



## Contents, Allergens & Nutritional Information

### 72-hr SURVIVAL RATIONS KIT - Menu 1A



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| CONTENTS           |                                                            |                        |          |
|--------------------|------------------------------------------------------------|------------------------|----------|
| CATEGORY           | FOOD ITEM                                                  | PER SERVING<br>(grams) | QUANTITY |
| MEAL               | Beef and Vegetable Casserole                               | 300                    | 1        |
| MEAL               | Biryani Beef                                               | 300                    | 1        |
| MEAL               | Biryani Chicken                                            | 300                    | 1        |
| MEAL               | Chicken and Vegetable Casserole                            | 300                    | 1        |
| MEAL               | Mild and Spicy Chicken Pasta                               | 300                    | 1        |
| MEAL               | Spaghetti Bolognese                                        | 300                    | 1        |
| BREAKFAST          | Maize Porridge - Chocolate Flavour                         | 80                     | 1        |
| BREAKFAST          | Maize Porridge - Strawberry Flavour                        | 80                     | 1        |
| BREAKFAST          | Sorghum Porridge - Original Flavour                        | 80                     | 1        |
| BEVERAGE           | Isotonic Drink (Peach)                                     | 50                     | 2        |
| BEVERAGE           | Isotonic Drink (Pineapple)                                 | 50                     | 2        |
| BEVERAGE           | Isotonic Drink (Strawberry)                                | 50                     | 2        |
| BEVERAGE           | Black Tea                                                  | 2                      | 6        |
| BEVERAGE           | Coffee (N)                                                 | 2                      | 3        |
| BEVERAGE           | Creamer                                                    | 8                      | 9        |
| BEVERAGE           | Hot Chocolate (Vegan)                                      | 50                     | 3        |
| VITAMIN C          | Super C Sweets                                             | 3                      | 20       |
| SNACK              | Chocolate Energy Bar                                       | 45                     | 1        |
| SNACK              | Fruit Cubes                                                | 60                     | 1        |
| SNACK              | BBQ Peanuts                                                | 60                     | 1        |
| SNACK              | Crunchy Oat Biscuits                                       | 100                    | 1        |
| SNACK              | Chocolate Chip Biscuits                                    | 100                    | 1        |
| SNACK              | Digestive Biscuits                                         | 100                    | 1        |
| SNACK              | Wholewheat Crackers                                        | 50                     | 3        |
| SPREAD             | Nut Butter                                                 | 40                     | 3        |
| SPREAD             | Peanut Butter                                              | 40                     | 3        |
| CONDIMENT          | Salt                                                       | 1                      | 6        |
| CONDIMENT          | Ground Black Pepper                                        | 0.4                    | 6        |
| CONDIMENT          | Sugar                                                      | 10                     | 9        |
| UTENSIL            | Spork                                                      |                        | 9        |
| HEATING KIT        | Flameless Ration Heater Kit: 1 Heating Pad + 1 Heating Bag |                        | 6        |
| WATER PURIFICATION | Water Purification Tablets 4's                             |                        | 3        |
| HYGIENE            | Sterilizing Wipes                                          |                        | 9        |
| TOTAL              |                                                            |                        | 119      |

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| ALLERGENS & INGREDIENTS             |                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-------------------------------------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| FOOD ITEM                           | ALLERGENS*                    | INGREDIENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Beef and Vegetable Casserole        | None                          | Water. Beef (15%). Tomato (11%). Potato. Rice. Carrot. Green Beans. Peas. Sunflower Oil. Onion. Tomato Paste (Tomatoes, Salt). Brown Sugar.<br>Salt. Modified Starch (E1422). Garlic. Vegetable Flavouring. Black Pepper. Thickener: E415. Spices.                                                                                                                                                                                                                                                                                                                                            |
| Biryani Beef                        | Sulphur Dioxide               | Water (22%). Beef (20%). Coconut Milk [Coconut Extract (81%), Water (18%), Stabiliser (E412) (0.1%), Stabiliser (E466), Emulsifier (E435), Antioxidant Citric Acid, Antioxidant (E223) (Sulphur Dioxide)] (12%). Rice. Tomato. Carrot. Potato. Onion. Vegetable Oil (100% Sunflower Seed Oil). Green Beans. Brown Sugar. Green Beans. Tomato Paste (Tomatoes, Salt). Salt. Garlic. Spices. Xanthan Gum (415).                                                                                                                                                                                 |
| Biryani Chicken                     | Sulphur Dioxide               | Water (22%). Chicken (20%). [Coconut Extract (81%), Water (18%), Stabiliser (E412) (0.1%), Stabiliser (E466), Emulsifier (E435), Antioxidant Citric Acid, Antioxidant (E223) (Sulphur Dioxide)] (12%). Tomato. Rice. Carrot. Potato. Onion. Sunflower Oil. Brown Sugar. Green Beans. Tomato Paste (Tomatoes, Salt). Lentils. Salt. Garlic. Thickener (Xanthan Gum). Spices.                                                                                                                                                                                                                   |
| Chicken and Vegetable Casserole     | None                          | Water. Chicken (20%). Potato (6%). Rice (6%). Carrot. Sunflower Oil. Onion. Sweetcorn. Peas. Modified Starch. Vegetable Flavouring. Brown Sugar. Tomato Paste (Tomatoes, Salt). Salt. Garlic. Thickener : Xanthan Gum. Spices.                                                                                                                                                                                                                                                                                                                                                                |
| Mild and Spicy Chicken Pasta        | Gluten/Wheat                  | Water (24%). Chicken (20%). Tomato (16%). Pasta (Wheat Flour, Water (Gluten) (7%). Carrot. Red Peppers. Tomato Paste (Tomatoes, Salt). Marrow. Sunflower Oil. Onion. Brown Sugar. Modified Starch (E1422). Salt. Garlic. Vegetable Flavouring. Thickener: Xanthan Gum (E415). Spices.                                                                                                                                                                                                                                                                                                         |
| Spaghetti Bolognaise                | Gluten/Wheat                  | Water (27%). Tomato (17%). Beef Mince (15%). Pasta (Wheat Flour, Water) (Gluten) (8%). Carrot. Green Beans. Sunflower Oil. Tomato Paste (Tomatoes, Salt). Onion. Brown Sugar. Sweetcorn. Modified Starch (E1422). Salt. Vegetable Flavouring. Garlic. Paprika. Thickener (Xanthan Gum). Spices.                                                                                                                                                                                                                                                                                               |
| Maize Porridge - Chocolate Flavour  | Soya                          | Pre-cooked Maize [Maize] (65%). Sugar (18%). Soy Isolate (Soybean) (15%). Salt. Anti-caking Agent [Precipitated Silica]. Tricalcium Phosphate (E341). Flavouring. Colouring.                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Maize Porridge - Strawberry Flavour | Soya                          | Pre-cooked Maize [Maize] (65%). Sugar (18%). Soy Isolate (Soybean) (15%). Salt. Anti-caking Agent [Precipitated Silica]. Tricalcium Phosphate (E341). Flavouring. Colouring.                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Sorghum Porridge - Original Flavour | Soya                          | Pre cooked sorghum (65 %). Sugar (18 %). Soy isolate (Soybean) (15 %). Salt. Anti-caking agent [Silicon Dioxide (Silica Salt) (E551)]. Tricalcium phosphate (E341). Flavouring.                                                                                                                                                                                                                                                                                                                                                                                                               |
| Isotonic Drink (Peach)              | None                          | Castor sugar (98 %). Acidity Regulator: E330 (1%). Flavouring (Peach). Colourant: E110, E122. Magnesium oxide (E530). Anti-caking agent: E551. Potassium chloride (E508). Ascorbic acid (E300). Salt.                                                                                                                                                                                                                                                                                                                                                                                         |
| Isotonic Drink (Pineapple)          | None                          | Castor sugar (98 %). Acidity Regulator: E330 (1%). Flavouring (Pineapple). Colourant: E110, E122. Magnesium oxide (E530). Anti-caking agent: E551. Potassium chloride (E508). Ascorbic acid (E300). Salt.                                                                                                                                                                                                                                                                                                                                                                                     |
| Isotonic Drink (Strawberry)         | None                          | Castor sugar (98 %). Acidity Regulator: E330 (1%). Flavouring (Strawberry). Colourant: E110, E122. Magnesium oxide (E530). Anti-caking agent: E551. Potassium chloride (E508). Ascorbic acid (E300). Salt.                                                                                                                                                                                                                                                                                                                                                                                    |
| Black Tea                           | None                          | Black Tea (Camellia Sinensis) of different grades.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Coffee (N)                          | None                          | 100% Instant Coffee Powder.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Creamer                             | Milk                          | Creamer [Vegetable Fat (Palm), Glucose Syrup, Milk Proteins (Milk), Lactose, Stabilisers (E340. E451), Emulsifiers (E481. E472c), Anti-caking Agent [Silicon Dioxide (Silica Salt) (E551)], Colour (160a)] (50%), Maltodextrin (Dextrose (2%), Maltose (6%), Maltotriose (9%), Polysaccharides (83 %)] (50%). Anti-caking Agent [Silicon Dioxide (Silica Salt) (E551)].                                                                                                                                                                                                                       |
| Hot Chocolate (Vegan)               | Soya                          | Castor sugar (67%). Soy Milk Powder (Soy) (27%). Cocoa (5%). Thickener: Xanthan Gum.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Super C Sweets                      | None                          | Sugar. Dextrose. Glucose syrup. Citric acid (E330). Vitamin C. Flavouring. Anti-caking agent (E572). Flavouring. Colourant (E104, E110, E122, E124).                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Chocolate Energy Bar                | Milk, Soya                    | Glucose (30%). Milk Solids (30%) (Whey powder, Buttermilk). Icing Sugar (15%) Soya Isolate (Soybean). Vegetable fat. Maltodextrin. Sorbitol. Cocoa powder. Calcium carbonate. Lecithin. Magnesium oxide. Potassium Sorbate. Flavouring. Vitamin blend.                                                                                                                                                                                                                                                                                                                                        |
| Fruit Cubes                         | None                          | Sugar. Glucose. Fruit pulp. Water. stabiliser (Pectin). Acidity Regulator: E330. Sodium citrate (E331). Flavouring [Pineapple, Litchi, Passionfruit, Kiwi, Orange, Naartjie, Lemon, Lime, Greenberry, Gooseberry, Strawberry, Blueberry]. Colouring: E155, E133, E104, E110, E124. Colour 150 d. Corn starch & Icing sugar.                                                                                                                                                                                                                                                                   |
| BBQ Peanuts                         | Peanuts                       | Roasted and Salted Peanuts (97%). Barbecue Flavouring (3%).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Crunchy Oat Biscuits                | Gluten/Wheat                  | Brown bread flour [Wheat (Gluten), Iron, Niacinamide, Zinc, Pyridoxine, Thiamine, Vitamin A, Folic Acid, Riboflavin, Enzymes, Ascorbic acid, Calcium carbonate, Industrial flour (carrier)] (32 %). Oats (16 %). Non-hydrogenated vegetable oil [Palm fruit with antioxidant (TBHQ (E319) (13 %), Sugar, Dessicated coconut, Hydrogenated vegetable fat & oils [Palm fruit and palm seed, Salt, Emulsifier: E471 and E322, Preservatives: E211 and E202, Acidity Regulator: E330, Antioxidants: E320 and E319, Flavouring]. Water. Golden syrup. Salt. Flavouring. Sodium bicarbonate (E500). |
| Chocolate Chip Biscuits             | Milk, Soya                    | Wheat flour. Non-hydrogenated vegetable oil [Palm fruit with antioxidant (TBHQ (E319))] (18 %). Sugar. Hydrogenated Vegetable Fat and Oils (Palm Fruit and Palm Seed, Salt, Emulsifier: E471 and E322, Preservatives: E211 and E202, Acidity Regulator: E330, Antioxidants: E320 and E319, Flavouring). Water. Chocolate Chips (8%) (Sucrose, Vegetable Fat and Oils [Hydrogenated Palm Kernel, Emulsifiers: E492, E322], Cocoa Powder (5%), Maltodextrin, Salt, Flavouring (Soy)). Salt. Vanilla Flavouring. Raising Agent: E500                                                             |
| Digestive Biscuits                  | Gluten/Wheat                  | Brown bread flour (Gluten) (38 %). Water (16%). Brown Sugar (13%). Non-hydrogenated vegetable oil [Palm fruit with antioxidant (TBHQ (E319))]. Oats (Cereals Containing Gluten). Hydrogenated vegetable fat & oils [Palm fruit and/or palm seed, Salt, Emulsifier [Monoglycerides (E471), Sunflower seed lecithin (E322)], Preservatives [Sodium benzoate (E211) or Potassium sorbate (E202), Citric acid (E330)]. Antioxidants [BHA (E320) or TBHQ (E319)]. Golden syrup. Malt Powder (Gluten). Flavouring. Salt. Colour (E150). Sodium bicarbonate (E500).                                  |
| Wholewheat Crackers                 | Gluten/Wheat, Sulphur Dioxide | 70% Wheat Flour (Wheat. Gluten). 12% Wheat Bran. 6% Vegetable Fat [Palm Fruit Mesocarp (TBHQ)], 0.9% Golden Syrup, 0.7% Honey, Raising agents [Ammonium Bicarbonate (E503), Raising Agent (Sodium Bicarbonate), Sodium Acid Pyrophosphate (E339)]. 4% Sugar. Malt Flour (Gluten). Salt. Glucose [Preservative: Sulphur Dioxide (E220)]. Malt Extract [Barley. Gluten]. Yeast. Emulsifier [Sodium stearoyl lactylate (E481)]. Preservative [Sodium Metabisulphite (E223)]. Enzymes.                                                                                                            |
| Nut Butter                          | Peanuts, Nuts, Soya           | Peanut butter [Ground nuts (Peanuts) (91 %), Brown sugar (6.5 %), Salt (0.5 %)] (50 %). Hazelnut Praline [Vegetable Fat and/or Oil (Coconut oil), Sucrose, Hazelnut paste (Nuts), and Flavouring] (20 %). Hazelnut Spread [Sucrose, Vegetable Fat (coconut kernel), Hazelnut paste (Nuts), Cocoa powder, Vegetable oil (Sunflower seed), Emulsifier (Soybean) (E322) and Flavour] (20 %). One Spread Sauce [Sucrose, Vegetable Fat and/or Oil, Cocoa Powder, Salt, Emulsifier (Soybean) (E322) and Flavouring] (10 %).                                                                        |
| Peanut Butter                       | Peanuts                       | Roasted Peanuts (91%). Brown Sugar. Salt.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Salt                                | None                          | Salt. Anti-caking Agent. Potassium Iodate.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Ground Black Pepper                 | None                          | Ground Black Pepper.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Sugar                               | None                          | White Sugar.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

\*Warning: These products have been made in a factory that uses Milk. Sulphur Dioxide. Peanuts. Tree Nuts [Almonds. Cashews. Hazelnuts]. Egg. Fish & Sesame Seeds.

## 72-hr SURVIVAL RATIONS KIT - Menu 1A

| NUTRITIONAL INFORMATION (per pack)  |              |           |         |             |
|-------------------------------------|--------------|-----------|---------|-------------|
| FOOD ITEM                           | KCAL         | CARBS (g) | FAT (g) | PROTEIN (g) |
| Beef and Vegetable Casserole        | 321          | 28.5      | 12.9    | 15.9        |
| Biryani Beef                        | 372          | 34.2      | 14.4    | 24.3        |
| Biryani Chicken                     | 375          | 30.9      | 15.6    | 25.5        |
| Chicken and Vegetable Casserole     | 333          | 33.6      | 12.3    | 20.4        |
| Mild and Spicy Chicken Pasta        | 309          | 30.9      | 10.2    | 21.3        |
| Spaghetti Bolognaise                | 378          | 30        | 17.7    | 17.1        |
| Maize Porridge - Chocolate Flavour  | 295          | 52.1      | 2.2     | 16          |
| Maize Porridge - Strawberry Flavour | 295          | 52.1      | 2.2     | 16          |
| Sorghum Porridge - Original Flavour | 295          | 58.6      | 1.9     | 7.2         |
| Isotonic Drink (Peach)              | 406          | 99.8      | <0.1    | <0.3        |
| Isotonic Drink (Pineapple)          | 402          | 98.4      | <0.1    | <0.3        |
| Isotonic Drink (Strawberry)         | 388          | 95        | <0.1    | <0.3        |
| Black Tea                           | 30           | 2.4       | 0       | 3           |
| Coffee (N)                          | 18           | 2.4       | 0       | 1.2         |
| Creamer                             | 387          | 42.3      | 24.3    | 0.9         |
| Hot Chocolate (Vegan)               | 573          | 111       | 10.5    | 12.6        |
| Super C Sweets                      | 240          | 58        | <0.1    | <0.3        |
| Chocolate Energy Bar                | 180          | 29.4      | 4.1     | 5.1         |
| Fruit Cubes                         | 217          | 52.4      | 0.1     | <0.3        |
| BBQ Peanuts                         | 364          | 6.48      | 29      | 18.2        |
| Crunchy Oat Biscuits                | 453          | 68.8      | 14.9    | 8.4         |
| Chocolate Chip Biscuits             | 491          | 65.6      | 21.7    | 6.9         |
| Digestive Biscuits                  | 460          | 61.2      | 18.5    | 9.5         |
| Wholewheat Crackers                 | 642          | 98.7      | 15.9    | 17.1        |
| Nut Butter                          | 708          | 35.4      | 51.9    | 23.4        |
| Peanut Butter                       | 741          | 14.88     | 60.6    | 32.4        |
| Salt                                | <1           | <2.5      | <0.1    | <0.3        |
| Ground Black Pepper                 | 9            | 0.6       | 0       | 0.3         |
| Sugar                               | 360          | 90        | <0.1    | <0.3        |
| <b>TOTAL</b>                        | <b>10042</b> | 1383.66   | 340.9   | 302.7       |