



**18**  
SERVINGS



**SHELF LIFE UP TO  
30 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 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* |                  |                     |  |
| <b>Total Fat</b>          | 0g           |                |                  | <b>0%</b>           |  |
| <b>Saturated Fat</b>      | 0g           |                |                  | <b>0%</b>           |  |
| <b>Trans Fat</b>          | 0g           |                |                  |                     |  |
| <b>Cholesterol</b>        | 0mg          |                |                  | <b>0%</b>           |  |
| <b>Sodium</b>             | 0mg          |                |                  | <b>0%</b>           |  |
| <b>Total Carbohydrate</b> | 8g           |                |                  | <b>3%</b>           |  |
| <b>Dietary Fiber</b>      | less than 1g |                |                  | <b>2%</b>           |  |
| <b>Sugars</b>             | 4g           |                |                  |                     |  |
| <b>Protein</b>            | 1g           |                |                  |                     |  |
| <b>Vitamin A</b>          | 0%           | •              | <b>Vitamin C</b> | 80%                 |  |
| <b>Calcium</b>            | 2%           | •              | <b>Iron</b>      | 4%                  |  |
|                           |              | 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.

1-800-878-0099

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**21**  
SERVINGS



**SHELF LIFE UP TO  
25 YEARS**

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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        |              | % Daily Value*           |            |
|---------------------------|--------------|--------------------------|------------|
| <b>Calories</b>           | <b>110</b>   | <b>Calories from Fat</b> | <b>5</b>   |
| <b>Total Fat</b>          | <b>0g</b>    |                          | <b>1%</b>  |
| <b>Saturated Fat</b>      | <b>0g</b>    |                          | <b>1%</b>  |
| <b>Trans Fat</b>          | <b>0g</b>    |                          |            |
| <b>Cholesterol</b>        | <b>0mg</b>   |                          | <b>0%</b>  |
| <b>Sodium</b>             | <b>530mg</b> |                          | <b>22%</b> |
| <b>Total Carbohydrate</b> | <b>24g</b>   |                          | <b>8%</b>  |
| <b>Dietary Fiber</b>      | <b>2g</b>    |                          | <b>8%</b>  |
| <b>Sugars</b>             | <b>1g</b>    |                          |            |
| <b>Protein</b>            | <b>2g</b>    |                          |            |
| <b>Vitamin A</b>          | <b>0%</b>    | <b>Vitamin C</b>         | <b>15%</b> |
| <b>Calcium</b>            | <b>2%</b>    | <b>Iron</b>              | <b>2%</b>  |

\*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.

1-800-878-0099

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192  
SERVINGS



SHELF LIFE  
10 YEARS

Certified



Gluten-Free

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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        |                     | % Daily Value*           |           |
|---------------------------|---------------------|--------------------------|-----------|
| <b>Calories</b>           | <b>15</b>           | <b>Calories from Fat</b> | <b>5</b>  |
| <b>Total Fat</b>          | <b>0.5g</b>         |                          | <b>1%</b> |
| <b>Saturated Fat</b>      | <b>0g</b>           |                          | <b>0%</b> |
| <b>Trans Fat</b>          | <b>0g</b>           |                          |           |
| <b>Cholesterol</b>        | <b>0mg</b>          |                          | <b>0%</b> |
| <b>Sodium</b>             | <b>115mg</b>        |                          | <b>5%</b> |
| <b>Total Carbohydrate</b> | <b>1g</b>           |                          | <b>0%</b> |
| <b>Dietary Fiber</b>      | <b>less than 1g</b> |                          | <b>3%</b> |
| <b>Sugars</b>             | <b>0g</b>           |                          |           |
| <b>Protein</b>            | <b>2g</b>           |                          |           |
| <b>Vitamin A</b>          | <b>0%</b>           | <b>Vitamin C</b>         | <b>0%</b> |
| <b>Calcium</b>            | <b>2%</b>           | <b>Iron</b>              | <b>2%</b> |

\*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.

1-800-878-0099

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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 from Fat 5 |             |
|--|---------------------|---------------------|-------------|
|  |                     | % Daily Value*      |             |
| <b>Calories</b>  | <b>180</b>          |                     |             |
| <b>Total Fat</b>   | <b>1g</b>           | <b>1%</b>           |             |
| <b>Saturated Fat</b>   | <b>0g</b>           | <b>0%</b>           |             |
| <b>Trans Fat</b>   | <b>0g</b>           |                     |             |
| <b>Cholesterol</b>   | <b>10mg</b>         | <b>3%</b>           |             |
| <b>Sodium</b>  | <b>480mg</b>        | <b>20%</b>          |             |
| <b>Total Carbohydrate</b>  | <b>36g</b>          | <b>12%</b>          |             |
| <b>Dietary Fiber</b>   | <b>less than 1g</b> | <b>3%</b>           |             |
| <b>Sugars</b>  | <b>5g</b>           |                     |             |
| <b>Protein</b>   | <b>5g</b>           |                     |             |
| <b>Vitamin A</b>   | <b>0%</b>           | <b>Vitamin C</b>    | <b>0%</b>   |
| <b>Calcium</b>   | <b>10%</b>          | <b>Iron</b>         | <b>15%</b>  |
| *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   |                     |                     |             |

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 from Fat 0 |                |
|--|---------------------|---------------------|----------------|
|  |                     | % Daily Value*      |                |
| <b>Calories</b>  | <b>180</b>          |                     |                |
| <b>Total Fat</b>   | <b>0g</b>           | <b>0%</b>           |                |
| <b>Saturated Fat</b>   | <b>0g</b>           | <b>0%</b>           |                |
| <b>Trans Fat</b>   | <b>0g</b>           |                     |                |
| <b>Cholesterol</b>   | <b>0mg</b>          | <b>0%</b>           |                |
| <b>Sodium</b>  | <b>0mg</b>          | <b>0%</b>           |                |
| <b>Total Carbohydrate</b>  | <b>39g</b>          | <b>13%</b>          |                |
| <b>Dietary Fiber</b>   | <b>less than 1g</b> | <b>4%</b>           |                |
| <b>Sugars</b>  | <b>0g</b>           |                     |                |
| <b>Protein</b>   | <b>6g</b>           |                     |                |
| <b>Vitamin A</b>   | <b>0%</b>           | <b>Vitamin C</b>    | <b>0%</b>      |
| <b>Calcium</b>   | <b>0%</b>           | <b>Iron</b>         | <b>4%</b>      |
| *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 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.

90153-091914

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**92**  
SERVINGS



**SHELF LIFE UP TO  
10 YEARS**

Certified



Gluten-Free

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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*   |         |                      |  |
| <b>Total Fat</b>   | 4g        |                  |         | <b>6%</b>            |  |
| <b>Saturated Fat</b>   | 1 g       |                  |         | <b>5%</b>            |  |
| <b>Trans Fat</b>   | 0g        |                  |         |                      |  |
| <b>Cholesterol</b>   | 165mg     |                  |         | <b>54%</b>           |  |
| <b>Sodium</b>  | 85mg      |                  |         | <b>4%</b>            |  |
| <b>Total Carbohydrate</b>  | 2g        |                  |         | <b>1%</b>            |  |
| <b>Dietary Fiber</b>   | 0g        |                  |         | <b>0%</b>            |  |
| <b>Sugars</b>  | 0g        |                  |         |                      |  |
| <b>Protein</b>   | 4g        |                  |         |                      |  |
| <b>Vitamin A</b>   | 4%        | <b>Vitamin C</b> | 0%      |                      |  |
| <b>Calcium</b>   | 6%        | <b>Iron</b>      | 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            |  |

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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