



Emergency Food Classic

44'076 kcal

Dimensions: 55 x 41 x 23 L/W/H in cm

Weight: 15.8 kg

Allergens: Milk, egg, 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).
Emergency Rations NR-72: 20 years

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
whole milk powder	2065 / 494	26,2g	18,0g	40,6g	40,6g	24,6g	0,03g	<0,1g
chickpeas precooked	1412 / 336	5,9g	1,1g	44,3g	2,4g	18,6g	0,05g	15,5g
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
mashed potatoes	1518 / 358	0,5g	0,1g	77,9g	1,7g	6,5g	0,04g	n.s.
risotto rice	1460 / 344	0,6g	0,13g	77,8g	0,15g	6,8g	0,004g	1,4g
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
spelt flour	1452 / 346	1,8g	0,2g	68,0g	0,7g	12,9g	0,005g	3,0g
vegetable mix	1287 / 307	2,7g	0,6g	46,0g	33,8g	13,0g	0,4g	22,9g
vegetable broth	840 / 198	2,0g	<0,5g	23,0g	12,0g	22,0g	40,0g	5,7g
whole egg powder	2369 / 570	41,8g	11,6g	2,4g	2,4g	46,0g	1,3g	0g
gravy	1300 / 311	2,0g	<0,5g	59,0g	6,0g	13,0g	5,1g	4,5g
NR-72 Ration	1707 / 404	7,20g	4,10g	70,0g	55,0g	13,0g	0,35g	3,7g

Ingredients and directions

“Emergency Food Classic”

1 tin of Spelt Flakes, 900g (2943 kcal) – allergens: gluten

Ingredients: spelt flakes

For muesli, porridge or soup

1 tin of Vegetable Mix, 400g (1228 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

1 tin of macaroni, 900g (3186 kcal) – allergens: gluten

Ingredients: hard wheat semolina

Cook for 8 to 10 min

1 tin of Mashed Potatoes (lactose free), for approx. 30 servings, 750g (2685 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)

1 tin of Chickpeas precooked, 800g (2688 kcal)

Ingredients: chickpeas precooked and dehydrated

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

1 tin of Risotto Rice, 1600g (5504 kcal)

Ingredients: risotto rice

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

1 tin of Red Lentils, 1400g (4774 kcal)

Ingredients: red lentils

Let it simmer for 10 to 15 min

1 tin of Black Beans precooked, 800g (3040 kcal)

Ingredients: black beans precooked and dehydrated

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



1 tin of Spelt Flour, 1000g (3460 kcal) – allergens: gluten

Ingredients: spelt flour

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

1 tin of Whole Milk Powder, 900g (equals 7,2 liters of milk - 4446 kcal) – allergens: milk

Ingredients: whole milk powder

Stir 33g powder into 250ml water

1 pouch of Gravy powder vegan, 150g (equals 2,5 liters of gravy - 467 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.

1 pouch of Vegetable Broth, 260g (equals 13 liters of vegetable broth - 515 kcal)

Ingredients: yeast extract, sea salt, 24% tr. vegetables (pumpkin, carrots, tomatoes, parsnips), sugar, tr. 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

1 pouch of Whole Egg Powder, 200g (equals approx. 13 to 15 eggs - 1140 kcal) – allergens: egg

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

1 part of powder into 3 parts of water

4 Emergency Rations NR-72, 495g each (8000 kcal) – allergens: gluten, milk (may contain traces of eggs)

Ingredients: dried barley malt extract 34%, whole milk powder, sugar, skimmed milk powder, low-fat cocoa, honey, emulsifier (sunflower lecithin), flavouring.

Either eat slowly and chew well or crumble and mix in water or milk.