



# Middle-East and North Africa Regions

## Refugee Sample Food Parcels September 2015



## Middle East and North Africa Regions

### Refugee Parcel: RP010A 1 week single food parcel (**Intermediate**)

#### CONTENTS:

DIVA RUSF 40 g x 2  
Rice 500g x 1  
Melsi Soya Mince - Beef 200g x 1  
Melsi Soya Mince - Curry Chicken 200g x 1  
Melsi Immunomeal 500g x 1  
Baked Beans in Tomato 400g x 1  
Fruit Puree – Squish 125 ml x 2  
Fruit Puree – Breakfast Oats Meal 125 ml x 2  
Tea bags 7's  
Tea Creamer sachets x 7  
Sugar sachets x 14  
Knife/fork/spoon set x 1  
Bath Soap 100g x 1  
Toothpaste 50ml x 1  
Toothbrush x 1  
Black Refuse Bag x 1  
Plastic Outer



The food parcel provides 2 balanced meals per day for 7 days for a single adult, with sanitation products

A total of 28 meals in the pack, and on an estimated CIF term (40 foot container order) it comes to US\$0.81 per meal (including sanitation products)

This pack has an average total calorie of 6519 and an average of 465 calories per meal



#### Notes:

- Packed in a 100 micron clear plastic and tied at the top
- Packed 4 in an outer carton/840 cartons per 40 foot container (palletized)
- Total Mass per food parcel: 3.1 kg,
- Gross mass per carton: 12.4 kg (400 mm x 300 mm x 300 mm)
- Halaal Approved
- Melsi branded items fortified with 20 vitamins and minerals
- Diva RUSF approved and accredited by: **UNICEF, WHO** and **WFP**.
- Price per Unit: **US\$21.20**. Ex-factory Midrand, Gauteng Province, South Africa
- Estimated Shipping Cost per Unit: **US\$1.38** from South Africa to Jebel Ali Port, Dubai, UAE
- Estimated CIF Product and Shipping Cost to Jebel Ali Port, Dubai, UAE (per unit in 40 foot container): **US\$22.58**.
- Exchange Rate Used: US\$1 = ZAR 13.00
- Valid: From 15 September 2015 to 31 December 2015 (Ex-factory prices only)
- All import duties and taxes at end destination, for client's account
- Shipping time frame from South Africa to Jebel Ali Port, Dubai, UAE: 30 Days
- All containers are fumigated prior to shipment
- **One 40 foot container provides food and sanitation products for one week for a total of 3360 people**
- This pack offers a total calorie intake of **930 calories per person per day**
- Total cost per 40 foot container on CIF terms to Jebel Ali Port, Dubai, UAE: **US\$75 868.80**
- Branding cost of boxes (basic design, 5 colours) according to client specifications, is included in the price.

**Refugee Parcel: RP011A**  
**1 week single food parcel (Intermediate plus)**

**CONTENTS:**

- DIVA RUSF 40 g x 3
- Rice 500g x 1
- Melsi Soya Mince - Beef 200g x 1
- Melsi Soya Mince - Curry Chicken 200g x 1
- Melsi Immunomeal 500g x 1
- Baked Beans in Tomato 400g x 1
- Canned Meat 300g x 1
- Fruit Puree – Squish 125 ml x 3
- Fruit Puree – Breakfast Oats Meal 125 ml x 3
- Tea bags 7's
- Tea Creamer sachets x 7
- Sugar sachets x 14
- Knife/Fork/Spoon set x 1
- Bath Soap 100g
- Toothpaste 50ml
- Toothbrush x 1
- Black Refuse Bag x 1
- Plastic Outer



The food parcel provides 2 balanced meals per day for 7 days for a single adult, with sanitation products

A total of 28 meals in the pack, and on an estimated CIF term (40 foot container order) it comes to US\$0.99 per meal (including sanitation products)

This pack has an average total calorie of 7389 and an average of 527 calories per meal



**Notes:**

- Packed in a 100 micron clear plastic and tied at the top
- Packed 4 in an outer carton/840 carton per 40 foot container (palletized)
- Total Mass per food parcel: 3.72 kg,
- Gross mass per carton: 14.88 kg (400 mm x 300 mm x 300 mm)
- Halaal Approved
- Melsi branded items fortified with 20 vitamins and minerals
- Diva RUSF approved and accredited by: **UNICEF**, **WHO** and **WFP**.
- Price per Unit: **US\$26.20**. Ex-factory Midrand, Gauteng Province, South Africa
- Estimated Shipping Cost per Unit: **US\$1.38** from South Africa to Jebel Ali Port, Dubai, UAE
- Estimated CIF Product and Shipping Cost to Jebel Ali Port, Dubai, UAE (per unit in 40 foot container): **US\$27.58**.
- Exchange Rate Used: US\$1 = ZAR 13.00
- Valid: From 15 September 2015 to 31 December 2015 (Ex-factory prices only)
- All import duties and taxes at end destination, for client's account
- Shipping time frame from South Africa to Jebel Ali Port, Dubai, UAE: 30 Days
- All containers are fumigated prior to shipment
- **One 40 foot container provides food and sanitation products for one week for a total of 3360 people**
- This pack offers a total calorie intake of **1054 calories per person per day**
- Total cost per 40 foot container on CIF terms to Jebel Ali Port, Dubai, UAE: **US\$92 668.80**
- Branding cost of boxes (basic design, 5 colours) according to client specifications, is included in the price.

**Refugee Parcel: RP014A**  
**1 week Single food parcel (alternative)**

**CONTENTS:**

- DIVA RUFs 40 g x 3
- Rice 500g x 1
- Canned Meat 300g x 1
- Canned Meatballs in Spaghetti 400g x 2
- Melsi Immunomeal 500g x 1
- Canned Baked Beans in Tomato 400g x 1
- Canned Vegetable Curry 400g x 1
- Fruit Puree – Squish 125 ml x 4
- Fruit Puree – Breakfast Oats Meal 125 ml x 4
- Knife/Fork/Spoon set x 1
- Tea bags 7's
- Tea Creamer sachets x 14
- Sugar sachets x 14
- Bath Soap 100g x 1
- Toothpaste 50 ml x 1
- Toothbrush x 1
- Black Refuse Bag x 1
- Plastic Outer



The food parcel provides 2 balanced meals per day for 7 days for a single adult, with sanitation products

A total of 28 meals in the pack, and on an estimated CIF term (40 foot container order) it comes to US\$1.12 per meal (including sanitation products)

This pack has an average total calorie of 9588 and an average of 684 calories per meal



**Notes:**

- Packed in a 100 micron clear plastic and tied at the top
- Packed 3 in an outer carton/840 carton per 40 foot container (palletized)
- Total Mass per food parcel: 4.2 kg,
- Gross mass per carton: 12.6 kg (400 mm x 300 mm x 300 mm)
- Halaal Approved
- Melsi branded items fortified with 20 vitamins and minerals
- Diva RUSF approved and accredited by: **UNICEF, WHO** and **WFP**.
- Price per Unit: **US\$29.70**. Ex-factory Midrand, Gauteng Province, South Africa
- Estimated Shipping Cost per Unit: **US\$1.84** from South Africa to Jebel Ali Port, Dubai, UAE
- Estimated CIF Product and Shipping Cost to Jebel Ali Port, Dubai, UAE (per unit in 40 foot container): **US\$31.54**
- Exchange Rate Used: US\$1 = ZAR 13.00
- Valid: From 15 September 2015 to 31 December 2015 (Ex-factory prices only)
- All import duties and taxes at end destination, for client's account
- Shipping time frame from South Africa to Jebel Ali Port, Dubai, UAE: 30 Days
- All containers are fumigated prior to shipment
- **One 40 foot container provides food and sanitation products for one week for a total of 2520 people**
- This pack offers a total calorie intake of **1368 calories per person per day**
- Total cost per 40 foot container on CIF terms to Jebel Ali Port, Dubai, UAE: **US\$79 480.80**
- Branding cost of boxes (basic design, 5 colours) according to client specifications, is included in the price.

## Refugee Parcel: RP017

### 1 week Family food parcel (Comprehensive)

#### CONTENTS:

DIVA RUSF 40 g x 8  
 Rice 1kg x 2  
 Lentils 200g x 1  
 Melsi Soya Mince - Beef 200g x 1  
 Melsi Soya Mince - Curry Chicken 200g x 1  
 Canned Pilchards in tomato 400g x 1  
 Canned Meatballs in spaghetti 400g x 2  
 Canned meat 300g x 1  
 Melsi Immunomeal 500g x 1  
 Vitadrink 100g x 1  
 Baked Beans in Tomato 400g x 1  
 Fruit Puree – Squish 125 g x 8  
 Fruit Puree – Breakfast Oats Meal 125 ml x 8  
 Tea bags 26's x 1  
 Tea Creamer 100g x 1  
 Cooking Oil x 1  
 Sugar 500g x 1  
 Knife/Fork/Spoon set x 4  
 Bath Soap 100g x 1  
 Toothpaste 100ml x 1  
 Toothbrush x 4  
 Black Refuge Bag x 1  
 Plastic Bag inside Carton x 1  
 Cardboard container



The food parcel provides 2 balanced meals per day for 7 days for a family of 4 (2 adults and 2 children), with sanitation products

A total of 56 meals in the pack, and on an estimated CIF term (40 foot container order) it comes to US\$1.02 per meal (including sanitation products)

This pack has an average total calorie of 24065 and an average of 429 calories per meal



#### Notes:

- Packed in a cardboard carton
- Packed in a carton/1440 cartons per 40 foot container (palletized)
- Total Mass per food parcel: 8.52kg,
- Gross mass per carton: 8.52kg (300 mm x 200 mm x 300mm)
- Halaal Approved
- Melsi branded items fortified with 20 vitamins and minerals
- Diva RUSF approved and accredited by: **UNICEF, WHO** and **WFP**.
- Price per Unit: **US\$53.40**. Ex-factory Midrand, Gauteng Province, South Africa
- Estimated Shipping Cost per Unit: **US\$3.21** from South Africa to Jebel Ali Port, Dubai, UAE
- Estimated CIF Product and Shipping Cost to Jebel Ali Port, Dubai, UAE (per unit in 40 foot container): **US\$56.61**
- Exchange Rate Used: US\$1 = ZAR 13.00
- Valid: From 15 September 2015 to 31 December 2015 (Ex-factory prices only)
- All import duties and taxes at end destination, for client's account
- Shipping time frame from South Africa to Jebel Ali Port, Dubai, UAE: 30 Days
- All containers are fumigated prior to shipment
- **One 40 foot container provides food and sanitation products for one week for a total of 5760 people**
- This pack offers a total calorie intake of **858 calories per person per day**
- Total cost per 40 foot container on CIF terms to Jebel Ali Port, Dubai, UAE: **US\$81 518.40**
- Branding cost of boxes (basic design, 5 colours) according to client specifications, is included in the price.



**Refugee Parcel: RP056A**

**1 week family parcel for 2 adults and 2 children –  
(Melsi product based plus)**

**CONTENTS:**

- DIVA RUF5 40 g x 8
- Rice 1 kg x 2
- Melsi Soya Mince - Beef 200g x1
- Melsi Soya Mince – Chicken 200g x 1
- Melsi Soya Mince - Curry Chicken 200g x1
- Melsi Vitadrink Orange 200g x 1
- Melsi Fortified gravy/soup powder 500g x 1
- Melsi Immunomeal 500g x 1
- Melsi Milk Powder 500 g x 1
- Melsi Rice and Lentil Mix 500 g x 1
- Fruit Puree – Squash 125 ml x 8
- Fruit Puree – Breakfast Oats Meal 125 ml x 8
- Toothpaste 100ml x 1
- Toothbrush x 4
- Bath Soap 100g x 2
- Knife/Fork/Spoon set x 4
- Black Refuge Bag x 1
- Plastic Bag inside Carton x 1
- Cardboard Carton



The food parcel provides 2 balanced meals per day for 7 days for a family of 4 (2 adults and 2 children), with sanitation products

A total of 56 meals in the pack, and on an estimated CIF term (40 foot container order) it comes to US\$0.94 per meal (including sanitation products)

This pack has an average total calorie of 20173 and an average of 360 calories per meal



**Notes:**

- Packed in a cardboard carton
- 1440 cartons per 40 foot container (palletized)
- Gross mass per carton: 8.1kg (300 mm x 200 mm x 300mm)
- Halaal Approved
- Melsi branded items fortified with 20 vitamins and minerals
- Diva RUSF approved and accredited by: **UNICEF, WHO** and **WFP**.
- Price per Unit: **US\$49.40**. Ex-factory Midrand, Gauteng Province, South Africa
- Estimated Shipping Cost per Unit: **US\$3.21** from South Africa to Jebel Ali Port, Dubai, UAE
- Estimated CIF Product and Shipping Cost to Jebel Ali Port, Dubai, UAE (per unit in 40 foot container): **US\$52.61**
- Exchange Rate Used: US\$1 = ZAR 13.00
- Valid: From 15 September 2015 to 31 December 2015 (Ex-factory prices only)
- All import duties and taxes at end destination, for client's account
- Shipping time frame from South Africa to Jebel Ali Port, Dubai, UAE: 30 Days
- All containers are fumigated prior to shipment
- **One 40 foot container provides food and sanitation products for one week for a total of 5760 people**
- This pack offers a total calorie intake of **720 calories per person per day**
- Total cost per 40 foot container on CIF terms to Jebel Ali Port, Dubai, UAE: **US\$75 758.40**
- Branding cost of boxes (basic design, 5 colours) according to client specifications is included in the price.

**Refugee Parcel: RP024A (Comprehensive) Plus**

**2 week Family food parcel for 2 adults and 2 children (total of 112 meals) Please see suggested menu on next page**

**CONTENTS:**

- DIVA RUSF 40 g x 16
- Rice 1kg x 4
- Lentils 200g x 1
- Split peas 200g x 1
- Melsi Soya Mince - Beef 200g x 1
- Melsi Soya Mince - Curry Chicken 200g x 1
- Melsi Soya Mince – Chicken and Veg 200g x 1
- Melsi Fortified Gravy powder 200g x 1
- Canned Pilchards in tomato 400g x 2
- Canned Meatballs in spaghetti 400g x 1
- Canned meat 300g x 2
- Melsi Immunomeal 500g x 1
- Melsi fortified milk powder 500 gram x 1
- Oats 500g x 1
- Vitadrink 100g x 2
- Baked Beans in Tomato 400g x 1
- Tea bags 26's x 2
- Tea Creamer 200g x 1
- Sugar 500g x 1
- Fruit Puree - Squish 125ml x 12
- Fruit Puree – Breakfast Oats Meal 125 ml x 12
- Oil 500ml x 1
- Knife/Fork/Spoon set x 8
- Bath Soap 100g x 3
- Toothpaste 100ml x 2
- Tooth brushes x 4
- Cardboard carton x 1
- Plastic bag inside carton x 1
- Refuge bag x 1



The food parcel provides 2 balanced meals per day for 14 days for a family of 4 (2 adults and 2 children), with sanitation products

A total of 112 meals in the pack, and on an estimated CIF term (40 foot container order) it comes to US\$0.81 per meal (including sanitation products)

This pack has an average total calorie of 42133 and an average of 376 calories per meal

**Notes:**

- Packed in a plastic bag inside a cardboard carton
- 1440 cartons per 40 foot container (palletized)
- Gross mass per carton: 14.94 kg (300mm x 400mm x 200mm)
- Halaal Approved
- Melsi branded items fortified with 20 vitamins and minerals
- Diva RUSF approved and accredited by: **UNICEF, WHO** and **WFP**.
- Price per Unit: **US\$86.49**. Ex-factory Midrand, Gauteng Province, South Africa
- Estimated Shipping Cost per Unit: **US\$3.21** from South Africa to Jebel Ali Port, Dubai, UAE
- Estimated CIF Product and Shipping Cost to Jebel Ali Port, Dubai, UAE (per unit in 40 foot container): **US\$89.70**
- Exchange Rate Used: US\$1 = ZAR 13.00
- Valid: From 15 September 2015 to 31 December 2015 (Ex-factory prices only)
- All import duties and taxes at end destination, for client's account
- Shipping time frame from South Africa to Jebel Ali Port, Dubai, UAE: 30 Days
- All containers are fumigated prior to shipment
- **One 40 foot container provides food and sanitation products for two weeks for a total of 5760 people**
- This pack offers a total calorie intake of **752 calories per person per day**
- Total cost per 40 foot container on CIF terms to Jebel Ali Port, Dubai, UAE: **US\$129 168.00**
- Branding cost of boxes (basic design, 5 colours) according to client specifications, is included in the price.



**Refugee Parcel: RP024A (Comprehensive) Plus  
2 week Family food parcel for 2 adults and 2 children (total of 112 meals)**

**Suggested menu for 2 weeks:**

Day	Week 1: Morning meal	Week 1: Evening Meal	Week 2: Morning Meal	Week 2: Evening Meal
Day 1	Melsi Immunomeal	Rice, Soya mince	Melsi Immuno-meal	Rice , Soya Mince, Vitadrink
Day 2	Oats, milk powder, sugar	Rice, Pilchards in Tom.	Oats, milk powder, sugar	Vegetable Stew ( Lentils, Split Peas, Rice, Gravy)
Day 3	Diva RUSF, Squish	Rice, Canned Meat,	Diva RUSF, Squish	Rice, Pilchards in Tom.
Day 4	Melsi Immuno -Multigrain	Rice, Soya Mince	Melsi Immuno Multigrain	Rice, Soya Mince
Day 5	Fruit Puree/Squish – Oats, Milk	Meatballs/Spaghetti, Baked beans	Fruit Puree/Squish –Oats, milk	Vegetable Stew ( Lentils, Split Peas, Rice, Gravy)
Day 6	Melsi Immunomeal	Rice, Soya Mince, Vitadrink	Melsi Immunomeal	Rice, canned meat, Lentils
Day 7	Diva RUSF, milk	Veg Stew (lentils, split peas, rice, gravy)	Diva RUSF, milk	Rice, Soya mince, lentils







## CONTACT DETAILS



**Mr Casper Oosthuizen,**

Chief Executive Officer (CEO)

[casper@alphazeroconsultants.com](mailto:casper@alphazeroconsultants.com)

Website: [www.alphazeroconsultants.com](http://www.alphazeroconsultants.com)

