mix. Simply add to other dry ingredients and increase liquid requirements by necessary amounts.

INGREDIENTS: Whole eggs, nonfat dry milk, vegetable oil.

Contains allergens: Milk and eggs.

Pasteurized fully dehydrated fresh whole eggs.
No refrigeration necessary.

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