



10
SERVINGS



SHELF LIFE UP TO
20 YEARS

Certified



Gluten-Free

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

Country Fresh®

100% Instant Nonfat Dry Milk

Nutrition Facts

Serving Size: 5 Tbsp (21g dry)
Servings Per Container: 10

Amount Per Serving		Calories 70		Calories from Fat 0	
		% Daily Value*			
Total Fat	0g			0%	
Saturated Fat	0g			0%	
Trans Fat	0g				
Cholesterol	0mg			0%	
Sodium	115mg			5%	
Total Carbohydrate	11g			4%	
Dietary Fiber	0g			0%	
Sugars	10g				
Protein	7g				
Vitamin A	10%	Vitamin C	4%		
Calcium	35%	Iron	0%		
Vitamin D	25%	Riboflavin	20%		
*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					

09024-041515

MIXING INSTRUCTIONS:

Add powder to water and stir. Best if mixed in water in a mixing pitcher and chilled overnight. This gives a more smooth consistency to the milk.

Amount	Nonfat Dry Milk	Water
1 Cup	5 Tbsp or about 1/3 Cup	1 Cup
1 Quart	1 1/3 Cups	1 Quart
2 Quarts	2 2/3 Cups	2 Quarts
1 Gallon	5 1/3 Cups	1 Gallon

INGREDIENTS: Nonfat dry milk, vitamin A palmitate, vitamin D3.

Contains allergen: Milk.

1-800-878-0099

www.AugasonFarms.com

© 2015 Blue Chip Group