



Emergency Food Gluten/- and Lactose-free

49'452 kcal



- Dimensions:** 55 x 41 x 23 L/W/H in cm
- Weight:** 17.2 kg
- Allergens:** Egg, milk (max. 0.1% lactose), may contain traces of gluten
- Storage:** Preferably cool and dry, without direct sunlight.
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Always close the tin firmly with the plastic lid. Do not eat directly from the container (contamination), the opened product can be consumed within several weeks.
Avoid large temperature variation to prevent condensation.
- Shelf Life:** Tins: 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).
Emergency Rations NRG-5 ZERO: 15 years

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
vegetable mix	1287 / 307	2,7g	0,6g	46,0g	33,8g	13,0g	0,4g	22,9g
golden millet	1520 / 363	3.5g	0.5g	70g	0.4g	10g	0.0g	3g
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
lactose-free skimmed milk powder	1520 / 360	1g	0.6g	50.4g	50.4g	35.8g	0.92g	0g
2-min corn semolina	1470 / 351	1g	0.2g	65.5g	1.5g	5.6g	0.002g	3g
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
sugar	1697 / 399	0g	0g	99.8g	99.8g	0g	0.001g	0g
gravy powder	1300 / 311	2,0g	<0,5g	59,0g	6,0g	13,0g	5,1g	4,5g
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
NRG-5 ZERO	1930 / 465	17.1g	8.9g	53.4g	12.9g	14.5g	0.4g	7.4g



Ingredients and directions

“Emergency Food Gluten/- and Lactose-free”

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

Ingredients: carrots, leeks, parsnips, peppers, onions, zucchini 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 Golden Millet, 1400g (5082 kcal) – allergens: may contain traces of gluten

Ingredients: golden millet

Cook for 8 to 10 min, then cover and leave it to rest for 15 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

2 tins of lactose-free skimmed Milk Powder, 1100g (yields 8.32 Liter, 3960 kcal) – allergens: milk (max. 0.1% lactose)

Ingredients: skimmed milk, enzyme (lactase)

Mix 33g powder in 250ml water and stir well

1 tin of 2-min Corn Semolina, 1200g (4212 kcal) – allergens: may contain traces of gluten

Ingredients: corn semolina

Semolina/liquid ratio: 1:4

Stir into boiling water and let it simmer on low heat for 2 to 5 min

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 Sugar, 1800g (7182 kcal)

Ingredients: swiss fine crystal sugar

1 pouch of Gravy Powder gluten/-and lactose- free/vegan, 150g (equals 2,5 liter 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, 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 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

3 rations of NRG-5 ZERO à je 500g (6975 kcal)

Ingredients: baked rice, palm fat, sugar, rice protein, natural flavor

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