



Ingredients and directions

“Emergency Food Classic”

1 tin of Oat Flakes, 800g (2960 kcal)

For muesli, porridge or soup

1 tin of Vegetable Mix, 400g (1228 kcal)

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

1 tin of Macaroni, 900g (3186 kcal)

Cook for 8 to 10 min

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

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

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

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

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

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

1 tin of Red Lentils precooked, 1100g (3718 kcal)

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

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

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

1 tin of Spelt Flour, 1000g (3460 kcal)

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)

Stir 33g powder into 250ml water



1 pouch of Gravy powder vegan, 150g (equals 2,5 liters of gravy – 467 kcal)

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)

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)

1 part of powder into 3 parts of water

4 Emergency Rations NR-72, 495g each (8000 kcal)

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



Emergency Food Classic

43'037 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.

Nutritional values per 100g

Oat Flakes:

Ingredients: oat flakes – may contain traces of GLUTEN

Energy	1550kJ / 370kcal
Fat	7.0g
Therof saturated fatty acids	1.5g
Carbohydrates	63.0g
Therof sugar	1.0g
Protein	13.0g
Salt	0.03g
Dietary Fibres	6.0g

Vegetable Mix:

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

Nutritional values per 100g

Energy	1287kJ / 307kcal
Fat	2.7g
Therof saturated fatty acids	0.6g
Carbohydrates	46.0g
Therof sugar	33.8g
Protein	13.0g
Salt	0.4g
Dietary Fibres	22.9g

Macaroni:

Ingredients: durum wheat semolina

Energy	1500kJ / 354kcal
Fat	2g
Therof saturated fatty acids	<0.5g
Carbohydrates	69g
Therof sugar	2.5g
Dietary Fibres	4g
Protein	13g
Salt	0.03g

Mashed Potatoes (lactose free)

Ingredients: 100% dried potatoes

Energy	1518kJ / 358kcal
Fat	0.5g
Thereof saturated fatty acids	0.1g
Carbohydrates	77.9g
thereof sugar	1.7g
Protein	6.5g
Salt	0.04g

Chickpees precooked:

Ingredients: chickpeas precooked

Nutritional values per 100g

Energy	1412kJ / 336kcal
Fat	5.9g
Thereof saturated fatty acids	1.1g
Carbohydrates	44.3g
thereof sugar	2.4g
Dietary Fibres	15.5g
Protein	18.6g
Salt	0.05g

Risotto rice:

Ingredients: risotto rice

Energy	1460kJ / 344kcal
Fat	0.6g
Thereof saturated fatty acids	-
Carbohydrates	77.8g
thereof sugar	0.1g
Dietary Fibres	1.4g
Protein	6.8g
Salt	-

Red Lentils:

Ingredients: lentils red precooked

Energy	1425kJ / 338kcal
Fat	2.0g
Thereof saturated fatty acids	0.4g
Carbohydrates	40.7g
thereof sugar	0.6g
Dietary Fibres	20.6g
Protein	29.1g
Salt	0.4g

Black Beans:

Ingredients: beans black precooked



Nutritional values per 100g

Energy	1604kJ / 380kcal
Fat	1.4g
Thereof saturated fatty acids	0.4g
Carbohydrates	62.4g
thereof sugar	2.1g
Dietary Fibres	15.5g
Protein	21.6g
Salt	0.013g

Spelt Flour:

Ingredients: SPELT flour

Energy	1452kJ/346kcal
Fat	1.8g
Thereof saturated fatty acids	0.2g
Carbohydrates	68g
thereof sugar	0.7g
Dietary Fibres	3.0g
Protein	12.9g
Salt	0.005g

Whole Milk Powder:

Ingredients: whole MILK powder spray-dried

Energy	2065kJ / 494kcal
Fat	26.2g
Thereof saturated fatty acids	18.0g
Carbohydrates	40.6g
thereof sugar	40.6g
Dietary Fibres	<0.1g
Protein	24.6g

Salt

0.71g



Gravy Powder:

Ingredients: rice flour, yeast extract, potato starch, tomato powder, sea salt, iodized salt, sugar, thickener (guar gum), spices (paprika, pepper, laurel, rosemary, cloves), olive oil, maltodextrin, dried beetroot juice.

Nutritional values per 100g

Energy	1300kJ / 311kcal
Fat	2g
Thereof saturated fatty acids	<0.5g
Carbohydrates	59g
thereof sugar	6g
Dietary Fibres	4.5g
Protein	13g
Salt	5.1g

Vegetable Broth:

Ingredients: yeast extract, sea salt, dried vegetables 24% (pumpkin, carrots, tomatoes, parsnips), sugar, dried parsley, olive oil, spices (macis, thyme, pepper, laurel, coriander, rosemary), maltodextrin

Energy	840kJ / 198kcal
Fat	2g
Thereof saturated fatty acids	<0.5g
Carbohydrates	23g
thereof sugar	12.0g
Dietary Fibres	5.7g
Protein	22g
Salt	40g

Whole Egg Powder:

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

Energy	2369kJ / 570kcal
Fat	41.8g
Thereof saturated fatty acids	11.6g
Carbohydrates	2.4g
thereof sugar	2.4g

Dietary Fibres	-
Protein	41.8g
Salt	1.3g



Emergency rations NR-72:

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

Nutritional values per 100g

Energy	1707KJ/404kcal
Fat	7.2g
Thereof saturated fatty acids	4.1g
Carbohydrates	70g
thereof sugar	55g
Dietary Fibres	3.7g
Protein	13g
Salt	0.35g

