

“Family Offer Classic”

Package contents



Family Offer Classic 1 of 4

- 1 tin of oat flakes 800g
- 1 tin of vegetable mix 400g
- 1 tin of macaroni 900g
- 1 tin of mashed potatoes 750g
- 1 tin of chickpeas precooked 800g
- 1 tin of risotto rice 1600g
- 1 tin of red lentils precooked 1100g
- 1 tin of black beans precooked 800g
- 1 tin of spelt flour 1000g
- 1 tin of whole milk powder 900g
- 2 x 495g NR-72 emergency ration
- **1 tin of gravy powder 600g**

Family Offer Classic 2 of 4

- 1 tin of oat flakes 800g
- 1 tin of vegetable mix 400g
- 1 tin of macaroni 900g
- 1 tin of mashed potatoes 750g
- 1 tin of chickpeas precooked 800g
- 1 tin of risotto rice 1600g
- 1 tin of red lentils precooked 1100g
- 1 tin of black beans precooked 800g
- 1 tin of spelt flour 1000g
- 1 tin of whole milk powder 900g
- 2 x 495g NR-72 emergency ration
- **1 tin of vegetable broth 1000g**

Family Offer Classic 3 of 4

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- 1 tin of mashed potatoes 750g
- 1 tin of chickpeas precooked 800g
- 1 tin of risotto rice 1600g
- 1 tin of red lentils precooked 1100g
- 1 tin of black beans precooked 800g
- 1 tin of spelt flour 1000g
- 1 tin of whole milk powder 900g
- 2 x 495g NR-72 emergency ration
- **1 tin whole egg powder, 800g**

Family Offer Classic 4 of 4

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- 1 tin of chickpeas precooked 800g
- 1 tin of risotto rice 1600g
- 1 tin of red lentils precooked 1100g
- 1 tin of black beans precooked 800g
- 1 tin of spelt flour 1000g
- 1 tin of whole milk powder 900g
- 2 x 495g NR-72 emergency ration
- **2 x 495g NR-72 emergency ration (additional)**



Ingredients and directions

“Family Offer Classic”

4 tin of Oat Flakes, 800g each, total 3200g (11840 kcal)

For muesli, porridge or soup

4 tins of Vegetable Mix, 400g each, total 1600g (4912 kcal)

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

4 tins of Macaroni, 900g each, total 3600g (12744 kcal)

Cook for 8 to 10 min

4 tins of Mashed Potatoes (lactose free), 750g each, total 3000g (for approx. 120 servings, 10740 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)

4 tins of Chickpeas precooked, 800g each, total 3200g (10752 kcal)

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

4 tins of Risotto Rice, 1600g each, total 6400g (22016 kcal)

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

4 tins of Red Lentils precooked, 1100g each, total 4400g (14872 kcal)

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

4 tins of Black Beans precooked, 800g each, total 3200g (12160 kcal)

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

4 tins of Spelt Flour, 1000g each, total 4000g (13840 kcal)

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

4 tins of Whole Milk Powder, 900g each, total 3600g (equals 28,8 liters, 17784 kcal)

Stir 33g powder into 250ml water



1 tin of Gravy Powder vegan, 600g (1866 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 tin of Vegetable Broth, 1000g (1980 kcal)

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

1 tin of Whole Egg Powder, 800g (equals approx. 55 to 60 eggs, 4560 kcal)

1 part of powder into 3 parts of water

10 Emergency rations NR-72, 495g each (20000 kcal)

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



Family Offer Classic

160'066 kcal

One month supply for 4 persons at a family price.

Dimensions:	4 x (55 x 41 x 23) - length/width/height in cm
Weight:	4 x 15.8 kg = 63 kg total
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
Dietary Fibres	6.0g
Protein	13.0g
Salt	0.03g

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
Dietary Fibres	22.9g
Protein	13.0g
Salt	0.4g

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