



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

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.

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



23
SERVINGS



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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	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	14g	5%
Dietary Fiber	2g	10%
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.		
		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		

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 Whole Blueberries

DIRECTIONS:

Yield: 1/2 cup whole blueberries.

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

Use as a snack, in desserts, cereals, or fruit
smoothies, etc.

INGREDIENTS: Freeze dried blueberries.

Nutrition Facts

Serving Size: 1/2 Cup (13g dry)
Servings Per Container: 26

Amount Per Serving			
Calories	50	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	11g		4%
Dietary Fiber	2g		9%
Sugars	11g		
Protein	0g		
Vitamin A	2%	•	Vitamin C 4%
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

11106-111314



22
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FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Freeze Dried Whole Raspberries

DIRECTIONS:

Yield: 1/2 cup of whole raspberries.

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

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

Jam Recipe *(keep refrigerated)*

Yield: Single batch.

1 cup of freeze dried raspberries

1/3 cup of sugar

2 Tablespoons of Ultimate Gel

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

INGREDIENTS: Freeze dried raspberries.

Nutrition Facts

Serving Size: 1/2 Cup (10g dry)
Servings Per Container: 22

Amount Per Serving			
Calories	35	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	2g		9%
Sugars	4g		
Protein	1g		
Vitamin A	2%	Vitamin C	20%
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			

11105-092414



18
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FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Freeze Dried Apple Dices

Nutrition Facts

Serving Size: 1/2 Cup (12g dry)
Servings Per Container: 18

Amount Per Serving	
Calories 45	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 11g	4%
Dietary Fiber 0g	0%
Sugars 0g	
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				

11151-082814

DIRECTIONS:

Yield: 1/2 cup apples.

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

1 cup dried apples equals 1 cup fresh apples.

Use as a snack, in desserts, fruit smoothies, etc.
Makes great pies.

INGREDIENTS: Granny Smith apples, diced.



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SERVINGS



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**FOOD STORAGE
EMERGENCY
EVERYDAY FOOD**

Dehydrated Cross Cut Celery

Nutrition Facts

Serving Size: 1/4 Cup (14g dry)
Servings Per Container: 36

Amount Per Serving		
Calories	40	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	9g	3%
Dietary Fiber	2g	7%
Sugars	2g	
Protein	2g	
Vitamin A	6%	Vitamin C 25%
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
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		

12044-111314

DIRECTIONS:

Yield: 1/2 cup.

Measure 1/4 cup celery pieces and add 1/2 cup of water. Let stand for 1/2 hour.

For faster results use hot water.

Can be added as is to stews, soups, casseroles, meats, and other dishes for a boost of flavor.

INGREDIENTS: Cross cut celery stalk.



217
SERVINGS



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**FOOD STORAGE
EMERGENCY
EVERYDAY FOOD**

Dehydrated Chopped Onions

DIRECTIONS:

Use directly from the can. Add to gravies, salad dressings, sauces, soups, stews, etc.

1/4 cup is equal to one cup of fresh onion.

Reconstitute before using in fried foods - 1 Tbsp of Chopped Onion to 1/3 cup of warm water - let stand 10 minutes.

INGREDIENTS: Dehydrated onions.

Nutrition Facts

Serving Size: 1 Tsp (3g dry)
Servings Per Container: 217

Amount Per Serving			
Calories 10	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 0g			1%
Sugars 1g			
Protein 0g			
Vitamin A 0%		Vitamin C 4%	
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

12000-120214



29
SERVINGS



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FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Dehydrated Diced Carrots

Nutrition Facts

Serving Size: 1/3 Cup (36g dry)
Servings Per Container: 29

Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 3g	
Vitamin A 780%	Vitamin C 45%
Calcium 8%	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			

11127-112414

DIRECTIONS:

1. Add 1/3 cup carrots to 3/4 cup of water.
2. Cover and simmer for 15 minutes.
3. Season to taste.

1/3 cup dry carrots + 3/4 cup water = 1 cup fresh
carrots.

INGREDIENTS: Diced dehydrated carrots.



22
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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 15g	23%
Saturated Fat 14g	68%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 210mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	6%
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.	
	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:

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

Do not rehydrate.

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

11102-112114



34
SERVINGS



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FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Freeze Dried Pineapple Chunks

DIRECTIONS:

Yield: 1/2 cup pineapple chunks.

1. Eat directly out of can or mix 1/2 cup pineapple chunks with 1 cup of warm water.
2. Let stand for 5 minutes.
3. Serve.

Use as a snack, in desserts, fruit smoothies, etc.

INGREDIENTS: Pineapple.

Nutrition Facts

Serving Size: 1/2 Cup (10g dry)
Servings Per Container: 34

Amount Per Serving	
Calories 40	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 9g	3%
Dietary Fiber less than 1g	3%
Sugars 8g	
Protein 0g	
Vitamin A 0%	Vitamin C 20%
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	

11150-092514



45
SERVINGS



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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Potato Gems

Complete Mashed Potatoes

DIRECTIONS:

Yield: 4 servings

1. Mix 1 cup of Potato Gems with 2 cups of boiling water. Potatoes need to be added quickly and all at once, stirring constantly until potato mixture begins to set (about 20-30 seconds.)
2. Let sit for 3 to 5 minutes. Stir and serve.

• For creamier mashed potatoes, add more water by small increments and stir.

INGREDIENTS: Potatoes, salt, partially hydrogenated canola oil mono and diglycerides, artificial color, natural and artificial flavor. Freshness preserved with sodium bisulfite and BHT.

Contains allergen: Milk.

Nutrition Facts

Serving Size: 1/4 Cup (30g dry)
Servings Per Container: 45

Amount Per Serving		
Calories	110	Calories from Fat 15
% Daily Value*		
Total Fat	1.5g	2%
Saturated Fat	0g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	520mg	22%
Total Carbohydrate	22g	7%
Dietary Fiber	2g	7%
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		

11118-121514



113
SERVINGS



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FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Dehydrated Diced Red & Green Bell Peppers

Nutrition Facts

Serving Size: 1 Tbsp (5g dry)
Servings Per Container: 113

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 5mg		0%	
Total Carbohydrate 4g		1%	
Dietary Fiber less than 1g		3%	
Sugars 1g			
Protein 1g			
Vitamin A	20%	•	Vitamin C 160%
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			

12049-072313

DIRECTIONS:

Add mixed peppers to your favorite soups, omelets, salads and sauces.

Simmer in water until tender.

INGREDIENTS: Red and green diced bell peppers, dehydrated.

Processed in a plant that handles wheat, egg, milk, soybean, peanut, cashew, walnut, and almond products.