



# FREEZE DRIED VEGETABLE VARIETY PACK

20250-070215

**262**  
SERVINGS

**25**

**SHELF LIFE UP TO 25 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**

1-800-878-0099

www.AugasonFarms.com

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## DICED POTATOES

2 POUCHES



Nutrition Facts	
Serving Size: 1/3 Cup (10g dry) Servings Per Pouch: 15	
Amount Per Serving	
<b>Calories 35</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 20mg</b>	<b>1%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
<b>Dietary Fiber 2g</b>	<b>8%</b>
<b>Sugars 0g</b>	
<b>Protein 1g</b>	
<b>Vitamin A 2%</b>	<b>Vitamin C 15%</b>
<b>Calcium 0%</b>	<b>Iron 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	

**INGREDIENTS:**  
Potatoes

## PEAS

2 POUCHES



Nutrition Facts	
Serving Size: 1/4 Cup (10g dry) Servings Per Pouch: 19	
Amount Per Serving	
<b>Calories 35</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
<b>Dietary Fiber 2g</b>	<b>9%</b>
<b>Sugars 3g</b>	
<b>Protein 2g</b>	
<b>Vitamin A 6%</b>	<b>Vitamin C 30%</b>
<b>Calcium 2%</b>	<b>Iron 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	

**INGREDIENTS:**  
Peas

## CAULIFLOWER

2 POUCHES



Nutrition Facts	
Serving Size: 1/4 Cup (2g dry) Servings Per Pouch: 30	
Amount Per Serving	
<b>Calories 5</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
<b>Dietary Fiber 1g</b>	<b>2%</b>
<b>Sugars 0g</b>	
<b>Protein 1g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 20%</b>
<b>Calcium 0%</b>	<b>Iron 0%</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	

**INGREDIENTS:**  
Cauliflower

## BROCCOLI FLORETS AND STEMS

2 POUCHES



Nutrition Facts	
Serving Size: 1/3 Cup (4g dry) Servings Per Pouch: 15	
Amount Per Serving	
<b>Calories 10</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
<b>Dietary Fiber 1g</b>	<b>5%</b>
<b>Sugars 1g</b>	
<b>Protein 1g</b>	
<b>Vitamin A 15%</b>	<b>Vitamin C 60%</b>
<b>Calcium 2%</b>	<b>Iron 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	

**INGREDIENTS:**  
Broccoli

## SWEET CORN

2 POUCHES



Nutrition Facts	
Serving Size: 1/4 Cup (10g dry) Servings Per Pouch: 20	
Amount Per Serving	
<b>Calories 35</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>1%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
<b>Dietary Fiber 1g</b>	<b>5%</b>
<b>Sugars 2g</b>	
<b>Protein 1g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 4%</b>
<b>Calcium 0%</b>	<b>Iron 0%</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	

**INGREDIENTS:**  
Corn

## GREEN BEANS

2 POUCHES



Nutrition Facts	
Serving Size: 1/4 Cup (3g dry) Servings Per Pouch: 20	
Amount Per Serving	
<b>Calories 10</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Sugars 1g</b>	
<b>Protein 1g</b>	
<b>Vitamin A 4%</b>	<b>Vitamin C 8%</b>
<b>Calcium 2%</b>	<b>Iron 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	

**INGREDIENTS:**  
Green Beans

## DEHYDRATED CHOPPED ONION

1 POUCH



Nutrition Facts	
Serving Size: 1 Tsp (3g dry) Servings Per Pouch: 24	
Amount Per Serving	
<b>Calories 10</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
<b>Dietary Fiber 0g</b>	<b>1%</b>
<b>Sugars 1g</b>	
<b>Protein 0g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 4%</b>
<b>Calcium 0%</b>	<b>Iron 0%</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	

**INGREDIENTS:**  
Onions