



Emergency Food Vegan

33'357 kcal

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

Weight: 13.6 kg

Allergens: 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: 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
bananas	1500 / 360	0.7g	0.2g	77g	67g	4g	0.01g	8g
spelt flakes	1367 / 327	3.0g	0.0268g	63.0g	0.9g	12.0g	0.007g	11.5g
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
green peas	1500 / 359	2g	0.3g	47g	3g	26g	0.07g	19g
raspberries	1259 / 300	2.1g	0.07g	33.67g	33.59g	9.1g	0.02g	32.9g
jasmine rice	1450 / 347	1.0g	0.0g	77.0g	0.2g	7.0g	0.0g	1.5g
carrots	1274 / 303	1.4g	0.31g	52.7g	49.37g	6.51g	0.45g	23.72g
chickpeas	1412 / 336	5.9g	1.1g	44.3g	2.4g	18.6g	0.05g	15.5g
quinoa white	1494 / 354	6.1g	0.7g	57.2g	4.9g	14.1g	0.03g	7g
red lentils	1429 / 341	1.5g	0.3g	50g	1.1g	26g	0.01g	13g
black beans	1604 / 380	1.4g	0.4g	62.4g	2.1g	21.6g	0.013g	15.5g



Ingredients and directions

“Emergency Food Vegan”

1 tin of Bananas, 300g (1080kcal)

Ingredients: 100% bananas freeze dried, 300g

dry/fresh ratio: 1:4, which corresponds to 1.2kg of fresh bananas

Soak in cold water, eat cold or warm or sprinkle directly into a dish and allow to soak or eat directly as “chips”

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 Golden Millet, 1400g (5082 kcal) – allergens: may contain traces of gluten

Ingredients: golden millet

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

1 tin of Green Peas, 350g (1256 kcal)

Ingredients: green peas “premium” (at least 9mm), freeze dried, 350g

Soak in cold water, eat cold or warm or sprinkle directly into a dish and allow to soak

1 tin of Raspberries, 150g (450kcal)

Ingredients: 100% raspberries freeze dried, whole fruits, 150g

dry/fresh ratio: 1:7, which corresponds to 1.05kg of fresh raspberries

Soak in cold water, eat cold or warm or sprinkle directly into a dish and allow to soak or eat directly as “chips”

1 tin of Jasmine Rice, 1500g (5205 kcal)

Ingredients: jasmine rice

Bring it to boil over high heat, cover and let it simmer until done. Approx. 20 min

1 tin of Carrots, 450g (1363 kcal)

Ingredients: Carrots (irregular pieces approx. 16x16x2mm) air dried, 450g

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

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 Quinoa white, 1200g (4248kcal)

Ingredients: quinoa white

Quinoa/Water ratio: 1:1,5

Simmer for 8 min. Remove pot from heat and leave it to rest for 5 min

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

