# Berries Package

## 8'283 kcal

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|---|---|
| **Dimensions:** | 55 x 41 x 23 L/W/H in cm |
| **Weight:** | 6.2 kg |
| **Storage:** | If possible, cool and dry, without direct sunlight.<br>A constant temperature of below 20° celsius would be optimal. |
| **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.<br>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 |
|---|---|---|---|---|---|---|---|---|
| blackberries | 1464 / 348 | 6,92g | 0,42g | 43,18g | 43,18g | 8,3g | 0,03g | 22,14g |
| strawberries | 1400 / 330 | 4,0g | 0,3g | 52,0g | 51,0g | 8,0g | 0,023g | 19,0g |
| raspberries | 1259 / 300 | 2,1g | 0,07g | 33,67g | 33,59g | 9,1g | 0,02g | 32,9g |
| blueberries | 1322 / 316 | 4,12g | 0,25g | 41,5g | 41,5g | 4,12g | 0,02g | 33,61g |

# Ingredients and instructions

**3 tins of Blackberries freeze dried, 200g each, total 600g (2088 kcal)**

Ingredients: whole freeze dried blackberries

freshness ratio 1:8, which corresponds to approx. 4.8kg fresh blackberries

As (dessert) supplement in emergency food, müsli or for direct consumption


**3 tins of Strawberries freeze dried, 250g each, total 750g (2475 kcal)**

Ingredients: sliced freeze dried strawberries,

freshness ratio 1:10, which corresponds to approx. 7.5kg fresh strawberries

As (dessert) supplement in emergency food or for direct consumption


**3 tins of Raspberries freeze dried, 150g each, total 450g (1350 kcal)**

Ingredients: whole freeze dried raspberries

freshness ratio 1:7, which corresponds to approx. 3.15kg fresh raspberries

As (dessert) supplement in emergency food, müsli or for direct consumption


**3 tins of Blueberries freeze dried, 250g each, total 750g (2370 kcal)**

Ingredients: whole freeze dried blueberries

freshness ratio 1:7, which corresponds to approx. 5.25kg fresh blueberries

As (dessert) supplement in emergency food, müsli or for direct consumption