

# Ration Pack Presentation 2014



**Sizani Foods** is a specialist, nutritional food manufacturer and supplier to hunger relief organizations, military and catering facilities in Southern Africa – since 1995. Our aim is to provide highly nutritious food at the lowest possible prices to feeding schemes and projects in Africa, to enable these partner organizations to provide even more meals, with better nutrition, to those in need. We supply meals to more than 45 000 children and adults per day (15 million meals a year ) through our partner feeding organizations.

**Sizani Foods** operates from a HACCP Compliant, FSSA 2200 certified, and HALAAL compliant production facility and warehouse in Midrand, Johannesburg, South Africa. We distribute in most provinces in South Africa, through a network of distribution warehouses and independent agents, and to several countries on the African Continent.



**Alpha Zero Consultants** is a highly driven and dynamic consultation services company with extensive international experience in various fields. We seek perfection in all services rendered.

By finding and creating solutions which are innovative, pragmatic and adaptive, we offer global professional turn-key solutions and client-oriented services to our clients.

Our staff has abundant experience on the African continent and throughout the Middle East. We believe in listening carefully to our clients' needs and seek to be responsive to specific, often unique requirements and preferences.

A Ration Pack, also known as a field ration, or combat ration, is a pre-packed parcel of food that is easily prepared in the field and is specifically sized to provide meals for a predetermined period (e.g.. 24 hours). Ration packs are commonly used in:

- Deployed military units,
- Refugee camps,
- Aid agencies for their field workers
- Disaster relief operations.

One needs to take cognizance of various important factors in the construction of the ration pack for the ration pack to be effective in the above variable circumstances. Factors such as:

- Total mass of the ration pack
- Total Kilojoule load for specific user conditions.
- Cultural preferences
- Preparation convenience and time
- Available water
- Cost

We are able to custom design and pack just about any ration pack to suit any circumstances and budget, but we have listed a range of popular ration packs in this presentation. These are:

**Grade A Ration Packs**

24 hour pack – 8 variants

**Grade B Ration Packs**

24 hour pack – 4 variants

**Grade C Ration Packs**

24 hour pack – 4 variants

**Disaster Relief Pack**

3 day pack – 1 variant

**Aid Worker Weekly Pack**

7 days – 1 variant

Our ration can also be packed with only Halaal certified food items on request.

Most of our ration packs are packed in a strong plastic re-sealable zip-loc pouch, as used in many military units around the world, including the US Military. These can be made color specific, but are usually “bush green” or “brown” to blend into the environment when troops are deployed. We are also able to pack into a cardboard carton and/or a tray that is then shrink wrapped in a durable plastic.

**The advantages of the plastic re-sealable zip-loc pouch are:**

- It packs flatter in a back pack with no awkward sharp edges.
- It is easier to carry.
- It weighs less compared to a cardboard carton.
- The zip-loc pouch is reusable as a water resistant holder for maps, GPS, Radio etc.

**The Advantages of a cardboard carton are:**

- The pack is rigid and can protect the contents better against impact shock
- The cardboard can be used to start a cooking fire.



**3 Day Pack**



**24 Hour Pack**

### Morning Meal

Immuno-meal (Instant fortified porridge) 100g x 1  
(Strawberry)

### Lunch Meal

Precooked Chicken Pasta & Veg 400g x 1 \*

### Snack Pack

Dried Fruit – Orange Cubes 75g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Biscuits 4's x 1  
Cheese 35g x 1  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

### Non Food Items

Knife/fork/spoon set x 1  
Matches Pack x 1

### Price: P.O.A

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

### Mid morning meal

Beef & Vegetable Soup 20g x 1

### Evening Meal

Precooked Beef Curry & Veg 300g x 1 \*  
Precooked BBQ Brown rice 200g x 1 \*

### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 3  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt sachet x 1



**Shelf Life:** minimum 1 year

**Total Mass:** 1.87kg

**Total Kilojoules:** 12 200

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300



**Morning Meal**

Immuno-meal (Instant fortified porridge) 100g x 1  
(Vanilla)

**Lunch Meal**

Precooked Veg & Cream Cheese Pasta 400g x 1 \*

**Snack Pack**

Dried Fruit – peaches 75g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Biscuits 4's x 1  
Cheese 35g x 1  
Vit C Sweets roll x 1  
Fruit Puree 125g x 1

**Non Food Items**

Knife/fork/spoon set x 1  
Matches Pack x 1

**Price: P.O.A**

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

**Mid morning meal**

Chicken & Vegetable Soup 20g x 1

**Evening Meal**

Precooked Chicken Livers in Savoury Sauce 300g x 1\*  
Precooked Samp & Beans 200g x 1 \*

**Beverage & Condiments Pack**

Isotonic/Vitadrink with sleeve 25g x 3  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt sachet x 1



**Shelf Life:** minimum 1 year

**Total Mass:** 1.88kg

**Total Kilojoules:** 12 140

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300



**Morning Meal**

Immuno-meal (Instant fortified porridge) 100g x 1  
(Banana)

**Lunch Meal**

Precooked Macaroni & beef 400g x 1 \*

**Snack Pack**

Dried Fruit – Apricots 75g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Biscuits 4's x 1  
Cheese 35g x 1  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

**Non Food Items**

Knife/fork/spoon set x 1  
Matches Pack x 1

**Price: P.O.A**

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

**Mid morning meal**

Cream of Mushroom Soup 20g x 1

**Evening Meal**

Precooked Classic Chicken Stew 300g x 1 \*  
Precooked Stiff Maize (Pap) 200g x 1 \*

**Beverage & Condiments Pack**

Isotonic/Vitadrink with sleeve 25g x 3  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt sachet x 1



**Shelf Life:** minimum 1 year

**Total Mass:** 1.85kg

**Total Kilojoules:** 12 090

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300



**Morning Meal**

Immuno-meal (Instant fortified porridge) 100g x 1  
(Strawberry)

**Lunch Meal**

Precooked Macaroni & Mince 400g x 1 \*

**Snack Pack**

Dried Fruit – Raisins 75g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Biscuits 4's x 1  
Cheese 35g x 1  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

**Non Food Items**

Knife/fork/spoon set x 1  
Matches Pack x 1

**Price: P.O.A**

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

**Mid morning meal**

Vegetable Soup 20g x 1

**Evening Meal**

Precooked Steak & Beans 300g x 1 \*  
Precooked Rice 200g x 1 \*

**Beverage & Condiments Pack**

Isotonic/Vitadrink with sleeve 25g x 3  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt sachet x 1



**Shelf Life:** minimum 1 year

**Total Mass:** 1.85kg

**Total Kilojoules:** 12 106

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300





**Morning Meal**

Immuno-meal (Instant fortified porridge) 100g x 1  
(Vanilla)

**Lunch Meal**

Precooked Chicken Pasta & Veg 400g x 1 \*

**Snack Pack**

Dried Fruit Bar 32g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Biscuits 4's x 1  
Cheese 35g x 1  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

**Non Food Items**

Knife/fork/spoon set x 1  
Matches Pack x 1

**Price: P.O.A**

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

**Mid morning meal**

Cream of Tomato Soup 20g x 1

**Evening Meal**

Precooked Curry Chicken & Veg 300g x 1 \*  
Precooked Brown Rice 200g x 1 \*

**Beverage & Condiments Pack**

Isotonic/Vitadrink with sleeve 25g x 3  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt sachet x 1



**Shelf Life:** minimum 1 year

**Total Mass:** 1.85kg

**Total Kilojoules:** 12 090

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300



**Morning Meal**

Immuno-meal (Instant fortified porridge) 100g x 1  
(Banana)

**Lunch Meal**

Precooked Beef with Samp & Beans 400g x 1 \*

**Snack Pack**

Dried Fruit Peaches 75g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Biscuits 4's x 1  
Cheese 35g x 1  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

**Non Food Items**

Knife/fork/spoon set x 1  
Matches Pack x 1

**Price: P.O.A**

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

**Mid morning meal**

Cream of Tomato Soup 20g x 1

**Evening Meal**

Precooked Curry Chicken & Veg 300g x 1 \*  
Precooked BBQ Brown Rice 200g x 1 \*

**Beverage & Condiments Pack**

Isotonic/Vitadrink with sleeve 25g x 3  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt sachet x 1



**Shelf Life:** minimum 1 year

**Total Mass:** 1.86kg

**Total Kilojoules:** 12 100

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300



**Morning Meal**

Immuno-meal (Instant fortified porridge) 100g x 1  
(Strawberry)

**Lunch Meal**

Brown Lentils , Bean & Veg Stew 400g x 1 \*

**Snack Pack**

Peanut & Raisins 50g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Biscuits 4's x 1  
Cheese 35g x 1  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

**Non Food Items**

Knife/fork/spoon set x 1  
Matches Pack x 1

**Price: P.O.A**

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

**Mid morning meal**

Beef Soup 20g x 1

**Evening Meal**

Precooked Beef Curry with potatoes, butter Beans  
& carrots 300g x 1 \*  
Precooked Samp 200g x 1 \*

**Beverage & Condiments Pack**

Isotonic/Vitadrink with sleeve 25g x 3  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt sachet x 1



**Shelf Life:** minimum 1 year  
**Total Mass:** 1.83kg  
**Total Kilojoules:** 12 155  
**Packed:** Ziploc Pouch or Cardboard tray  
**Quantity per case :** 12 units  
**Case Dimensions:** 300 x 300 x 450  
**Pallet Quantity:** 42  
**20ft Container:** 630  
**40ft Container:** 1300



**Morning Meal**

Immuno-meal (Instant fortified porridge) 100g x 1  
(Vanilla)

**Lunch Meal**

Precooked Beef & Vegetable Pasta 400g x 1 \*

**Snack Pack**

Dried Fruit – Apricots 75g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Biscuits 4's x 1  
Cheese 35g x 1  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

**Non Food Items**

Knife/fork/spoon set x 1  
Matches Pack x 1

**Price: P.O.A**

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

**Mid morning meal**

Creamy Chicken & Veg Soup 20g x 1

**Evening Meal**

Precooked Mexican Chicken Curry 300g x 1 \*  
Precooked BBQ Brown Rice 200g x 1 \*

**Beverage & Condiments Pack**

Isotonic/Vitadrink with sleeve 25g x 3  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt sachet x 1



**Shelf Life:** minimum 1 year  
**Total Mass:** 1.85kg  
**Total Kilojoules:** 12 125  
**Packed:** Ziploc Pouch or Cardboard tray  
**Quantity per case :** 12 units  
**Case Dimensions:** 300 x 300 x 450  
**Pallet Quantity:** 42  
**20ft Container:** 630  
**40ft Container:** 1300



# GRADE B : MILITARY RATION PACK

## 24 HOURS

### Day 1

#### Morning Meal

Immuno-meal (Instant fortified porridge) 100g x 1  
(Vanilla )

#### Lunch Meal

Precooked Beef Pasta & Veg 400g \*

#### Snack Pack

Peanuts & Raisins 50g x 1  
Dried Fruit peaches 75g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

#### Non Food Items

Matches Pack x 1  
Knife/fork/spoon set x 1

#### Price: P.O.A

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

#### Mid morning meal

Biscuits 4's  
Cheese 35g x 2

#### Evening Meal

Soya Mince and Rice & Lentil Cook Pack 120g x 1  
(chicken flavour)

#### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 2  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt Sachet x 1



**Shelf Life:** minimum 1 year  
**Total Mass:** 1400 g  
**Total Kilojoules:** 10 000  
**Packed:** Ziploc Pouch or Cardboard tray  
**Quantity per case :** 12 units  
**Case Dimensions:** 300 x 300 x 450  
**Pallet Quantity:** 42  
**20ft Container:** 630  
**40ft Container:** 1300



## GRADE B : MILITARY RATION PACK

### 24 HOURS

### Day 2

#### Morning Meal

Immuno-meal (Instant fortified porridge) 100g x 1  
(strawberry)

#### Lunch Meal

Precooked Chicken Pasta & Veg 400g \*

#### Snack Pack

Peanuts & Raisins 50g x 1  
Dried Fruit Apricots 75g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

#### Non Food Items

Matches Pack x 1  
Knife/fork/spoon set x 1

#### Price: P.O.A

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

#### Mid morning meal

Biscuits 4's  
Cheese 35g x 2

#### Evening Meal

Soya Mince and Rice & Lentil Cook Pack 120g x 1  
(Beef flavour)

#### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 2  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt Sachet x 1



**Shelf Life:** minimum 1 year

**Total Mass:** 1400 g

**Total Kilojoules:** 10 240

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300



# GRADE B : MILITARY RATION PACK

## 24 HOURS

### Day 3

#### Morning Meal

Immuno-meal (Instant fortified porridge) 100g x 1  
(Banana)

#### Lunch Meal

Precooked Veg & Cream Cheese Pasta 400g x 1 \*

#### Snack Pack

Peanuts & Raisins 50g x 1  
Dried Fruit Orange Cubes 75g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

#### Non Food Items

Matches Pack x 1  
Knife/fork/spoon set x 1

#### Price: P.O.A

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

#### Mid morning meal

Biscuits 4's  
Cheese 35g x 2

#### Evening Meal

Soya Mince and Rice & Lentil Cook Pack 120g x 1  
(Curry Chicken flavour)

#### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 2  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt Sachet x 1



**Shelf Life:** minimum 1 year

**Total Mass:** 1400 g

**Total Kilojoules:** 9940

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300



# GRADE B : MILITARY RATION PACK

## 24 HOURS

### Day 4

#### Morning Meal

Immuno-meal (Instant fortified porridge) 100g x 1  
(Original)

#### Lunch Meal

Precooked Brown Lentil , Bean & Veg stew 400g \*

#### Snack Pack

Peanuts & Raisins 50g x 1  
Dried Fruit raisins 75g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

#### Non Food Items

Matches Pack x 1  
Knife/fork/spoon set x 1

#### Price: P.O.A

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

#### Mid morning meal

Biscuits 4's  
Cheese 35g x 2

#### Evening Meal

Soya Mince and Rice & Lentil Cook Pack 120g x 1  
(Chicken flavour)

#### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 2  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt Sachet x 1



**Shelf Life:** minimum 1 year  
**Total Mass:** 1400 g  
**Total Kilojoules:** 10 050  
**Packed:** Ziploc Pouch or Cardboard tray  
**Quantity per case :** 12 units  
**Case Dimensions:** 300 x 300 x 450  
**Pallet Quantity:** 42  
**20ft Container:** 630  
**40ft Container:** 1300





## GRADE C : MILITARY RATION PACK: 24 HOURS Day 1

### Morning Meal

Immuno-meal (Instant fortified porridge) 100g x 1  
(Vanilla)

### Lunch Meal

Canned Meat 300g x 1  
Biscuits 4's x 1

### Snack Pack

Peanuts & Raisins 50g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

### Non Food Items

Matches Pack x 1  
Knife/fork/spoon set x 1

### Price: P.O.A.

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

### Mid morning meal

Dried Fruit – Apricots 75g x 1

### Evening Meal

Soya Mince and Rice & Lentil Cook Pack 120g x 1  
(Beef flavour)

### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 2  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt Sachet x 1

**Shelf Life:** minimum 1 year

**Total Mass:** 1120 g

**Total Kilojoules:** 8800

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300



## GRADE C : MILITARY RATION PACK

### 24 HOURS

### Day 2

#### Morning Meal

Immuno-meal (Instant fortified porridge) 100g x 1  
(strawberry)

#### Lunch Meal

Meatballs in spaghetti 400g x 1

#### Snack Pack

Peanuts & Raisins 50g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

#### Non Food Items

Matches Pack x 1  
Knife/fork/spoon set x 1

#### Price: P.O.A.

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

#### Mid morning meal

Dried Fruit – Peaches 75g x 1

#### Evening Meal

Soya Mince and Rice & Lentil Cook Pack 120g x 1  
(Chicken flavour)

#### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 2  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt Sachet x 1



**Shelf Life:** minimum 1 year

**Total Mass:** 1200 g

**Total Kilojoules:** 8230

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300



## GRADE C : MILITARY RATION PACK

### 24 HOURS

### Day 3

#### Morning Meal

Immuno-meal (Instant fortified porridge) 100g x 1  
(banana)

#### Lunch Meal

Pilchards in Tomato 225g x 1  
Biscuits 4's x 1

#### Snack Pack

Peanuts & Raisins 50g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

#### Non Food Items

Matches Pack x 1  
Knife/fork/spoon set x 1

#### Mid morning meal

Dried Fruit – Mixed Fruit 75g x 1

#### Evening Meal

Soya Mince and Rice & Lentil Cook Pack 120g x 1  
(Beef & Veg flavour)

#### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 2  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt Sachet x 1

**Shelf Life:** minimum 1 year

**Total Mass:** 1045 g

**Total Kilojoules:** 8430

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300



#### Price: P.O.A.

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

# GRADE C : MILITARY RATION PACK

## 24 HOURS

### Day 4

#### Morning Meal

Immuno-meal (Instant fortified porridge) 100g x 1 (original)

#### Lunch Meal

Vienna Sausages & Beans 400g x 1

#### Snack Pack

Peanuts & Raisins 50g x 1  
 Energy Bar 45g x 1  
 Chewing Gum x 4  
 Vit C Sweets roll x 1  
 Fruit Puree 125g x 2

#### Non Food Items

Matches Pack x 1  
 Knife/fork/spoon set x 1

#### Price: P.O.A.

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

#### Mid morning meal

Dried Fruit – raisins 75g x 1

#### Evening Meal

Soya Mince and Rice & Lentil Cook Pack 120g x 1 (Curry Chicken & Veg flavour)

#### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 2  
 Tea Bag x 1  
 Coffee 3g x 1  
 Creamer 4g x 2  
 Sugar white 5g x 4  
 Sauce Sachet x 1  
 Salt Sachet x 1

**Shelf Life:** minimum 1 year  
**Total Mass:** 1200 g  
**Total Kilojoules:** 8780  
**Packed:** Ziploc Pouch or Cardboard tray  
**Quantity per case :** 12 units  
**Case Dimensions:** 300 x 300 x 450  
**Pallet Quantity:** 42  
**20ft Container:** 630  
**40ft Container:** 1300



## GRADE D : MILITARY RATION PACK: 24 HOURS Day 1

### Morning Meal

Immuno-meal (Instant fortified porridge) 100g x 1  
(Vanilla)

### Lunch Meal

Pilchards in Tomato 215g x 1  
Biscuits 4's x 1

### Snack Pack

Peanuts & Raisins 50g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

### Non Food Items

Matches Pack x 1  
Knife/fork/spoon set x 1

### Price: P.O.A.

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

### Mid morning meal

Dried Fruit – Apricots 75g x 1

### Evening Meal

Canned Meatballs in Spaghetti 400g x 1

### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 2  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt Sachet x 1

**Shelf Life:** minimum 1 year

**Total Mass:** 1325 g

**Total Kilojoules:** 8890

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300



## GRADE D : MILITARY RATION PACK

### 24 HOURS

### Day 2

#### Morning Meal

Immuno-meal (Instant fortified porridge) 100g x 1  
(strawberry)

#### Lunch Meal

Canned Vegetable Curry 400g x 1

#### Snack Pack

Peanuts & Raisins 50g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

#### Non Food Items

Matches Pack x 1  
Knife/fork/spoon set x 1

#### Price: P.O.A.

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

#### Mid morning meal

Dried Fruit – Peaches 75g x 1

#### Evening Meal

Canned Vienna Sausages and Beans 400g

#### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 2  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt Sachet x 1

**Shelf Life:** minimum 1 year

**Total Mass:** 1501 g

**Total Kilojoules:** 8280

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300



# GRADE D : MILITARY RATION PACK

## 24 HOURS

### Day 3

#### Morning Meal

Immuno-meal (Instant fortified porridge) 100g x 1  
(banana)

#### Lunch Meal

Beans in Tomato 225g x 1  
Biscuits 4's x 1

#### Snack Pack

Peanuts & Raisins 50g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

#### Non Food Items

Matches Pack x 1  
Knife/fork/spoon set x 1

#### Mid morning meal

Dried Fruit – Mixed Fruit 75g x 1

#### Evening Meal

Canned Meat 390g x 1  
Biscuits 4's x 1

#### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 2  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt Sachet x 1

**Shelf Life:** minimum 1 year

**Total Mass:** 1365 g

**Total Kilojoules:** 8610

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300



#### Price: P.O.A.

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

# GRADE D : MILITARY RATION PACK

## 24 HOURS

### Day 4

#### Morning Meal

Immuno-meal (Instant fortified porridge) 100g x 1  
(original)

#### Lunch Meal

Canned Spaghetti in tomato 400g x 1

#### Snack Pack

Peanuts & Raisins 50g x 1  
Energy Bar 45g x 1  
Chewing Gum x 4  
Vit C Sweets roll x 1  
Fruit Puree 125g x 2

#### Non Food Items

Matches Pack x 1  
Knife/fork/spoon set x 1

#### Price: P.O.A.

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 1000 units (mixed).

#### Mid morning meal

Dried Fruit – raisins 75g x 1

#### Evening Meal

Canned Meatballs and Beans 400g x 1

#### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 2  
Tea Bag x 1  
Coffee 3g x 1  
Creamer 4g x 2  
Sugar white 5g x 4  
Sauce Sachet x 1  
Salt Sachet x 1

**Shelf Life:** minimum 1 year

**Total Mass:** 1501 g

**Total Kilojoules:** 8950

**Packed:** Ziploc Pouch or Cardboard tray

**Quantity per case :** 12 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630

**40ft Container:** 1300





### Morning Meals

Immuno-meal (Instant fortified porridge) 100g x 3

### Lunch Meal

Canned Meat 190g x 1

Pre-cooked Beef Curry beans with potatoes and carrots 300g x 1\*

Precooked Chicken Pasta & Veg 400g x 1 \*

### Snack Pack

Peanuts & Raisins 50g x 3

Fruit Bar 32g x 2

Dried Fruit – Apricots 75g x 1

Energy Bar 45g x 3

Chewing Gum x 10

Vit C Sweets roll x 1

Fruit Puree 125g x 6

### Price: P.O.A

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 500 units (mixed).

### Mid morning meal

Biscuits 4's x 3

Cheese 35g x 3

Peanut Butter 40g x 3

### Evening Meal

Soya Mince (Beef)and Rice/Lentil Cook Pack 120g x 1

Soya Mince (Chicken) and Rice/Lentil Cook Pack 120g x 1

Soya Mince (Curry Chicken) and Rice/Lentil s 120g x 1

### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 10

Tea Bag x 3

Coffee 3g x 3

Creamer 4g x 6

Sugar white 5g x 12

Sauce Sachet x 3

Salt Sachet x 3

### Non Food Items

Matches Pack x 1

Knife/Fork/Spoon set x 3

### Variant: 1

**Shelf Life:** minimum 1 year

**Total Mass:** 3.55kg

**Total Kilojoules:** 27500

**Packed:** Cardboard carton

**Quantity per case :** 4 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630 cases

**40ft Container:** 1300 cases



### Morning Meals

Immuno-meal (Instant fortified porridge) 100g x 3

### Lunch Meal

Canned Meat 190g x 1  
Canned Meatballs in Spaghetti 400g x 1  
Canned Viennas in Beans 400g x 1

### Snack Pack

Peanuts & Raisins 50g x 3  
Fruit Bar 32g x 2  
Dried Fruit – Apricots 75g x 1  
Energy Bar 45g x 3  
Chewing Gum x 10  
Vit C Sweets roll x 1  
Fruit Puree 125g x 6

### Price: P.O.A

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 500 units (mixed).

### Mid morning meal

Biscuits 4's x 3  
Cheese 35g x 3  
Peanut Butter 40g x 3

### Evening Meal

Soya Mince (Beef)and Rice/Lentil Cook Pack 120g x 1  
Soya Mince (Chicken) and Rice/Lentil Cook Pack 120g x 1  
Soya Mince (Curry Chicken) and Rice/Lentil s 120g x 1

### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 10  
Tea Bag x 3  
Coffee 3g x 3  
Creamer 4g x 6  
Sugar white 5g x 12  
Sauce Sachet x 3  
Salt Sachet x 3

### Non Food Items

Matches Pack x 1  
Knife/Fork/Spoon set x 3

### Variant: 1

**Shelf Life:** minimum 1 year

**Total Mass:** 3.7kg

**Total Kilojoules:** 27900

**Packed:** Cardboard carton

**Quantity per case :** 4 units

**Case Dimensions:** 300 x 300 x 450

**Pallet Quantity:** 42

**20ft Container:** 630 cases

**40ft Container:** 1300 cases



## AID WORKER WEEKLY PACK:AW1 7 DAY PACK

### Morning Meals

Immuno-meal (Instant fortified porridge) 100g x 7

### Lunch Meal

Canned Meat 300g x 1  
Pre-cooked Beef Curry Beans with Potatoes and carrots 300g x 1 \*  
Precooked Chicken Pasta and Veg 400g x 1 \*  
Precooked beef Pasta and Veg 400g x 1 \*  
Precooked Beef Curry, Beans & Veg 300g x 1 \*  
Precooked Brown Lentils & veg stew 400g x 1 \*  
Precooked Macaroni and Beef 400g x 1 \*

### Evening Meal

Soya Mince (Beef)and Rice/Lentil Cook Pack 120g x 2  
Soya Mince (Chicken) and Rice/Lentil Cook Pack 120g x 2  
Soya Mince (curry Chicken) and Rice cook pack 120g x 2  
Soya Mince (Mutton) and Rice cook pack 120g x 1

### Price: P.O.A

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 500 units (mixed).

### Snack Pack

Peanuts & Raisins 50g x 3  
Dried Fruit – Peaches 75g x 1  
Dried Fruit – Raisins 75g x 1  
Fruit Bar 32g x 1  
Dried Fruit –Apricot 75g x 1  
Energy Bar 45g x 7  
Chewing Gum x 14  
Vit C Sweets roll x 3  
Fruit Puree 125g x 7  
Biscuits 4's x 7  
Cheesy 35g x 4  
Peanut Butter 40g x 3

### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 7  
Tea Bag x 7  
Coffee 3g x 7  
Creamer 4g x 14  
Sugar white 5g x 28  
Sauce Sachet x 7  
Salt Sachet x 7

### Non Food Items

Matches Pack x 2  
Knife/Fork/Spoon set x 7

**Variants: 1**

**Shelf Life:** minimum 1 year

**Total Mass:** 7.2kg

**Total Kilojoules:** 63500

**Packed:** Cardboard Carton

**Quantity per case :** 1 unit

**Case Dimensions:** 300 x 300 x 220

**Pallet Quantity:** 84

**20ft Container:** 1260

**40ft Container:** 2600



### Morning Meals

Immuno-meal (Instant fortified porridge) 100g x 7

### Lunch Meal

Canned Meat 190g x 1  
Canned Meatballs in Spaghetti 400g x 2  
Canned Spaghetti in Tomato sauce 400g x 1  
Canned Vienna and Beans 400g x 2  
Canned Vegetable Curry 410g x 1

### Evening Meal

Soya Mince (Beef) and Rice/Lentil Cook Pack 120g x 2  
Soya Mince (Chicken) and Rice/Lentil Cook Pack 120g x 2  
Soya Mince (curry Chicken) and Rice cook pack 120g x 2  
Soya Mince (Mutton) and Rice cook pack 120g x 1

### Price: P.O.A

- Pricing as at: September 2014
- Price ex JHB Warehouse.
- Minimum quantities : 500 units (mixed).

### Snack Pack

Peanuts & Raisins 50g x 3  
Dried Fruit – Peaches 75g x 1  
Dried Fruit – Raisins 75g x 1  
Fruit Bar 32g x 1  
Dried Fruit –Apricot 75g x 1  
Energy Bar 45g x 7  
Chewing Gum x 14  
Vit C Sweets roll x 3  
Fruit Puree 125g x 7  
Biscuits 4's x 7  
Cheesy 35g x 4  
Peanut Butter 40g x 3

### Beverage & Condiments Pack

Isotonic/Vitadrink with sleeve 25g x 7  
Tea Bag x 7  
Coffee 3g x 7  
Creamer 4g x 14  
Sugar white 5g x 28  
Sauce Sachet x 7  
Salt Sachet x 7

### Non Food Items

Matches Pack x 2  
Knife/Fork/Spoon set x 7

**Variants: 1**

**Shelf Life:** minimum 1 year

**Total Mass:** 7.1kg

**Total Kilojoules:** 63500

**Packed:** Cardboard Carton

**Quantity per case :** 1 unit

**Case Dimensions:** 300 x 300 x 220

**Pallet Quantity:** 84

**20ft Container:** 1260

**40ft Container:** 2600



**Pricing: 2014**

Price per ration pack based on following quantities ordered

Item	1000 Units	10 000 Units	100 000 Units	1 000 000 Units
Grade A Military Ration Packs 24 hrs (Day 1 – Day 8)				
Grade B Military Ration Pack 24 hrs (Day 1 – Day 4)				
Grade C Military Ration Pack 24hrs (Day 1 – Day 4)				
Grade D Military Ration Pack 24hrs (Day 1 – Day 4)				
Disaster Relief Pack DR1: 3 day Pack				
Disaster Relief Pack DR2: 3 day Pack				
Aid Worker Weekly Pack AW1: 7 days				
Aid Worker Weekly Pack AW2: 7 days				

Pricing upon request

- Price are quoted: Ex warehouse, Johannesburg, South Africa
- Exchange Rate Used: US\$1 = ZAR10.00
- Lead times are as follows:
  - Initial order is loaded 10 weeks from order
  - Subsequent orders are loaded 30 days from order (subject to size of order)
- Prices are valid until 31 December 2014
- Payment Terms: 100% upfront on placement of order
- Terms & Conditions apply.
- Note: Heating stove for precooked meals can be added upon request.

### Sales Enquiries:



Finding & creating solutions is our speciality

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