

**SOFEX** 

A Legacy of Excellence

**A  
GLOBAL  
RATION  
SOLUTIONS  
PROVIDER**

[www.sofex.africa](http://www.sofex.africa)



# Our production facility is a leader in global ration products and complete pack solutions.

## Our History

Our production facility manufactured their first drink powder mix in 2006. Since that time, the group has grown and developed over 800 products which it has distributed around the world. They have supplied African and Middle Eastern countries since 2016 and has grown to be a formidable force in the ration pack supply channel.

## The Three Pillars of Nutrition

Our products are founded on the three pillars of *nutrition*: **quality, protein, and calories**. These pillars are key to us providing products of exceptional quality and extended shelf life.

The skill and experience in product development combined with the most modern food technology systems available, ensure that our products do not only deliver nutritional requirements, but taste delicious too.

The facility has a detailed knowledge of the technology required to produce food capable of maintaining quality for up to 60 months from the date of manufacture. They have also pioneered innovative products such as sterilized bread, pastries and desserts which are unique in the field of military rations.

## Our Structure

*Our production facility is well placed to serve the needs of all markets with meals, snacks, beverages and utilities tailored to local taste profiles through our South African and global structures.*



# WHAT WE DO:

## MILITARY



### MILITARY RATION PACKS

Ready to eat (MRE) 1200Kcal / 5500Kcal

## HUMANITARIAN



### HUMANITARIAN RATION PACK SOLUTIONS

Developed in line with the main humanitarian aid organisations

## OUTDOOR



### RATION PACK ITEMS

Our vision for long life food options



LIGHT WEIGHT



NO MUGS



NO POTS



NO FIRES



NO GLASS



NO CUTLERY



EASILY DISPOSABLE

# OUR HISTORY :

## OUR SKILLS :

- Our meals vary from 1200 – 5500 kcal are developed specifically for the intake of maximum protein and other nutrients required from the main element consumed in the packs.
- Strong relationships with our customers globally.
- In depth understanding of all local markets.
- Multilingual customer service teams.
- Service and support globally.

## WHOLESOME INGREDIENTS :

Our production facility sources it's food from a diverse, fresh, world class global supply chain including meat, chicken, fruit and vegetables - all year round! This result in exceptional food of the highest quality.

## UNIQUE ADVANTAGE :

The facility manufactures their products in-house, as opposed to purchasing the products from outside suppliers. This enables them to lower product costs and increase budgets to spend on quality fresh produce and ingredients for our delicious food.

## EXPERIENCE:

Multi functional team of food experts have been involved in the production of millions of ration packs over the years and contribute to our unique range of products.

Our production facility's understanding of long shelf-life meals and accessories ensures that the final ration packs produced are of exceptional international quality.



# PACK DEVELOPMENT

| TARGET MARKET                             | KCAL REQUIREMENT                   | MENU REQUIREMENT PER PACK                | RELIGIOUS REQ                       | BUDGET PER PACK      |
|---|------------------------------------|--|-------------------------------------|----------------------|
| Military <input type="checkbox"/>         | 800Kcal <input type="checkbox"/>   | Breakfast Meals <input type="checkbox"/> | Halaal <input type="checkbox"/>     | <input type="text"/> |
| Refugee <input type="checkbox"/>          | 1000 Kcal <input type="checkbox"/> | Lunch Meals <input type="checkbox"/>     | Kosher <input type="checkbox"/>     |                      |
| Humanitarian Aid <input type="checkbox"/> | 1200Kcal <input type="checkbox"/>  | Dinner Meals <input type="checkbox"/>    | Vegetarian <input type="checkbox"/> |                      |
| Security <input type="checkbox"/>         | 1700Kcal <input type="checkbox"/>  | Desserts <input type="checkbox"/>        |                                     |                      |
| Civilian <input type="checkbox"/>         | 2200Kcal <input type="checkbox"/>  | Snacks <input type="checkbox"/>          |                                     |                      |
| Retail <input type="checkbox"/>           | 3000Kcal <input type="checkbox"/>  | Drinks <input type="checkbox"/>          |                                     |                      |
|   | 3600Kcal <input type="checkbox"/>  |  |                                     |                      |

- Above criteria are matched to the WOT which includes a selection of over 300 elements.
- Nutrition teams develop the pack according to specifications.
- A menu is developed in line with the budget supplied.
- Sales teams present pack options and costings in required currency.
- Timelines are established.
- Costings are signed off by client.

# CERTIFICATIONS



ISO 9001 : A complete audited operation quality management system which ensures outstanding customer service which is logged and monitored as part of ongoing operations.



ISO 14001 : 2015 ensures that the facility achieves the intended outcomes of its environmental management system, which provide value for the environment, the organization itself and interested parties. Consistent with the organization's environmental policy, the intended outcomes of an environmental management system includes: Enhancement of environmental performance | Fulfillment of compliance obligations | Achievement of environmental objectives.



FSSC 22000 : Is one of the world's largest food safety certification & standards authorities and is part of the global food safety initiative. FSSC contains a complete scheme for food safety management systems, based on existing standards for certifications (ISO 22003) and technical specifications for sector prerequisite programs such as ISO - TS22002-1. FSSC 22000 also adds specific requirements to ensure consistency and integrity of the scheme. The group is certified FSSC 22000, V5.1. (GFSI).



ISO 27001 is widely known for providing all the requirements for an information security management system (ISMS). Using this system enables the facility to manage the security of assets such as financial information, intellectual property, employee details or information entrusted by third parties.



HALAL : The facility is certified on the Halal System. Our premises, products and suppliers are audited by ICSA, a local Halal body and verified by the National Independent Halal Trust.



NRCS is a governmental agency that manages all manufacturers of hermetically sealed products. Our supplier is approved, certified and regulated in South Africa by the NRCS. Their mandate includes promoting public health and safety, environmental protection and ensuring fair trade. This mandate is achieved through the development and administration of technical regulations and compulsory specifications as well as through market surveillance to ensure compliance with the requirements of these compulsory specifications and technical regulations. NRCS stakeholders include the South African Government, industry and the citizens.



Joburg Council : Our food premises and products also carry a local Health authority approval, whereby our premises are inspected by health officials on a regular basis and all export products are checked, verified and export certificates are issued once this process has been completed.



COVID 19 - Employee awareness Training - With COVID-19 being the epicenter of every single person's life, now more than ever, Occupational Health and Safety Professionals are at the forefront of this pandemic assisting and guiding industry to return to the workplace in a safe and healthy manner. Our staff have all undergone COVID awareness training, and the preventative measures are kept to very strictly.

## Our Systems Include :

- Our production facility differentiates themselves in that they manufacture key items in-house at a low cost with high manageability.
- They supplement items with constraints with those strategically manufactured to overcome veterinary constraints in areas such as the UK, EU and USA.
- Products and recipes are standardized globally and delivered where required by the South African hub and contract packers in area's including the EU. (With a key facility in the Netherlands, an assembly hub was formed to deliver items which are required to be manufactured in the EU). This enables the facility to deliver complete packs globally.
- The same standards and high expectations in terms of meal development and manufacturing, is strictly aligned with that of the South African Head Office protocols.

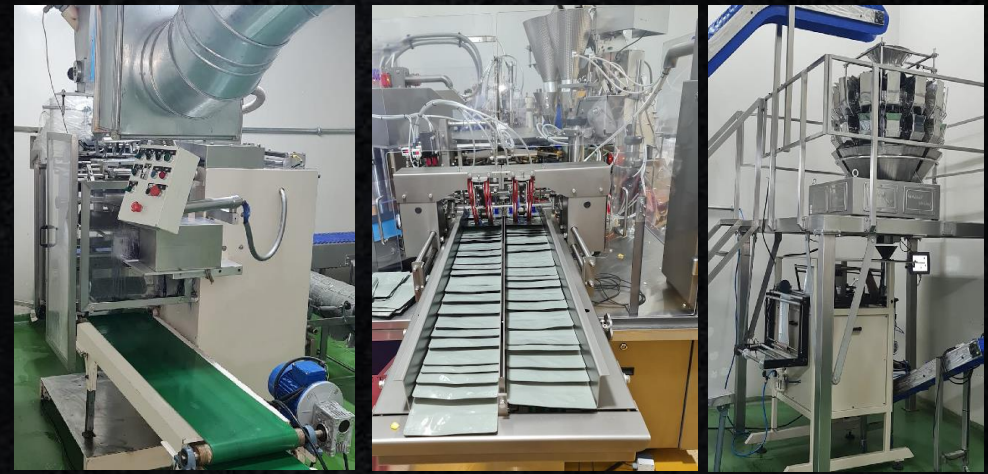
***Two state-of-the-art, world class production facilities were designed by leading architects and food safety consultants to ensure the premises meet the world standards of FSSC 22000 V5.1***

The facilities are audited on an ongoing basis and has a proud record of compliance to FSSC principles. Our supplier is Halaal accredited and has several manufacturing and packing capabilities which include:

- Powder products
- Liquid products
- Bakery
- Snack packing multi-head weighers and packers
- Vacuum sealers for modified atmosphere products
- Flow wrappers and sealers

The facility has a system of packing that ensures high accuracy and speed, at low cost.

# THE PRODUCTION FACILITY



# PAST EXPERIENCE

Our factory has extensive experience in the Ration Pack industry and has manufactured, assembled and distributed many solutions to end users globally including :

## MIDDLE EAST :

- United Arab Emirates
- Kingdom of Saudi Arabia
- Kuwait
- Oman
- Jordan

## EUROPE :

- NATO
- Sweden
- Slovenia
- Romania
- Turkey
- United Kingdom

## AFRICA :

South Africa  
Malawi  
Mozambique  
Lesotho  
Zimbabwe  
Namibia

Somalia  
Mali  
Guinea Conakry  
Congo  
Kenya  
Uganda

South Sudan  
Botswana  
Ghana  
Niger



**DELICIOUS MEALS AND DESSERTS** FROM THE GLOBAL LEADER IN RATIONS



## DRY BREAKFASTS

- Cereal Mix with Milk Powder
- Tropical Granola with Milk Powder
- Chocolate Granola with Milk Powder
- Granola Mix with Milk Powder
- Berry Granola with Milk Powder
- Oats with Milk Powder - Vanilla and Banana
- Sorghum Porridge - Original Flavour
- Sorghum Porridge - Banana Flavour
- Maize Porridge - Strawberry Flavour
- Maize Porridge - Banana Flavour
- Maize Porridge - Vanilla Flavour
- Maize Porridge - Chocolate Flavour

## WET BREAKFASTS

- Wheat Porridge - Strawberry Flavour



## CHICKEN MEALS

- Rice with Sweet and Sour Chicken
- Vegetable and Chicken Casserole
- Biryani Chicken
- Mild and Spicy Tomato Chicken Pasta
- Creamy Pasta With Chicken
- Kabseh with Chicken
- Green Thai Curry with Chicken
- Red Thai Curry with Chicken
- Vegetable and Chicken Curry
- Rice and Chicken
- Jollof Rice with Chicken
- Kadjenou Chicken

## BEEF MEALS

- Vegetable and Beef Curry
- Beef Stew - Halal
- Rice and Beef
- Tomato Beef Pasta
- Vegetable and Beef Casserole
- Biryani Beef
- Pasta with Peppersteak
- Spaghetti Bolognaise
- Jollof Rice with Beef
- Chilli Con Carne
- Beef Curry with Rice
- Kadjenou Beef



## VEGETARIAN MEALS

- Veggie Bite Pasta with Pepper Sauce
- Bean and Lentil Curry
- Bean and Vegetable Casserole
- Butterbean and Vegetable Curry
- Chickpea Harissa Pasta
- Veggie Bite Pasta in Tomato Sauce
- Creamy Corn Pasta
- Biryani Vegetable
- Tomato Pasta and Beans
- Green Thai Veggie Strip Curry and Rice
- Sweet and Sour Veggie Strips
- Southern Beans and Vegetables
- Creamy Sweet Potato Ravioli
- Red Thai Veggie Strip Curry and Rice
- Vegetarian Pasta Bolognaise
- Jollof Rice



## TINS

- Fruit Cocktail in Syrup
- Mackerel In Tomato Sauce
- Corned Beef
- Glenryck Pilchards in Tomato Sauce

## NOODLE MEALS

- Instant Noodles - Vegetable Flavour
- Instant Noodles - Chicken Flavour
- Instant Noodles - Beef Flavour
- Instant Noodles - Alfredo Flavour
- Instant Noodles - Tomato Flavour



## DESSERTS

### CAKES

- Apple and Cinnamon Cake
- Chocolate Brownie
- Caramel Cake

### DESSERTS WITH SAUCE

- Chocolate Flavour Rice Pudding
- Vanilla Flavour Rice Pudding



## BISCUITS

- Chocolate Chip Biscuits
- Chocolate Choc-Chip Biscuits
- Fruity Oat Biscuits
- Crunchy Oat Biscuits
- Apricot Oat Biscuits
- Peanut Butter Oat Biscuits
- Wholewheat Crackers
- Digestive Biscuits
- Cranberry and Chocolate Flapjacks
- Fruit and Nut Flapjacks

## BREADS AND WRAPS

- Multiseed Rye Bread
- Seeded Wholewheat Brown Bread
- Rye Bread
- Wholewheat Tortilla
- Wheat Flour Tortilla



## SPREADS

- Apricot Jam
- Nut Butter
- Peach Jam
- Mixed Fruit Jam
- Honey
- Peanut Butter

## HIGH PROTEIN SPREADS

- Tuna Mayonnaise Spread
- Mediterranean Tuna Spread
- Hummus

## SOUPS

- Soup - Vegetable
- Soup - Beef
- Soup – Chicken
- Soup – Tomato
- Soup – Strawberry

## CONDIMENTS

- Ground Black Pepper
- Sugar
- Salt
- Tomato Chilli Sauce
- Creamer



## BEVERAGES

- 3-in-1 Coffee
- Hot Chocolate
- Instant Coffee
- Black Tea
  
- Thirst Quench - Orange
- Thirst Quench – Ginger
  
- Isotonic Drink Powder - Sweet Mango Flavour
- Isotonic Drink Powder - Sweet Peach Flavour
- Isotonic Drink Powder - Sweet Pineapple Flavour
- Isotonic Drink Powder - Sweet Strawberry Flavour
- Isotonic Drink Powder - Sweet Grape Flavour
- Isotonic Drink Powder - Sweet Orange Flavour
- Isotonic Drink Powder - Sweet Tropical Flavour
- Isotonic Drink Powder - Sweet Naartjie Flavour
- Isotonic Drink Powder - Sweet Guava Flavour
  
- Lactose-free Shake - Strawberry Flavour
- Lactose-free Shake - Chocolate Flavour
- Lactose-free Shake - Vanilla Flavour
- Lactose-free Shake - Peach Flavour
- Lactose-free Shake - Banana Flavour
  
- Plus 2 - Orange
- Plus 2 – Yellow



## BARS

- Apple and Berry Granola Bar
- Chocolate Energy Bar
- Chocolate Nut Energy Bar
- Apple Fruit Bar
- Apricot Fruit Bar
- Banana Fruit Bar
- Cranberry Fruit Bar
- Granola Seed Bar
- Cinnamon Sesame Seed Bar
- Sesame Seed Bar

## SNACKS

- Dates
- Dried Peaches
- Fruit Pulp Cubes
- Granola and Nut Mix
- Peanuts, Raisins and Choc Chips
- Peanuts and Raisins
- Peanuts - BBQ Flavoured
- Cashews - Cream Cheese and Chives Flavoured
- Salted Peanuts
- Raisins
- Sunflower Seeds - Salted
- Granola Fruit Mix Snack
- Fruit and Nut Snack
- Berry Snack
- Seed Mix
- Tropical Fruit Snack
- Halls Sweets
- Chewing Gum - Wild Cherry Flavoured
- Chewing Gum - Air Rush
- Super-C Sweets



## NON-FOOD ITEMS

- Alcohol-based Wet Wipes
- Napkins, Tissues, Serviettes
  
- Resealable Polybag
  
- Spork
- Spoon
- Knife
- Fork
- Drinking Straw
- Can Opener
- Toothpicks
  
- Flameless Heating Pad
- Flameless Ration Heating Kit
- Water Heating Bag
- Stove Heating Kit
- Stove
- Matches
- Fuel Tablets
  
- Water Purification Tablets
- Water Purification Powder



## EXAMPLE OF A 8-HOUR 1500 Kcal MENU:

| 8HR<br>1500Kcal | Product  | Weight (total ) | kcal   | carbohydrates (g) | fat (g)    | protein (g) |
|-----------------|--|-----------------|--------|-------------------|------------|-------------|
|                 | Spork X 1  |                 |        |                   |            |             |
|                 | Non alcoholic wet wipes X 2                                |                 |        |                   |            |             |
|                 | Tissues X1   |                 |        |                   |            |             |
|                 | Chewing Gum X 6  |                 |        |                   |            |             |
|                 | Resealable polybag X1                                      |                 |        |                   |            |             |
|                 | Flamesless Ration Heater X 1                               |                 |        |                   |            |             |
|                 | 3-in-1 coffee (20g)  | 20              | 73,6   | 14,2              | <0,1       | 0,4         |
|                 | 3-in-1 Tea (20g)   | 20              | 73,6   | 14,2              | <0,1       | 0,4         |
|                 | Isotonic Drink (Orange)                                    | 50              | 101,25 | 24,9              | <0,1       | <0,3        |
|                 | Isotonic Drink (Orange)                                    | 50              | 101,25 | 24,9              | <0,1       | <0,3        |
|                 | Flapjack Biscuit   | 50              | 214    | 32,85             | 5,3        | 5,7         |
|                 | Salted Peanuts   | 45              | 272,7  | 4,86              | 21,735     | 13,635      |
|                 | Crunchy Oat Biscuits                                       | 50              | 226,5  | 34,4              | 7,45       | 4,2         |
|                 | Mixed Fruit Jam  | 30              | 81     | 19,56             | 0,12       | <0,3        |
|                 | Apple Fruit Bar  | 30              | 88,5   | 20,85             | 0,21       | 0,72        |
|                 | Creamy Pasta with Chicken: Chicken with Creamy Pasta Sauce | 300             | 339    | 24,3              | 14,7       | 27,3        |
|                 |  | 645             | 1571,4 | 215,02            | 49,515     | 52,355      |
|                 |  |                 |        | <b>55%</b>        | <b>28%</b> | <b>13%</b>  |

## EXAMPLE OF A 24-HOUR 4300 Kcal ENHANCED MENU

| 24 HR ENHANCED<br>4500Kcal | Product  | Weight (total ) | kcal    | carbohydrates (g) | fat (g)    | protein (g) |
|----------------------------|--|-----------------|---------|-------------------|------------|-------------|
|                            | Spork X 1  |                 |         |                   |            |             |
|                            | Waterproof Matches and a striker X 5   |                 |         |                   |            |             |
|                            | Non alcoholic wet wipes X 2  |                 |         |                   |            |             |
|                            | Tissues X1   |                 |         |                   |            |             |
|                            | Hot Sauce X 1  |                 |         |                   |            |             |
|                            | Chewing Gum X 6  | 12              | 26,64   | 8,76              | 1,464      | 0,4         |
|                            | Resealable polybag X1  | 0               | 0       | 0                 | 0          | 0           |
|                            | Additional resealable polybag X 1  | 0               | 0       | 0                 | 0          | 0           |
|                            | Flamesless Ration Heater X 1   | 0               | 0       | 0                 | 0          | 0           |
|                            | 3-in-1 coffee X 3  | 60              | 220,8   | 42,6              | <0,1       | 2           |
|                            | 3-in-1 Tea X 3   | 60              | 220,8   | 42,6              | <0,1       | 2           |
|                            | Hot Chocolate X 1  | 50              | 208     | 29,8              | 5,35       | 3,5         |
|                            | Isotonic Drink (Pineapple)   | 25              | 100,25  | 24,675            | <0,1       | <0,3        |
|                            | Isotonic Drink (Pineapple)   | 25              | 100,25  | 24,675            | <0,1       | <0,3        |
|                            | Wholewheat Crackers  | 50              | 214     | 32,85             | 5,3        | 5,7         |
|                            | Fruit Pulp Cubes   | 45              | 162,9   | 39,285            | 0,09       | <0,3        |
|                            | Salted Peanuts   | 45              | 272,7   | 4,86              | 21,735     | 13,635      |
|                            | Flapjack Biscuit   | 50              | 214     | 32,85             | 5,3        | 5,7         |
|                            | Vanilla Caramel Crunch High Protein Bar  | 70              | 304,5   | 36,54             | 10,5       | 14,84       |
|                            | Nut Butter   | 25              | 148     | 7,4               | 10,825     | 4,9         |
|                            | Peanut Butter  | 25              | 154,5   | 3,1               | 12,625     | 6,75        |
|                            | Tropical Fruit Muesli  | 170             | 703,8   | 98,43             | 21,76      | 14,28       |
|                            | Sausage Pasta: Soya Based Sausage Served in a Tomato and Herb Sauce Combined with Pasta    | 300             | 510     | 21,3              | 31,2       | 31,2        |
|                            | Tomato Veggie Bite Pasta: Soya Based Meatballes in Tomato and Herb Sauce Served with Pasta | 300             | 393     | 40,2              | 17,4       | 14,7        |
|                            | Apple and Cinnamon Cake  | 120             | 358,8   | 56,76             | 10,92      | 5,64        |
|                            | 0  | 1432            | 4312,94 | 546,685           | 154,469    | 125,245     |
|                            |  |                 |         | <b>51%</b>        | <b>32%</b> | <b>12%</b>  |

**EXAMPLE OF  
A 10-MAN  
24-HOUR  
38,000 Kcal  
ENHANCED  
MENU**

| 10 MAN<br>40000 Kcal | Product                               | Weight (total ) | kcal     | carbohydrates (g) | fat (g)    | protein (g) |
|----------------------|---------------------------------------|-----------------|----------|-------------------|------------|-------------|
|                      | breadmaking flour                     | 700             | 2478     | 510,3             | 7          | 74,9        |
|                      | bicarbonate of soda                   | 10              | 33,4     | 6,94              | 0,03       | 0,44        |
|                      | yeast                                 | 10              | 35,3     | 1,88              | 0,55       | 4,52        |
|                      | oil                                   | 100             | 889      | <2,5              | 99,9       | 0,9         |
|                      | salt                                  | 50              | <1       | <2,5              | <0,1       | <0,3        |
|                      | pepper                                | 20              | 50,2     | 4,96              | 0,24       | 2,88        |
|                      | sugar                                 | 500             | 2035     | 500               | <0,1       | <0,3        |
|                      | mixed herbs                           | 10              | 34,1     | 7,05              | 0,02       | 0,67        |
|                      | dried onions                          | 10              | 33,4     | 6,94              | 0,03       | 0,44        |
|                      | margarine                             | 70              | 622,3    | <2,5              | 69,93      | 0,63        |
|                      | garlic powder                         | 10              | 33,4     | 6,94              | 0,03       | 0,44        |
|                      | hot chocolate X 1 serving             | 500             | 2080     | 298               | 53,5       | 35          |
|                      | tea bags X 3 servings                 | 60              | 163,2    | 12                | 0,84       | 14,16       |
|                      | coffee X 3 servings                   | 60              | 180      | 22,5              | 0,24       | 13,14       |
|                      | creamers X 3 servings                 | 500             | 2670     | 350               | 141        | <0,3        |
|                      | Casserole Powder                      | 125             | 391,25   | 84,625            | 0,5        | 6,25        |
|                      | Alfredo Sauce Powder                  | 125             | 452,5    | 78                | 11,125     | 5,375       |
|                      | Whole Kernel Corn - in Brine          | 400             | 256      | 23,2              | 10,4       | 10,4        |
|                      | Chickpeas in Brine                    | 400             | 460      | 61,2              | 8,8        | 20,8        |
|                      | Green Beans - in Brine                | 400             | 72       | <2,5              | <0,1       | 6           |
|                      | Carrots - in Brine                    | 400             | 88       | 14,4              | <0,1       | 2,8         |
|                      | egg powder                            | 300             | 1746     | 16,2              | 120,3      | 151,5       |
|                      | custard powder                        | 300             | 1044     | 174               | 0,9        | 0,9         |
|                      | plastic bags X 2                      |                 |          |                   |            |             |
|                      | can opener X 1                        |                 |          |                   |            |             |
|                      | Barbeque Peanuts                      | 450             | 2727     | 48,6              | 217,35     | 136,35      |
|                      | Fruit and Nut Mix                     | 450             | 2443,5   | 136,8             | 165,15     | 92,25       |
|                      | Chocolate Crunch High Protein Bar     | 700             | 2940     | 333,9             | 84,7       | 195,3       |
|                      | Chocolate Chip Biscuits               | 500             | 2455     | 328               | 108,5      | 34,5        |
|                      | White Rice                            | 700             | 2415     | 515,9             | 3,5        | 52,5        |
|                      | Penne Pasta                           | 700             | 2499     | 461,3             | 9,1        | 118,3       |
|                      | Isotonic Drink (Pineapple)            | 250             | 1002,5   | 246,75            | <0,1       | <0,3        |
|                      | Isotonic Drink (Strawberry)           | 250             | 1012,5   | 249               | <0,1       | <0,3        |
|                      | Isotonic Drink (Grape)                | 250             | 1015     | 249,25            | <0,1       | <0,3        |
|                      | Isotonic Drink (Apple)                | 250             | 1015     | 249,5             | <0,1       | <0,3        |
|                      | Ground Beef in Brine                  | 600             | 1512     | <2,5              | 155,2      | 118,2       |
|                      | Vegetarian Sausages in Brine          | 600             | 1116     | 65,4              | 45         | 102         |
|                      | Tomato Powder Mix                     | 125             | 382,5    | 84,875            | <0,1       | 5,5         |
|                      | menu sheet - 4 recipes for egg powder |                 |          |                   |            |             |
|                      |                                       | 10885           | 38382,05 | 5148,41           | 1313,835   | 1207,045    |
|                      |                                       |                 |          | <b>54%</b>        | <b>31%</b> | <b>13%</b>  |

**EXAMPLE  
OF A  
1-MAN  
COLD  
CLIMATE  
24-HOUR  
5500 Kcal  
ENHANCED  
MENU**

| <b>COLD CLIMATE</b> | <b>Product</b>                       | <b>Weight (total )</b> | <b>kcal</b> | <b>carbohydrates (g)</b> | <b>fat (g)</b> | <b>protein (g)</b> |            |
|---------------------|--------------------------------------|------------------------|-------------|--------------------------|----------------|--------------------|------------|
| <b>5500Kcal</b>     | Spork X 1                            |                        |             |                          |                |                    |            |
|                     | Waterproof Matches and a striker X 5 |                        |             |                          |                |                    |            |
|                     | alcoholic wipes X 2                  |                        |             |                          |                |                    |            |
|                     | Tissues X1                           |                        |             |                          |                |                    |            |
|                     | Chewing Gum X 6                      | 12                     | 26,64       | 8,76                     | 1,464          | 0,048              |            |
|                     | Resealable polybag X1                |                        |             |                          |                |                    |            |
|                     | 3-in-1 coffee X 3                    | 60                     | 220,8       | 42,6                     | <0,1           | 2                  |            |
|                     | 3-in-1 Tea X 3                       | 60                     | 220,8       | 42,6                     | <0,1           | 2                  |            |
|                     | Chocolate Bar                        | 115                    | 630,2       | 63,02                    | 38,295         | 10,925             |            |
|                     | Hot Chocolate X 1                    | 50                     | 208         | 29,8                     | 5,35           | 3,5                |            |
|                     | meat snack                           | 20                     | 48,6        | <3                       | 0,62           | 10,34              |            |
|                     | Barbeque Peanuts                     | 45                     | 272,7       | 4,86                     | 21,735         | 13,635             |            |
|                     | Apple and Berry Bar                  | 45                     | 174,15      | 32,535                   | 3,375          | 2,07               |            |
|                     | Salted Sunflower Seeds               | 45                     | 294,3       | 1,665                    | 27,81          | 8,145              |            |
|                     | Flapjack Biscuit                     | 50                     | 214         | 32,85                    | 5,3            | 5,7                |            |
|                     | Chocolate Crunch High Protein Bar    | 70                     | 294         | 33,39                    | 8,47           | 19,53              |            |
|                     | Fruity Oat Biscuits                  | 50                     | 219,5       | 35,35                    | 6,15           | 3,95               |            |
|                     | Isotonic Drink (Grape)               | 25                     | 101,5       | 24,925                   | <0,1           | 0                  |            |
|                     | Isotonic Drink (Apple)               | 25                     | 101,5       | 24,95                    | <0,1           | 0                  |            |
|                     | Isotonic Drink (Grape)               | 25                     | 101,5       | 24,925                   | <0,1           | <0,3               |            |
|                     | Wholewheat Crackers                  | 50                     | 214         | 32,85                    | 5,3            | 5,7                |            |
|                     | Peanut Butter                        | 25                     | 154,5       | 3,1                      | 12,625         | 6,75               |            |
|                     | Granola Mix                          | 170                    | 722,5       | 105,4                    | 23,12          | 15,47              |            |
|                     | Vegetable and Meat Noodle Meal       | 150                    | 684         | 92,7                     | 28,2           | 22,5               |            |
|                     | Chocolate Brownie                    | 120                    | 478,8       | 53,64                    | 26,76          | 5,28               |            |
|                     |                                      | 0                      | 1212        | 5381,99                  | 689,92         | 214,574            | 137,543    |
|                     |                                      |                        |             |                          | <b>51%</b>     | <b>36%</b>         | <b>10%</b> |

**EXAMPLE  
OF A  
1-MAN  
24-HOUR  
3800 Kcal  
MENU**

| Product Item   | Weight (total ) | kcal    | carbohydrates (g) | fat (g)    | protein (g) |
|--|-----------------|---------|-------------------|------------|-------------|
| Spork X 1  |                 |         |                   |            |             |
| Waterproof Matches and a striker X 5                       |                 |         |                   |            |             |
| Non alcoholic wet wipes X 2                                |                 |         |                   |            |             |
| Tissues X1   |                 |         |                   |            |             |
| Hot Sauce X 1  |                 |         |                   |            |             |
| Chewing Gum X 6  | 12              | 26,64   | 8,76              | 1,464      | 0,048       |
| Resealable polybag X1                                      | 50              | 0       | 0                 | 0          | 0           |
| Tea Bag X 2  | 4               | 10,88   | 0,8               | 0,056      | 0,944       |
| Instant Coffee X 2   | 4               | 12      | 1,5               | 0,016      | 0,876       |
| Sugar X 4  | 40              | 162,8   | 40                | <0,1       | <0,3        |
| Hot Chocolate X 1  | 50              | 208     | 29,8              | 5,35       | 3,5         |
| Creamer  | 32              | 170,88  | 22,4              | 9,024      | <0,3        |
| Isotonic Drink (Pineapple)                                 | 25              | 100,25  | 24,675            | <0,1       | <0,3        |
| Raisins  | 45              | 152,1   | 34,515            | 0,45       | 0,99        |
| Oat Drink (Banana)   | 50              | 183     | 27                | 2,25       | 3,45        |
| Crunchy Oat Biscuits                                       | 50              | 226,5   | 34,4              | 7,45       | 4,2         |
| Peanut Butter  | 25              | 154,5   | 3,1               | 12,625     | 6,75        |
| Salted Peanuts   | 45              | 272,7   | 4,86              | 21,735     | 13,635      |
| Flapjack Biscuit   | 50              | 214     | 32,85             | 5,3        | 5,7         |
| Tropical Fruit Muesli                                      | 170             | 703,8   | 98,43             | 21,76      | 14,28       |
| Veg Chcken Biryani   | 300             | 423     | 30,9              | 26,7       | 23,7        |
| Creamy Pasta with Chicken: Chicken with Creamy Pasta Sauce | 300             | 339     | 24,3              | 14,7       | 27,3        |
| Coconut Flavoured Sago Pudding                             | 120             | 163,2   | 31,2              | 3          | <0,3        |
| Chocolate Crunch High Protein Bar                          | 70              | 294     | 33,39             | 8,47       | 19,53       |
|  | 1442            | 3817,25 | 482,88            | 140,35     | 124,903     |
|  |                 |         | <b>51%</b>        | <b>33%</b> | <b>13%</b>  |

24 Hour  
3200kcal

**EXAMPLE  
OF A  
1-MAN  
24-HOUR  
3200 Kcal  
MENU**

| Food Type | Food Item                       | per serving (grams) | Quantity | kcal        | Carbs (g)  | Fat (g)   | Protein (g) |
|-----------|---------------------------------|---------------------|----------|-------------|------------|-----------|-------------|
| Meal      | Vegetable and Chicken Casserole | 400                 | 1        | 445         | 44,8       | 16,6      | 27          |
| Meal      | Pasta with Peppersteak          | 400                 | 1        | 439         | 33,4       | 18,4      | 33,6        |
| Breakfast | Sorghum Original                | 80                  | 1        | 295         | 58,6       | 1,9       | 7,2         |
| Beverages | Peach Shake                     | 50                  | 1        | 220         | 33,5       | 5,8       | 8,3         |
| Beverages | Isotonic Drink (Orange/Mango)   | 50                  | 2        | 388         | 95         | <0,1      | <0,3        |
| Beverages | Coffee                          | 2                   | 2        | 12          | 1,5        | 0         | 0,9         |
| Beverages | Rooibos Tea/Black Tea           | 3                   | 2        | 0           | 0          | <0,1      | <0,3        |
| Snacks    | Raisins                         | 60                  | 1        | 203         | 46,2       | 0,4       | 2,3         |
| Snacks    | Chocolate Energy Bar            | 45                  | 1        | 180         | 27,3       | 4,1       | 5           |
| Snacks    | Nut Butter                      | 40                  | 1        | 237         | 11,8       | 17,3      | 7,8         |
| Snacks    | Crunchy Oaties                  | 100                 | 1        | 453         | 68,8       | 14,9      | 8,4         |
| Extras    | Salt Sachet                     | 1                   | 2        | <1          | <2,5       | <0,1      | <0,3        |
| Extras    | Pepper                          | 0,5                 | 2        | 3           | 0,2        | 0         | 0,1         |
| Extras    | Sugar                           | 10                  | 4        | 163         | 40         | <0,1      | <0,3        |
| Extras    | Creamer                         | 8                   | 4        | 166         | 20,5       | 9,1       | 0,6         |
| Extras    | Gum                             | 2                   | 5        | 10          | 3          | <0,1      | <0,3        |
| Extras    | Water Purification Tablet       |                     | 4        |             |            |           |             |
| Extras    | Heating Kit                     | 40                  | 1        |             |            |           |             |
| Extras    | Spork                           |                     | 1        |             |            |           |             |
| Extras    | Clear Plastic                   | 8 X 30 cm           | 4        |             |            |           |             |
| Extras    | Tissue                          |                     | 1        |             |            |           |             |
| Extras    | Wet Wipes                       |                     | 2        |             |            |           |             |
|           |                                 | <b>1291,5</b>       |          | <b>3214</b> | <b>485</b> | <b>89</b> | <b>101</b>  |

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