

- Easy to open -



SMART PACK
LESS CO₂,
LESS WASTE



**PRESERVATIVE
FREE**

**au
ga**



**VEGAN
FRIENDLY**



**READY TO EAT:
HEAT AND SERVE**

At AUGA, we produce organic food in a sustainable way. It is grown responsibly, without depleting the soil. We say NO to chemicals and YES to sustainable agricultural practices and eco-friendly technologies. This lentil soup is cooked from three kinds of lentils and various vegetables, seasoned with different spices, free from chemical fertilizers, pesticides and GMOs. They are cultivated with modern equipment and carefully selected. This delicious soup is packed in an eco-friendly pouch, which creates significantly less CO₂ emissions when compared to a can. Just heat and enjoy the great taste! Find out more at www.augaorganics.com.

READY TO USE PRODUCT, 3 WAYS TO HEAT

	2-3 min	pour and heat in a pot while stirring
	3-4 min 750 W	open the pouch and microwave as-is or in a microwave-safe container
	10 min	heat unopened pouch in simmering water

Nutrition Facts

about 2 servings per container

Serving size 1 cup (245g)

Amount per serving
Calories 160

% Daily Value*

Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	29%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 8g	
Vit. D 0mcg	0%
Iron 3mg	15%
Calcium 48mg	4%
Potas. 330mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: water, various lentils* (green, red, brown), carrots*, potatoes*, spices*, canola oil*, rice flour*, sea salt.

* ORGANIC PRODUCTS

Imported by: Point One International Ltd, Olmsted Falls, OH 44138.

Product of Lithuania.

Producer: Cooperative Grybai LT, Zibalų str. 37, LT-19124 Širvintos, Lithuania.

Store between 32 °F and 77 °F. Protect from direct sunlight. Keep refrigerated after opening and use within 2 days. Best before: look on the pouch. Certified organic by: Ekoagros.



LT-EKO-001
EU/non-EU Agriculture



NET WT. 14.1oz (400g)

SHARP CORNERS. HANDLE WITH CARE

Easy to open



SMART PACK
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READY TO EAT:
HEAT AND SERVE

At AUGA, we produce organic food in a sustainable way. It is grown responsibly, without depleting the soil. We say NO to chemicals and YES to sustainable agricultural practices and eco-friendly technologies. This **creamy squash soup** with sweet potatoes is cooked from selected organic butternut squashes, seasoned with different spices, a hint of sea salt, free from chemical fertilizers, pesticides and GMOs. They are cultivated with modern equipment and carefully selected. This delicious soup is packed in an eco-friendly pouch, which creates significantly less CO₂ emissions when compared to a can. Just heat and enjoy the great taste! Find out more at www.augaorganics.com.

READY TO USE PRODUCT, 3 WAYS TO HEAT

	2-3 min	pour and heat in a pot while stirring
	3-4 min 750 W	open the pouch and microwave as-is or in a microwave-safe container
	10 min	heat unopened pouch in simmering water

Nutrition Facts

about 2 servings per container
Serving size 1 cup (245g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	28%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	

Vit. D 0mcg 0%	Calcium 93mg 8%
Iron 2mg 10%	Potas. 690mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: butternut squash puree*, water, sweet potatoes puree*, coconut cream* (coconut extract*, water), corn flour*, sea salt, spices*.

Contains: coconut.

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NET WT. 14.1oz (400g)

SHARP CORNERS, HANDLE WITH CARE

Easy to open



SMART PACK:
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LESS WASTE



**GLUTEN
FREE**

**au
ga**



**VEGAN
FRIENDLY**



**READY TO EAT:
HEAT AND SERVE**

The name says it all - this soup is made from corn and has a naturally sweet taste and creamy texture. This style of soup is popular across Asia, the Middle East and the Americas. At **AUGA** we make organic food in a smart way. It is grown naturally, without depleting the soil, using innovative technologies and strictly avoiding any chemicals in the process. Delicious soup is packed in a light-weight pouch which creates significantly less CO₂ emissions compared to a can of the same size. Just heat it and enjoy the great taste! Find out more at www.augaorganics.com

READY TO USE PRODUCT, 3 WAYS TO HEAT

	2-3 min	pour and heat in a pot while stirring
	3-4 min 750 W	open the pouch and microwave as-is or in a microwave-safe container
	10 min	heat unopened pouch in simmering water

Nutrition Facts

1 Serving per container

Serving size 1 container (400g)

	Per 1 cup	Per container
Calories	170	270

	% DV*		% DV*	
Total Fat	7g	9%	11g	14%
Saturated Fat	6g	30%	10g	50%
Trans Fat	0g	0%	0g	0%
Cholesterol	0mg	0%	0mg	0%
Sodium	520mg	23%	860mg	37%
Total Carb.	22g	8%	35g	13%
Dietary Fiber	3g	11%	5g	18%
Total Sugars	4g		7g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	4g		7g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	31mg	2%	50mg	4%
Iron	1mg	6%	2mg	12%
Potassium	250mg	6%	410mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: water, sweet corn*, coconut cream* (coconut extract*, water), corn flour*, sea salt, leek*, onion*, black pepper*.

Contains: coconut.

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