



Family Offer Classic

164'222 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 = 63.2 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.
- 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	0,422g	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 powder	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

Package contents

Family Offer Classic 1 of 4

- 1 tin of spelt flakes 900g
- 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 1400g
- 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 spelt flakes 900g
- 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 1400g
- 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 1 of 4

- 1 tin of spelt flakes 900g
- 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 1400g
- 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 2 of 4

- 1 tin of spelt flakes 900g
- 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 1400g
- 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 instructions

“Family Offer Classic”

4 tins of Spelt Flakes, 900g each, total 3600g (11772 kcal) – allergens: gluten

Ingredients: spelt flakes

For muesli, porridge or soup

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

4 tins of Macaroni, 900g each, total 3600g (12744 kcal) – allergens: gluten

Ingredients: hard wheat semolina

Cook for 8 to 10 min

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

Ingredients: 100% potatoes

(4 to 5 servings): boil 500ml water with g salt, add 250ml milk, stir in 110g instant püree 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)

Ingredients: chickpeas precooked and dehydrated

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)

Ingredients: risotto rice

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

4 tins of Red Lentils, 1400g each, total 5600g (20104 kcal)

Ingredients: red lentils

Let it simmer for 10 to 15 min

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

Ingredients: black beans precooked and dehydrated

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



4 tins of Spelt Flour, 1000g each, total 4000g (13840 kcal) – allergens: gluten

Ingredients: spelt flour

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) – allergens: milk

Ingredients: whole milk powder

Stir 33g powder into 250ml water

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

Ingredients: yeast extract, sea salt, 24% tr. vegetables (pumpkin, carrots, tomatoes, parsnips), sugar, dried 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 tin of Whole Egg Powder, 800g (equals approx. 55 to 60 eggs, 4560 kcal) – allergens: egg

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

1 part of powder into 3 parts of water

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