Augason Farms

Lunch & Dinner

Emergency Food Supply - 16 Pouches

HEARTY VEGETABLE CHICKEN FLAVORED SOUP MIX (1 pouch)

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 orthophosphate [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.

CREAMY CHICKEN FLAVORED RICE (2 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]), cream powder (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.

CREAMY STROGANOFF (1 pouch)

Nutrition Facts
Serving Size: 1/2 Cup (76g) Dry
Servings Per Container: 4

Amount Per Serving	
Calories 310	**Calories from Fat 90**
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 830mg	**35%**
Total Carbohydrate 49g	**16%**
Dietary Fiber 2g	8%
Sugars 3g	
Protein 8g	
Vitamin A 0% • **Vitamin C** 4%	
Calcium 4% • **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:
Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, silicon dioxide and soy lecithin), modified food starch, low sodium vegetarian beef base (salt, hydrolyzed soy protein, maltodextrin, sugar, corn starch, caramel color, onion powder, natural flavors, citric acid, less than 2% silicon dioxide added to prevent caking), garlic powder, sliced mushrooms, dehydrated onion, sea salt, tomato powder, sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes] salt, lactic acid, tocopherols, vitamin E, ascorbyl palmitate, contains less than 2% silicon dioxide and sodium citrate), natural flavoring, sautéed mushroom stock (shiitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch), sautéed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor, sunflower oil, salt, chili pepper, less than 2% silicon dioxide), roast meat flavor (yeast extract, salt), black pepper.

Contains allergens: Egg, milk, soy and wheat.

FETTUCCINE ALFREDO (1 pouch)

Nutrition Facts
Serving Size: 1/2 Cup (69g) Dry
Servings Per Container: 4

Amount Per Serving	
Calories 300	**Calories from Fat 100**
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 890mg	**37%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 2g	8%
Sugars 5g	
Protein 10g	
Vitamin A 0% • **Vitamin C** 2%	
Calcium 10% • **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:
Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, silicon dioxide and soy lecithin), white cheese (cheddar cheese, [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt and natural flavors [contains less than 2% silicon dioxide]), modified food starch, non-iodized salt, whey, sautéed mushroom stock (shiitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch), sautéed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor, sunflower oil, salt, chili pepper, less than 2% silicon dioxide), lactic acid, garlic powder, natural flavoring, parsley flakes, xanthan gum, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking).

Contains allergens: Egg, milk, soy and wheat.

ITALIANO MARINARA (2 pouches)

Nutrition Facts
Serving Size: 1/2 Cup (70g) Dry
Servings Per Container: 4

Amount Per Serving	
Calories 240	**Calories from Fat 15**
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1120mg	**47%**
Total Carbohydrate 46g	**15%**
Dietary Fiber 3g	12%
Sugars 4g	
Protein 9g	
Vitamin A 6% • **Vitamin C** 60%	
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:
Lasagna bits (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), tomato powder, sea salt, onions, modified food starch, white cheddar cheese (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], salt, lactic acid, natural flavors [contains less than 2% silicon dioxide]), sugar, garlic powder, tomato flakes, burgundy wine flavor (maltodextrin, modified corn starch, wine solids, corn syrup solids, malic acid, natural flavor, sorbic acid, sulfites, potassium sorbate), cheddar cheese powder (dextrose, maltodextrin, whey solids, natural and artificial flavor, corn starch, salt, silicon dioxide, guar gum, annatto, turmeric), olive oil flavor (modified corn starch, maltodextrin, medium chain triglycerides, natural flavor, tricalcium phosphate), parsley flakes, Italian spice (garlic, onion, spices), basil, citric acid, natural flavoring, natural orange color (annatto, beet juice), caramel color, ground fennel.

Contains allergens: Milk and wheat.

CHOCOLATE PUDDING (1 pouch)

Nutrition Facts
Serving Size: 1/3 Cup (58g) Dry
Servings Per Container: 5

Amount Per Serving	
Calories 200	**Calories from Fat 25**
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrate 49g	**16%**
Dietary Fiber 1g	4%
Sugars 32g	
Protein 4g	
Vitamin A 0% • **Vitamin C** 4%	
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:
Sugar, modified food starch, nonfat dry milk, creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate, dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor, annatto extract, sodium hexametaphosphate), dutched cocoa (cocoa [processed with alkali]), cream flavor (maltodextrin, natural cream flavor), xanthan gum, corn syrup solids, soy lecithin, non-iodized salt, vanilla flavor (dextrose, corn starch, water, alcohol).

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 POTATO SOUP MIX (2 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.

CHEESY BROCCOLI RICE (1 pouch)

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 hexmetaphosphate), 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.

CHICKEN NOODLE SOUP MIX (1 pouch)

Nutrition Facts
Serving Size: 1/2 Cup (54g) Dry
Servings Per Container: 4

Amount Per Serving	
Calories 190	**Calories from Fat 15**
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 1190mg	**50%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 2g	8%
Sugars 5g	
Protein 5g	
Vitamin A 30% • **Vitamin C** 4%	
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:
Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking), maltodextrin, carrot dices, modified food starch, onions, celery slices, dehydrated peas, garlic powder, celery seed, white pepper, xanthan gum, parsley flakes.

Contains allergens: Wheat and eggs..

CORN CHOWDER (1 pouch)

Nutrition Facts
Serving Size: 1/3 Cup (45g) Dry
Servings Per Container: 4

Amount Per Serving	
Calories 190	**Calories from Fat 60**
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 970mg	**40%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 1g	4%
Sugars 4g	
Protein 2g	
Vitamin A 0% • **Vitamin C** 6%	
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:
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 hexmetaphosphate), modified food starch, dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, freshness preserved with sodium bisulfite and BHA), chicken stock (corn syrup, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), freeze dried corn, sea salt, sugar, corn flakes, worcestershire flavor (worcestershire sauce [vinegar, molasses, corn syup, salt, caramel color, garlic, sucrose, spices, tamarind, and natural flavors], maltodextrin), natural butter flavor (whey solids, enzyme modified butter, maltodextrin, salt, butter, guar gum, annatto and turmeric), onions, textured vegetable protein (soy flour, caramel color, red 3), soybean oil, salt, natural flavoring), celery slices, sweet corn flavor (maltodextrin, modified food starch, sugar, natural and artificial flavor, contains 2% or less of each of the following: silicon dioxide, sorbitol, fructose), vegetable broth (natural flavoring, salt, carrot powder, tomato powder, onion powder, leek powder, garlic powder, herbs and spices [bayleaf, celery, thyme]), garlic granules, natural flavoring, corn flour (corn masa flour, trace of lime), roasted green bell pepper (modified potato starch, natural flavor, green bell pepper powder, salt), bacon flavor (natural flavor, salt, smoke flavoring).

Contains allergens: Milk and soy.

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

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