



# FREEZE-DRIED FRUIT VARIETY PACK

Serving suggestions shown below.

20490-070516

199  
SERVINGS



SHELF LIFE  
UP TO 20 YEARS

**Shelf Life:** Product good for up to 20 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55° F and 70° F. Actual shelf life may vary based on individual storage conditions.

FOOD STORAGE  
EMERGENCIES  
EVERYDAY MEALS

1-800-878-0099

www.AugasonFarms.com

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## FREEZE-DRIED SLICED STRAWBERRIES

(1 pouch)



### Nutrition Facts

Serving Size: 1/4 Cup (4g dry)  
Servings Per Pouch: 20

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	2g		1%		
Dietary Fiber	1g		4%		
Sugars	2g				
Protein	0g				
Vitamin A	0%	Vitamin C	45%		
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		
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

### INGREDIENTS:

Strawberries.

## FREEZE-DRIED BANANA CHIPS

(1 pouch)



### Nutrition Facts

Serving Size: 1/2 Cup (33g dry)  
Servings Per Pouch: 8

Amount Per Serving		Calories 170		Calories from Fat 100	
		% Daily Value*			
Total Fat	11g		17%		
Saturated Fat	10g		50%		
Trans Fat	0g				
Cholesterol	0mg		0%		
Sodium	0mg		0%		
Total Carbohydrate	19g		6%		
Dietary Fiber	3g		12%		
Sugars	12g				
Protein	1g				
Vitamin A	0%	Vitamin C	4%		
Calcium	0%	Iron	2%		

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

		Calories 2,000		2,500	
Total Fat	Less than	65g	80g		
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

### INGREDIENTS:

Dehydrated banana slices (bananas, refined coconut oil, sugar, banana flavoring).  
**Contains allergen:** Tree nuts (coconut).

## FREEZE-DRIED DICED APPLES

(1 pouch)



### Nutrition Facts

Serving Size: 1/4 Cup (6g dry)  
Servings Per Pouch: 16

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	0mg		0%		
Total Carbohydrate	6g		2%		
Dietary Fiber	1g		4%		
Sugars	4g				
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		
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

### INGREDIENTS:

Freeze-dried apple dices (apple, ascorbic acid, citric acid, calcium chloride).

## FREEZE-DRIED WHOLE RASPBERRIES

(1 pouch)



### Nutrition Facts

Serving Size: 1/4 Cup (5g dry)  
Servings Per Pouch: 20

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	3g		1%		
Dietary Fiber	2g		8%		
Sugars	2g				
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		
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

### INGREDIENTS:

Raspberries.

## FREEZE-DRIED WHOLE BLUEBERRIES

(1 pouch)



### Nutrition Facts

Serving Size: 1/4 Cup (7g dry)  
Servings Per Pouch: 22

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	0mg		0%		
Total Carbohydrate	6g		2%		
Dietary Fiber	1g		4%		
Sugars	4g				
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		
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

### INGREDIENTS:

Blueberries

## SPIFF-E-WHIP

(1 can)



### Nutrition Facts

Serving Size: 1 Tsp (5g dry)  
Servings Per Pouch: 113

Amount Per Serving		Calories 25		Calories from Fat 10	
		% Daily Value*			
Total Fat	1g		2%		
Saturated Fat	1g		5%		
Trans Fat	0g				
Cholesterol	0mg		0%		
Sodium	0mg		0%		
Total Carbohydrate	3g		1%		
Dietary Fiber	0g		0%		
Sugars	3g				
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		
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

### INGREDIENTS:

Sugar, creamer 49 (partially hydrogenated palm kernel oil, corn syrup solids, lactose, sugar, glyceryl lacto esters of fatty acids, sodium caseinate [a milk derivative]), contains 2% or less of each of the following: mono and diglycerides, sodium aluminosilicate, dipotassium phosphate, artificial flavor), creamer 54 (partially hydrogenated palm kernel oil, corn syrup solids, sugar, propylene glycol esters of fatty acids, sodium caseinate [a milk derivative], acetylated monoglycerides, contains 2% or less of each of the following: mono and diglycerides, sodium aluminosilicate), dextrose, vanilla flavor (dextrose, corn starch, water, alcohol).  
**Contains allergen:** Milk.

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