



Complete Solution GOURMET

546'138 kcal

Emergency Food Extra incl. Herbs Package + Instant Coffee + Berries Package + Technology-Package + Drinking Water
Complete Package + First Aid Kit + additional Gas Cartridges

- Dimensions:** Delivery on pallets – approx. 1 m3
- Weight:** 220 kg without pallets
- Allergens:** Milk, eggs, gluten
- Storage:** Preferably cool and dry, without direct sunlight.
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Close again with the enclosed plastic lid. Do not eat directly from the container (contamination), then the opened product can be consumed for several weeks.
Avoid huge temperature range to prevent condensation.
- Shelf Life:** Tins: 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
Spelt flakes	1367 / 327	3,0g	0,0268g	63,0g	0,9g	12,0g	0,007g	11,5g
Macaroni	1500 / 354	2,0g	<0,5g	69,0g	2,5g	13,0g	0,03g	4,0g
Jasmine Rice	1450 / 347	1,0g	0,0g	77,0g	0,2g	7,0g	0,0g	1,5g
Mashed Potatoes	1518 / 358	0,5g	0,1g	77,9g	1,7g	6,5g	0,04g	k.A.
Chickpeas precooked	1412 / 336	5,9g	1,1g	44,3g	2,4g	18,6g	0,05g	15,5g
Risotto Rice	1460 / 344	0,6g	0,13g	77,8g	0,15g	6,8g	0,004g	1,4g
Red Lentils	1429 / 341	1,5g	0,3g	50g	1,1g	26g	0,01g	13g
Black Beans precooked	1604 / 380	1,4g	0,4g	62,4g	2,1g	21,6g	0,013g	15,5g
Spelt Flour	1452 / 346	1,8g	0,2g	68,0g	0,7g	12,9g	0,005g	3,0g
Whole Milk Powder	2065 / 494	26,2g	18,0g	40,6g	40,6g	24,6g	0,03g	<0,1g
Suger	1697 / 399	0g	0g	99,8g	99,8g	0g	0,001g	0g
Gravy	1300 / 311	2,0g	<0,5g	59,0g	6,0g	13,0g	5,1g	4,5g
Butter Powder	2898 / 701	64g	38g	17g	17g	15g	0,46g	0g
Vegetable Broth	840 / 198	2,0g	<0,5g	23,0g	12,0g	22,0g	40,0g	5,7g
Vegetable Mix	1287 / 307	2,7g	0,6g	46,0g	33,8g	13,0g	0,422g	22,9g
Green Peas	1500 / 359	2g	0,3g	47g	3g	26g	0,07g	19g
Spinach	1138 / 271	3,66g	0,44g	7,44g	5,68g	34,24g	2,12g	21,94g
Whole Egg Powder	2369 / 570	41,8g	11,6g	2,4g	2,4g	46,0g	1,3g	0g



Ingredients and directions

«Complete Solution GOURMET»

12 tins of Spelt Flakes, 900g each – **total 10.8 kg (35316 kcal)** – allergens: gluten

Ingredients: spelt flakes

For muesli, porridge or soup

12 tins of Macaroni, 900g each – **total 10.8 kg (38232 kcal)** – allergens: gluten

Ingredients: hard wheat semolina

Cook for 8 to 10 min

12 tins of Jasmine Rice, 1500g each – **total 18 kg (62460 kcal)**

Ingredients: jasmine rice

Bring to the boil (cooking time approx. 12 min.) and then only finish cooking/simmer over a low heat.

12 tins of Mashed Potatoes (lactose free), 750g each – **total 9 kg (for approx. 360 servings, 32220 kcal)**

Ingredients: 100% potatoes

(4 to 5 servings): Boil 500ml water with 4g salt, add 250ml milk, stir in 110g instant püree and allow to swell (can also be prepared without milk or with lactose free milk)

12 tins of Chickpeas precooked, 800g each – **total 9.6 kg (32256 kcal)**

Ingredients: chickpeas precooked and dehydrated

Soak briefly in cold water or sprinkle into a dish and allow to steep briefly

12 tins of Risotto Rice, 1600g each – **total 19.2kg (66048 kcal)**

Ingredients: risotto rice

Bring it to boil over high heat and let it simmer for 14 to 16 minutes

12 tins of Red Lentils, 1400g each – **total 16.8 kg (57288 kcal)**

Ingredients: red lentils

Let it simmer for 10 to 15 min

12 tins of Black Beans precooked, 800g each – **total 9.6 kg (36480 kcal)**

Ingredients: black beans precooked and dehydrated

Soak in cold water or sprinkle into a dish and leave it to rest

12 tins of Spelt Flour, 1000g each – **total 12 kg (41520 kcal)** – allergens: gluten

Ingredients: spelt flour

Suitable for making delicious pastries: bread, pasta, crepes, sauces, soups, doughs



12 tins of Whole Milk Powder, 900g each – **total 10.8 kg (equals 86.4 liters, 53352 kcal)** – allergens: milk

Ingredients: whole milk powder

Stir 33g powder into 250ml water

4 tins of Sugar à 1800g each – **total 7.2kg (28728 kcal)**

Ingredients: refined swiss sugar

2 tins of Gravy Powder vegan, 1000g each – **total 2 kg (6220 kcal)**

Ingredients: rice flour, yeast extract, potato starch, tomato powder, sea salt, iodised table salt, sugar, guar gum, paprika, pepper, bay leaf, rosemary, cloves, olive oil, maltodextrin, beetroot juice.

60g powder / per liter water, add the required amount to hot water, stirring vigorously with a whisk, and boil gently for 3-5 minutes, stirring occasionally.

3 tins of Butter Powder, 700g each – **total 2.1 kg (14721 kcal)** – allergens: milk

Ingredients: clarified butter 63% (CH), skimmed milk powder (CH), milk protein (CH) antioxidants (rosemary extract), 700g

Mix 100g powder in 40ml cold water and stir well

Very suitable as spread and to refine dishes (e.g. soups, risotto, pasta dishes, sauces etc.)

Not suitable for frying!

3 tins of Vegetable Broth, 1000g each – **total 3 kg (5940 kcal)**

Ingredients: yeast extract, sea salt, 24% vegetables (pumpkin, carrots, tomatoes, parsnips), sugar, parsley, olive oil, spices (mace thyme, pepper, bay leaf, coriander, rosemary) maltodextrin.

20g powder/per liter water, dissolve the required amount in boiling water and stir

3 tins of Vegetable Mix, 400g each – **total 1.2 kg (3684 kcal)**

Ingredients: carrots, leeks, parsnips, peppers, onions, courgettes and parsley; all air-dried.

Soak and cook for 10 min or sprinkle directly into a dish and leave it to rest

3 tins of Green Peas, 350g each – **total 1.05 kg (3768 kcal)**

Ingredients: green peas “premium” (mind. 9mm) freeze dried

Dry/fresh ratio: 1:3- which corresponds to 3.15kg fresh green peas

Soak in cold water or sprinkle directly into a dish and allow to soak or eat directly as “chips”

3 tins of Spinach, 120g each – **total 0.36 kg (975 kcal)**

Ingredients: spinach (3-5mm) freeze dried

Dry/fresh ratio: 1:11 - which corresponds to 3.96kg fresh string beans

Soak and cook for 10 min or sprinkle directly into a dish and leave it to rest

3 tins of Whole Egg Powder, 800g each – **total 2.4 kg (equals approx. 175 eggs, 13680 kcal)** – allergens: eggs

Ingredients: whole egg powder (100% chicken whole egg)

1 part of powder into 3 parts of water

1 x Herbs Package, 5.7 kg (5957 kcal)

Ingredients: 1 tin each of – Wild Garlic, Basil, Spring Onions, Spearmint, Garlic, Leek, Oregano, Parsley, Rosemary, Sage, Chives, Onions

3 tins of Instant Coffee à 500g each – **total 1.5 kg – results in 500-600 cups of coffee**

Ingredients: 100% soluble, freeze dried coffee

Pour 2 teaspoons of instant coffee into a cup add hot water and stir briefly

1 x Berries Package, 5.9 kg (7293 kcal) consisting of:

3 tins of Blackberries freeze dried, 200g each, total 600g (2088 kcal)

Ingredients: whole freeze dried blackberries

freshness ratio 1:8, which corresponds to approx. 4.8kg fresh blackberries

3 tins of Strawberries freeze dried, 150g each, total 450g (1485 kcal)

Ingredients: sliced freeze dried strawberries

freshness ratio 1:10, which corresponds to approx. 4.5kg fresh strawberries

3 tins of Raspberries freeze dried, 150g each, total 450g (1350 kcal)

Ingredients: whole freeze dried raspberries

freshness ratio 1:7, which corresponds to approx. 3.15kg fresh raspberries

3 tins of Blueberries freeze dried, 250g each, total 750g (2370 kcal)

Ingredients: whole freeze dried blueberries

freshness ratio 1:7, which corresponds to approx. 5.25kg fresh blueberries

As (dessert) supplement in emergency food, müsli or for direct consumption

1 x Technology Package consisting of:

- Gas cooker
- Pan set
- 3x gas cartridge 230g
- Hand crank radio Survivor DAB
- Hand crank lantern "GoalZero LightHouse 600"
- Matches, 10 pack
- FireSteel Scout
- 5 x candles, long burning

1 x Drinking Water Complete Package consisting of:

- Katadyn Pocket Water Filter
- Activated carbon adapter
- Micropur-Classic (40 tablets for 10 liters each), for water conservation
- 3 pieces of foldable water canisters of 10 liters with minimum packing size

1 x First Aid Kit consisting of:

- First Aid Kit "Professional"
- 4 x therapeutic heat patch SHOOSH
- Emergency Dental Pharmacy
- Emergency sleeping bag
- 0.5lt. Drinking water (5x2x50ml)
- Emergency Respiration Aid
- 3 x bags of 8 pcs. Uni-Tissue Tablet Wipes

Additionally: 12 x gas cartridges 450g