



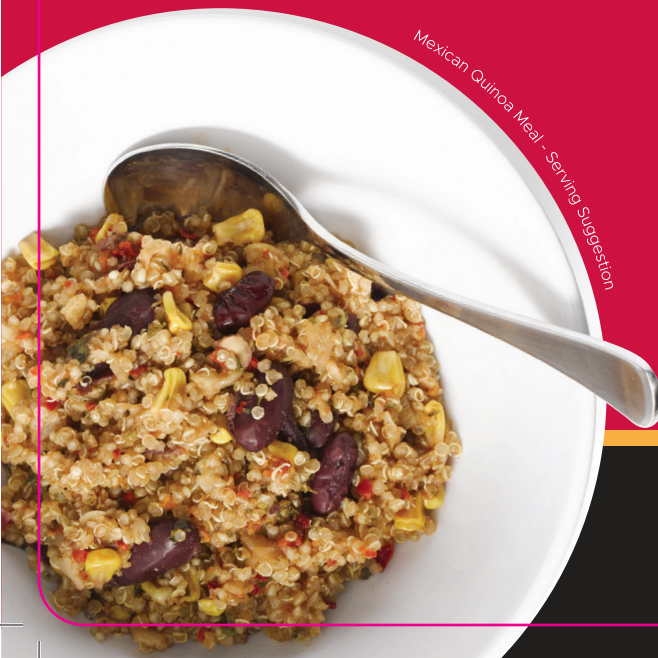
# EMERGENCY FOOD SUPPLY

**100**  
SERVES

INCLUDES:  
**48** meals  
**20** snacks  
**32** drinks

Up to  
**5**  
YEAR  
SHELF LIFE \*

Mexican Quinoa Meal - Serving Suggestion



In case of severe weather events, food shortages or unexpected emergencies.



Enough energy to sustain an average adult for 10 days.\*\*



Keep in the house, shed or garage for when you run short of supplies.



Keep in the caravan, boat or ute for when on-the-go or when travelling into remote areas.

Net Weight 3.7 kg



Designed for long shelf life, minimal preparation,  
to sustain life in emergency events.

Chicken Flavoured Noodles	Mexican Quinoa	Beef Flavoured Curry	Vegetable & Lentil Rice																																																																																																
<b>2 packs per bucket (8 serves in total)</b>	<b>2 packs per bucket (8 serves in total)</b>	<b>2 packs per bucket (8 serves in total)</b>	<b>2 packs per bucket (8 serves in total)</b>																																																																																																
<p><b>NUTRITIONAL INFORMATION</b> Servings Per Package: 4 Serving Size: 300g rehydrated (approx. 50g dry)</p> <table border="1"> <thead> <tr> <th></th> <th>Quantity per serving</th> <th>Quantity per 100 g</th> </tr> </thead> <tbody> <tr><td>Energy</td><td>738 kJ</td><td>246 kJ</td></tr> <tr><td>Protein</td><td>5.1 g</td><td>1.7 g</td></tr> <tr><td>Fat, total</td><td>0.9 g</td><td>0.3 g</td></tr> <tr><td>-saturated</td><td>0.3 g</td><td>0.1 g</td></tr> <tr><td>Carbohydrate</td><td>36.3 g</td><td>12.1 g</td></tr> <tr><td>-sugars</td><td>4.8 g</td><td>1.6 g</td></tr> <tr><td>Sodium</td><td>1440 mg</td><td>480 mg</td></tr> </tbody> </table> <p><b>Ingredients</b> Rice noodles (55%) (rice, water, salt, cassava flour), chicken flavoured stock [salt, sugar, maltodextrin, yeast extract, chicken fat (3%), onion powder, natural flavours, chicken powder (0.2%), natural colour (carotene), burnt sugar], rice flour, dried vegetables (corn, capsicum, shallots, leek).</p> <p>May contain egg, milk, gluten, soy, sesame seeds, lupins, hazelnuts, almonds, cashews, pistachios and sulphites.</p>		Quantity per serving	Quantity per 100 g	Energy	738 kJ	246 kJ	Protein	5.1 g	1.7 g	Fat, total	0.9 g	0.3 g	-saturated	0.3 g	0.1 g	Carbohydrate	36.3 g	12.1 g	-sugars	4.8 g	1.6 g	Sodium	1440 mg	480 mg	<p><b>NUTRITIONAL INFORMATION</b> Servings Per Package: 4 Serving Size: 220g rehydrated (approx. 60g - 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<b>Cinnamon Oats</b>	<b>Dried Fruit Snack</b>	<b>Whey Milk Protein Powder</b>	<b>Lemon Lime Flavoured Drink Powder</b>																																																																																																
<b>1 pack per bucket (16 serves in total)</b>	<b>1 pack with 20 serves</b>	<b>1 pack with 16 serves</b>	<b>1 pack with 16 serves</b>																																																																																																
<p><b>NUTRITIONAL INFORMATION</b> Servings Per Package: 16 Serving Size: 40g</p> <table border="1"> <thead> <tr> <th></th> <th>Quantity per serving</th> <th>Quantity per 100 g</th> </tr> </thead> <tbody> <tr><td>Energy</td><td>651 kJ</td><td>1630 kJ</td></tr> <tr><td>Protein</td><td>4.1 g</td><td>10.2 g</td></tr> <tr><td>Fat, total</td><td>3.0 g</td><td>7.5 g</td></tr> <tr><td>-saturated</td><td>0.5 g</td><td>1.3 g</td></tr> <tr><td>Carbohydrate</td><td>25.9 g</td><td>64.7 g</td></tr> <tr><td>-sugars</td><td>6.5 g</td><td>16.3 g</td></tr> <tr><td>Sodium</td><td>1 mg</td><td>3 mg</td></tr> </tbody> </table> <p><b>Ingredients</b> Oats (85%), sugar, cinnamon (1%).</p> <p><b>Contains gluten.</b></p> <p>May contain milk, egg, soy, sesame seeds, lupins, hazelnuts, almonds, cashews, pistachios and sulphites.</p>		Quantity per serving	Quantity per 100 g	Energy	651 kJ	1630 kJ	Protein	4.1 g	10.2 g	Fat, total	3.0 g	7.5 g	-saturated	0.5 g	1.3 g	Carbohydrate	25.9 g	64.7 g	-sugars	6.5 g	16.3 g	Sodium	1 mg	3 mg	<p><b>NUTRITIONAL INFORMATION</b> Servings Per Package: 20 Serving Size: 30g</p> <table border="1"> <thead> <tr> <th></th> <th>Quantity per serving</th> <th>Quantity per 100 g</th> </tr> </thead> <tbody> <tr><td>Energy</td><td>400 kJ</td><td>1330 kJ</td></tr> <tr><td>Protein</td><td>0.8 g</td><td>2.7 g</td></tr> <tr><td>Fat, total</td><td>0.1 g</td><td>0.5 g</td></tr> <tr><td>-saturated</td><td>0 g</td><td>0.1 g</td></tr> <tr><td>Carbohydrate</td><td>21.5 g</td><td>71.6 g</td></tr> <tr><td>-sugars</td><td>21 g</td><td>70.0 g</td></tr> <tr><td>Sodium</td><td>10 mg</td><td>34 mg</td></tr> </tbody> </table> <p><b>Ingredients</b> Sultanas (55%) [sultanas, vegetable oil], currants (33%) [currants, sunflower oil], dried apricots [apricots, rice flour, preservative (220) (sulphites), dried cranberries (cranberries, cane sugar, sunflower oil), preservative (223) (sulphites)].</p> <p><b>Contains sulphites.</b></p> <p>May contain milk, egg, soy, sesame seeds, lupins, hazelnuts, almonds, cashews, pistachios and gluten.</p>		Quantity per serving	Quantity per 100 g	Energy	400 kJ	1330 kJ	Protein	0.8 g	2.7 g	Fat, total	0.1 g	0.5 g	-saturated	0 g	0.1 g	Carbohydrate	21.5 g	71.6 g	-sugars	21 g	70.0 g	Sodium	10 mg	34 mg	<p><b>NUTRITIONAL INFORMATION</b> Servings Per Package: 16 Serving Size: 215mL rehydrated (25g powder with Approx. 250mL water)</p> <table border="1"> <thead> <tr> <th></th> <th>Quantity per serving</th> <th>Quantity per 100 mL</th> </tr> </thead> <tbody> <tr><td>Energy</td><td>375 kJ</td><td>136 kJ</td></tr> <tr><td>Protein</td><td>3.0 g</td><td>1.1 g</td></tr> <tr><td>Fat, total</td><td>0.2 g</td><td>0.1 g</td></tr> <tr><td>-saturated</td><td>0.1 g</td><td>0 g</td></tr> <tr><td>Carbohydrate</td><td>18.4 g</td><td>6.7 g</td></tr> <tr><td>-sugars</td><td>18.4 g</td><td>6.7 g</td></tr> <tr><td>Sodium</td><td>238 mg</td><td>86 mg</td></tr> </tbody> </table> <p><b>Ingredients</b> Pasteurised cheese whey powder (milk).</p> <p><b>Contains milk.</b></p> <p>May contain egg, gluten, soy, sesame seeds, lupins, hazelnuts, almonds, cashews, pistachios and sulphites.</p>		Quantity per serving	Quantity per 100 mL	Energy	375 kJ	136 kJ	Protein	3.0 g	1.1 g	Fat, total	0.2 g	0.1 g	-saturated	0.1 g	0 g	Carbohydrate	18.4 g	6.7 g	-sugars	18.4 g	6.7 g	Sodium	238 mg	86 mg	<p><b>NUTRITIONAL INFORMATION</b> Servings Per Package: 16 Serving Size: 250mL rehydrated (16g dry powder)</p> <table border="1"> <thead> <tr> <th></th> <th>Quantity per serving</th> <th>Quantity per 100 mL</th> </tr> </thead> <tbody> <tr><td>Energy</td><td>253 kJ</td><td>101 kJ</td></tr> <tr><td>Protein</td><td>Less than 1 g</td><td>Less than 1 g</td></tr> <tr><td>Fat, total</td><td>Less than 1 g</td><td>Less than 1 g</td></tr> <tr><td>-saturated</td><td>Less than 1 g</td><td>Less than 1 g</td></tr> <tr><td>Carbohydrate</td><td>14.3 g</td><td>5.7 g</td></tr> <tr><td>-sugars</td><td>14.0 g</td><td>5.5 g</td></tr> <tr><td>Sodium</td><td>42 mg</td><td>17 mg</td></tr> </tbody> </table> <p><b>Ingredients</b> Sucrose, glucose, acid (330), sodium chloride, mineral salts (340, 329), anticaking agent (551), flavours, colours (133, 102, 142).</p> <p>May contain milk, egg, soy, sesame seeds, lupins, hazelnuts, almonds, cashews, pistachios, gluten and sulphites.</p>		Quantity per serving	Quantity per 100 mL	Energy	253 kJ	101 kJ	Protein	Less than 1 g	Less than 1 g	Fat, total	Less than 1 g	Less than 1 g	-saturated	Less than 1 g	Less than 1 g	Carbohydrate	14.3 g	5.7 g	-sugars	14.0 g	5.5 g	Sodium	42 mg	17 mg
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\*When stored strictly as directed, product can keep up to 5 years.

\*\*The contents of this bucket provide enough energy to sustain one average adult individual for 10 days during emergency situations, based on a minimal sustenance intake of 5000 kJ. In normal situations, an average adult diet is based on a reference value of 8700 kJ. Not to be used as a weight loss diet.

- Will keep for up to 5 years, unopened, when stored in a cool dry place, away from direct sun and heat, below 25°C. Keep unopened pouches in bucket at all times. Dispose of any product that has compromised packaging.
- If pouch seal is compromised, do not consume.
- Needs minimal preparation however all meals require rehydration with clean, potable (safe and drinkable) boiling water.
- Does not include cooking utensils, kitchenware or heat source.



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