

Emergency Food 7 days

13'146kcal



More than 2'000kcal per day with hearty ready to eat meals,
Wholemeal Rye Tinned Bread, Tinned Cheese, SicherSatt Chocolate and NR-72

Weight: total of 11,4 kg

Ideal storage: constant temperature around 15 to 20 degree celsius

Shelf life SiSa products: 10 years

Shelf life NRG-5: 20 years

Allergens: milk, fresh egg, gluten, soja, hard wheat semolina
(may contain traces of nuts, milk, sesame,
celery und mustard)

Nutritional values per 100g:

Product	Energy KJ / kcal	Fat	th. Saturated fatty acids	Carbo- hydrates	thereof sugar	Protein	Salt
Pea Stew	246 / 59	1,35g	0,40g	6,67g	0,68g	3,36g	0,98g
Vegetable Bolognese	424 / 101	1,35g	0,40g	19,67g	1,58g	2,56g	0,68g
Gulash Soup	266 / 62	3,57g	1,01g	3,72g	2,18g	3,91g	0,56g
Potatoe Stew	392 / 94	6,35g	3,40g	6,67g	2,58g	2,36g	0,98g
Noodles in Tomato S.	297 / 71	6,00g	3,20g	1,67g	0,58g	2,36g	0,68g
Ratatouille Quinoa	979 / 234	4,40g	3,10g	63,60g	6,50g	2,36g	0,02g
Asparagus/Spinach	864 / 213	29,35g	13,40g	19,67g	7,58g	3,56g	2,68g
Wholemeal Rye Bread	759 / 180	1,20g	0,20g	32,30g	3,20g	5,20g	1,10g
Gouda-Tinned-Cheese	1427 / 344	28,00g	20,00g	0,10g	0,10g	23,0g	1,00g
NR-72 Ration	1738 / 412	7,60g	4,30g	69,0g	54,0g	15,0g	0,35g
SicherSatt Chocolate	2330 / 561	39,00g	24,00g	39,00g	34,00g	8,00g	0,02g

Ingredients of all products

2 Tins of Pea Stew, 400g

Ingredients: 50% peas, carrots, potatoes, onions, rock salt, vegetable broth, pepper, sugar

2 Tins of Vegetable Bolognese, 400g

Ingredients: 50% (vegetable pepper, corn, carrots, onions, celery), water, tomato puree,
tomato paste, paprika powder, sugar, broth, salt, pepper, 25% noodles,
hard wheat semolina, fresh egg (12,5%)

Allergens: Celery, hard wheat semolina, fresh egg

2 Tins of Gulash Soup, 425ml

Ingredients: 35% beef, 30% tomato puree, 10% water, vegetable pepper, potatoes, carrots,
onions, herbs, spices

2 Tins of Potato Stew, 400g

Ingredients: 65% potatoes, green beans, carrots, green beans, corn, water, onions, rock salt, spices, herbs, pepper, sugar

2 Tins of Noodles in Tomato Basil Sauce, 400g

Ingredients: 50% noodles, hard wheat semolina, 50% tomato sauce, tomato puree, water, spices, herbs, salt, pepper, sugar, basil

Allergens: hard wheat semolina

2 Tins of Ratatouille Vegetables with Quinoa, 400g

Ingredients: 50% ratatouille-vegetables (tomatoes, zucchini, eggplant, onions, red pepper – in variable proportions of weight), 20% tomato puree, 15% quinoa, 10% water, spices, herbs, sugar, pepper

2 Tins of Asparagus with Creamed Spinach and Potatoes, 400g

Ingredients: 30% asparagus, 25% spinach, 25% potatoes, water, milk, rapeseed oil, onions, spices, herbs, sugar, garlic

Allergens: milk

1 Tin of Wholemeal Rye Tinned Bread, 500g

Ingredients: wholemeal rye bread, water, salt, yeast

Allergens: gluten (may contain traces of nuts, milk and sesame).

1 x Tinned Cheese Gouda, 250g

Ingredients: Gouda (48% fat in dry matter (pasteurized cow's milk, table salt, acidification cultures, microbial rennet)).

Allergens: Cow's milk (may contain traces of gluten, egg, celery and mustard).

2 Rations NR-72, 495g

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

Allergens: gluten, milk and egg (may contain traces of soy)

2 Bars of SicherSatt Chocolate

Ingredients: Cocoa mass, cane sugar, cocoa butter, vanilla beans. (Cocoa: 65% minimum)
(Cocoa is not of Swiss origin)

Allergens: May contain milk and traces of nuts