

DEHYDRATED MEALS



4HumansCare
www.4humans.gr



Dehydrated Meals

- **Dehydration** is one of the safest methods of food preservation and refers to the removal of water which is present in food. In this process, it is not necessary to add preservatives, because bacterium and mold cannot develop in dry places.

Without realizing, we use food on a daily basis which has gone through similar processes without any restriction.

There is no shortage of examples of ingredients from which we draw all or part of the water to become dry so they can last longer without the need for preservatives.

- The dehydration or drying of foods (solid or liquid), is an operation of water removal, or any other liquid in the form of steam, for an unsaturated gaseous phase using a mechanism of thermal vaporization below the boiling temperature.

- Dehydration is carried out using artificially created heat in conditions whereby temperature, moisture and draft are carefully controlled.

Air is the most commonly used method in food drying. Air conducts heat to the food, causing water evaporation which is the vehicle transporting moist steam from the food.

- Dehydration is the least aggressive process which does not change the structure of food, retaining most of the nutritional content. In the case of vegetables, which originate powered soups, they maintain almost 100% of the vitamins (especially vitamin A) and minerals (selenium, potassium and magnesium).

- The use of dehydration is particularly interesting in the case of lactic acid bacteria which is very sensitive to heat.

- In general, dehydrated foods does not need to be refrigerated which greatly reduces the costs of storage and transport.

- Dehydration leads to a significant reduction in weight which makes food transportation easier and much cheaper.

- For example, several foods have up to 90% water, becoming 10 times lighter after the dehydration process.

- Most of the dehydrated foods can quickly be re-hydrated back thanks to their porous texture. In fact, dehydration does not lead to a notable reduction of the volume, so the water can easily take its place in the food molecular structure.



Dehydrated Meals

Our products contain all the ingredients for your preparation (including sugar or seasonings, depending on the products), and it is only necessary to add water and mix until dissolved, and cook as indicated on the label.

All our products are made with raw materials carefully selected in order to meet the food needs of the individual, in addition to the supplement of vitamins, minerals and iron, in accordance with the Recommended Daily Allowance (RDA), carefully crafted to enrich product.

HALAL CERTIFICATE

Whenever required all our products will have HALAL CERTIFICATE



ADVANTAGES OF OUR PRODUCTS

- Reduction of weight and volume in about 90%, takes up much less space for the transport and the storage of the products.
- It does not need transport or storage with cold, normal transport and storage must be done.
- Validity of 3 years, after the day of manufacture, for all products.
- Controlled and constant quality, with all necessary nutritional values.
- Easy preparation, just need to add the product to the water and cook.
- Product already used in several countries.
- Low cost.

TO WHO IS INTENDED



FIREFIGHTERS – POLICE - ARMY



SCHOOLS - NGO's - HOSPITALS - GREAT ENTERPRICES



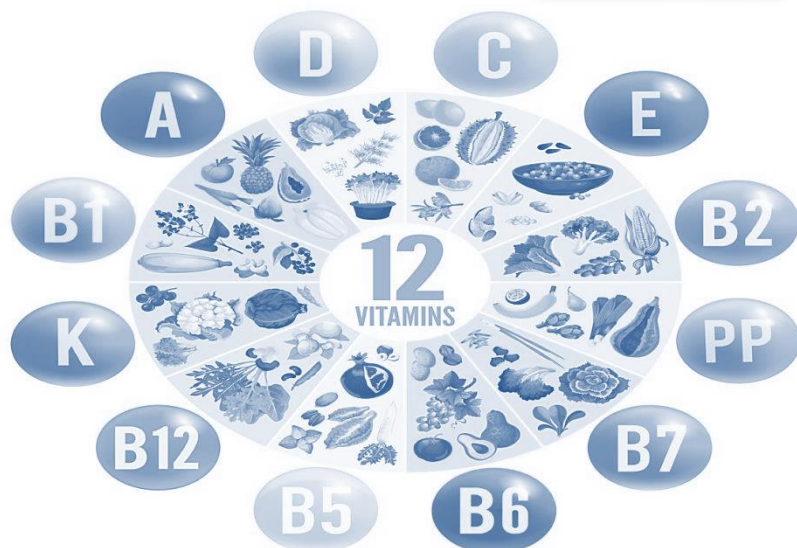
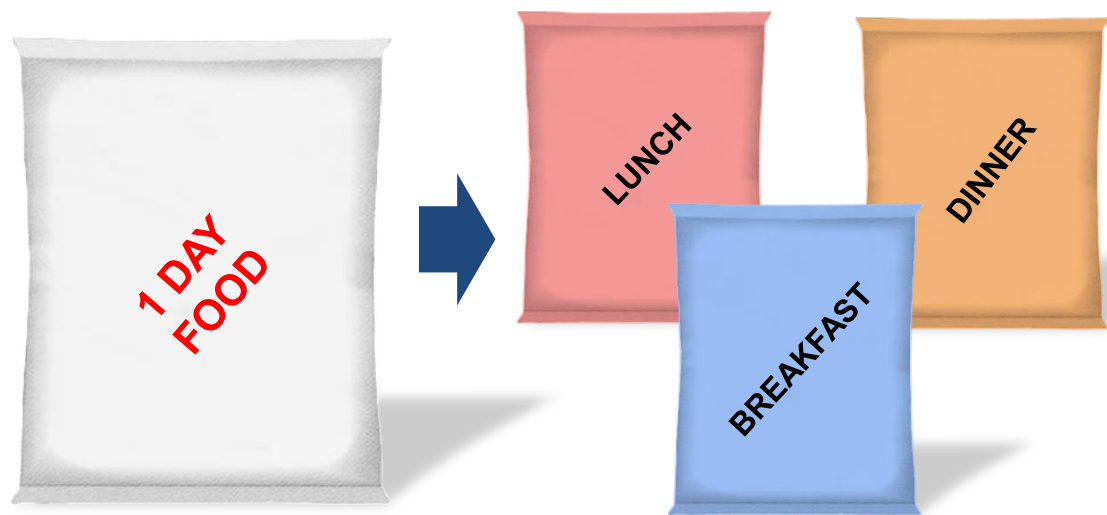
PRISONS - NATURAL CATASTROPHES - WAR CONFLICTS - REFUGEES



MIGRANTS - FAMILIES IN NEED - FOOD AID FOR EMERGENCIES



Mixtures of MINERALS and VITAMINES A, B1, B6, C, B3, Iron, Zinc.
With and/or Without Gluten



PRODUCTS ADVANTAGES

- Volume and weight reduction by about 90%, it occupies significantly less space for transportation and storage of the products
- Do not need cold transportation or storage, transport and storage must be made the normal way
- Valid for 3 years, after the day of manufacture, for all products
- Constant quality and controlled, with all the necessary nutritional values
- Easy preparation, just need to add the product to the water and cook
- Product is tested and already is used in several countries
- Low cost

WHY Dehydrated Meals

- ▶ **QUALITY:** These products contains all the ingredients necessary for its preparation (including sugar or flavorings, according to the products).
Add water and bring to the boil.
- ▶ **INGREDIENTS:** Our products are manufactured with the finest natural ingredients, meticulously selected so as to meet all nutritional needs and fortified with vitamins, minerals including iron, in accordance with the Recommended Daily Allowance (RDA).
- ▶ **CERTIFIED HALAL:** Whenever when all our products were demanded will have CERTIFIED HALAL
- ▶ **PRESENTATION:** The dehydrated product is packaged in 1 kg polypropylene packs and then into 10 kg cardboard boxes.
- ▶ **STORAGE/SHELF LIFE:** As long as the product is stored in a dry place, its shelf life is 3 years.



MEALS READY TO EAT

**FIGHT AGAINST POVERTY & HUNGER
IN THE WORLD**

FOOD AID



FAMILIES IN NEED



REFUGES



CATASTROPHES



WAR CONFLICTS



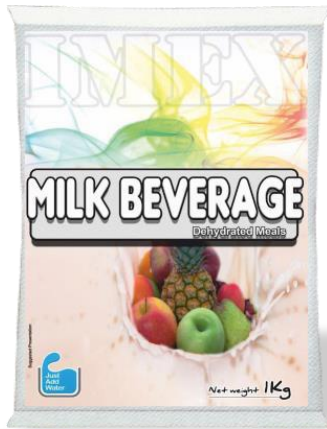
**PREGNANT
WOMEN**

**FOOD SUPPORT & STAPLES FOOD
FOR REFUGEES / FOOD AID / FAMILIES IN NEED
WAR CONFLICTS / REFUGEES / SPECIAL CASES**

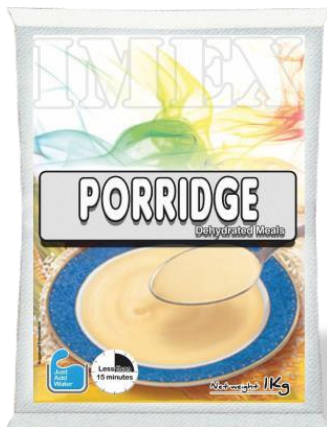
FOOD IN THE BARRACS

(Mess room)

(BOXES OF 10 X 1 KG)



Milk Beverages Coffee flavor
Milk Beverages Fruit salad flavor
Milk Beverages Chocolate flavor
Milk Beverages "Cappuccino" flavor
Milk Beverages Red fruits flavor
Milk Beverages Strawberry and banana flavor
Milk Beverages "Brigadeiro" flavor
Milk Beverages Napolitano flavor
Milk Beverages Strawberry with Yogurt flavor
Milk Beverages Yogurt with fruit flavor
Milk Beverages Oats and banana flavor
Milk Beverages Coconut flavor
Milk Beverages Vanilla flavor
Milk Beverages Strawberry flavor



Chocolate Flavor Porridge
Corn green with coconut Flavor Porridge
"Tapioca" of coconut Flavor Porridge
Oats and coconut Flavor Porridge
Oats and banana Flavor Porridge
Vanilla Flavor Porridge
Luxury with chocolate and coconut Flavor
Strawberry Flavor Porridge



Beef soup with vegetables and noodles
Chicken soup with vegetable and noodles
Chicken broth soup, rice and Vegetable
Cereal soup with noodles, meat and vegetables
Noddle Soup with "Mandioquinha" and Beef
Bean Soup with Beef Vegetables and Noodles
Rib soup with potatoes and vegetables
Noodle Soup with Corn and Beef
Vegetable and noodle soup

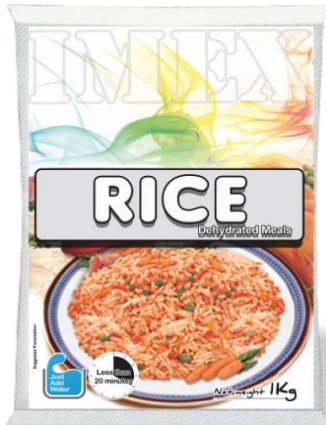


Sweet rice with Coconut
"Canjica" with Coconut
Delicacy about Coconut

FOOD IN THE BARRACS

(Mess room)

(BOXES OF 10 X 1 KG)



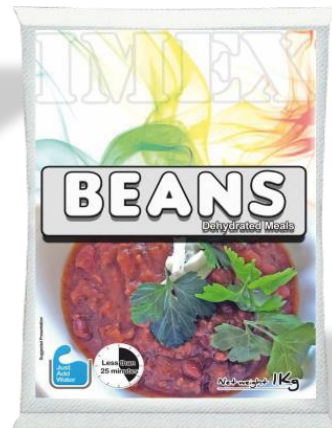
Chicken rice with vegetables
Vegetable rice
Beef rice with vegetables
Rice with beans with beef and Vegetable
Rice with " Sausage Calabresa"
Rice with rib and vegetables
Rice with beans with beef and pumpkin



Pasta with white sauce and chicken
Pasta with tomato sauce and beef



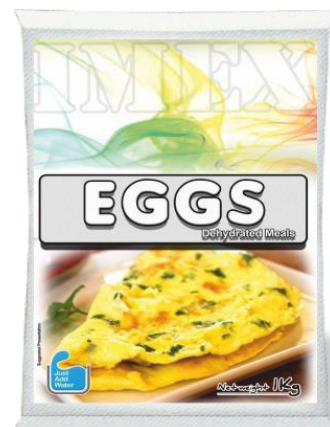
Mealie meal with beef
Mealie meal with chicken



Beans with meat



Refreshment of pineapple
Refreshment of guarana
Refreshment of orange
Refreshment of lemon
Refreshment of mango
Refreshment of passion fruit
Refreshment of strawberry
Refreshment of peach
Refreshment of tangerine
Refreshment of grape



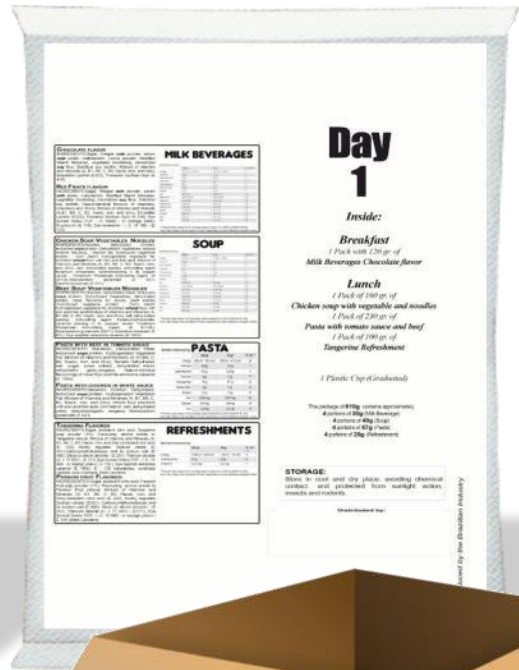
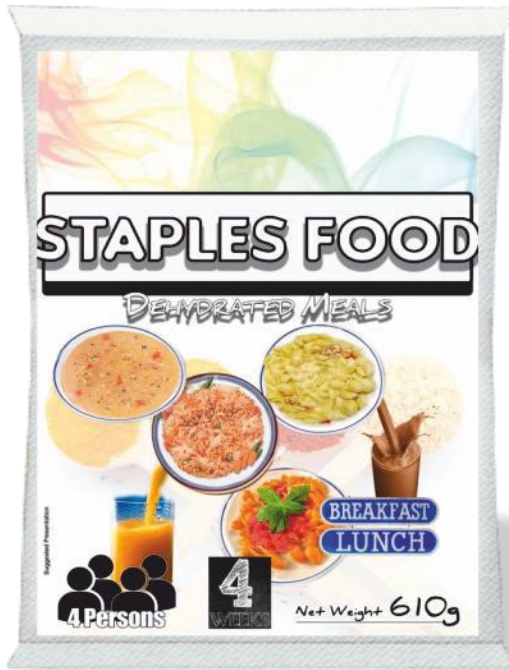
Omelets with beef
Omelets with Chicken
Scrambled eggs

STAPLES FOOD

FAMILY 4 PERSONS

4 WEEKS PACKAGE

THE “**STAPLE FOOD**” IS COMPOSED BY
28 BAGS, 1 BAG FOR EACH DAY FOR 4 WEEKS



BEFORE THE
PREPARATION
40 Gr
AFTER THE
PREPARATION
200 Gr



BEFORE THE
PREPARATION
50 Gr
AFTER THE
PREPARATION
200 Gr



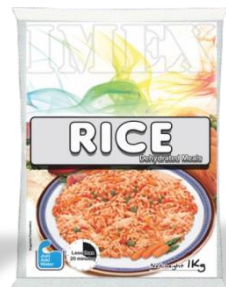
BEFORE THE
PREPARATION
50 Gr
AFTER THE
PREPARATION
270 Gr



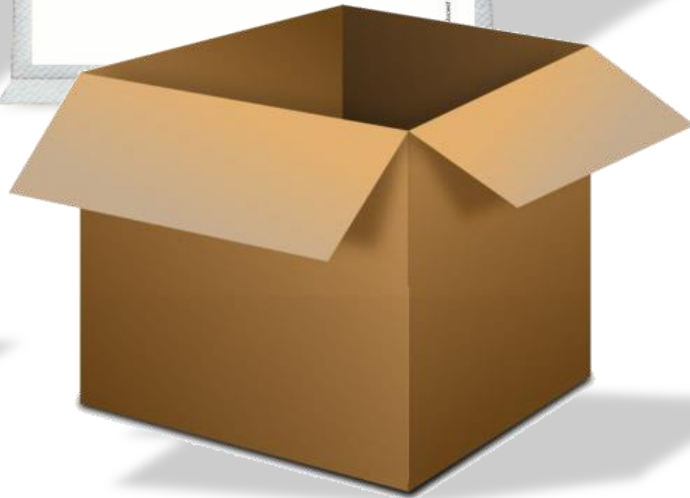
BEFORE THE
PREPARATION
50 Gr
AFTER THE
PREPARATION
450 Gr



BEFORE THE
PREPARATION
25 Gr
AFTER THE
PREPARATION
250 Gr

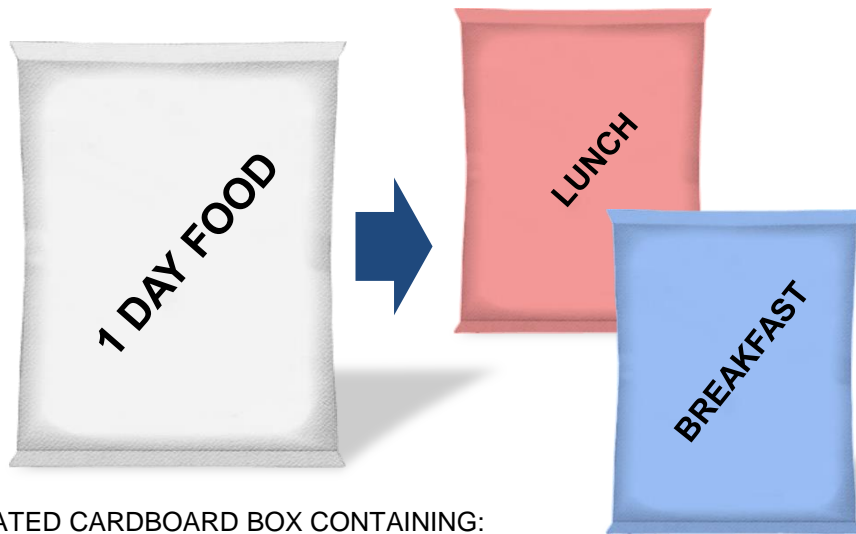


BEFORE THE
PREPARATION
70 Gr
AFTER THE
PREPARATION
330 Gr



FAMILY 4 PERSONS
2 MEALS PER DAY PER PERSON
4 WEEKS COMPOSITION

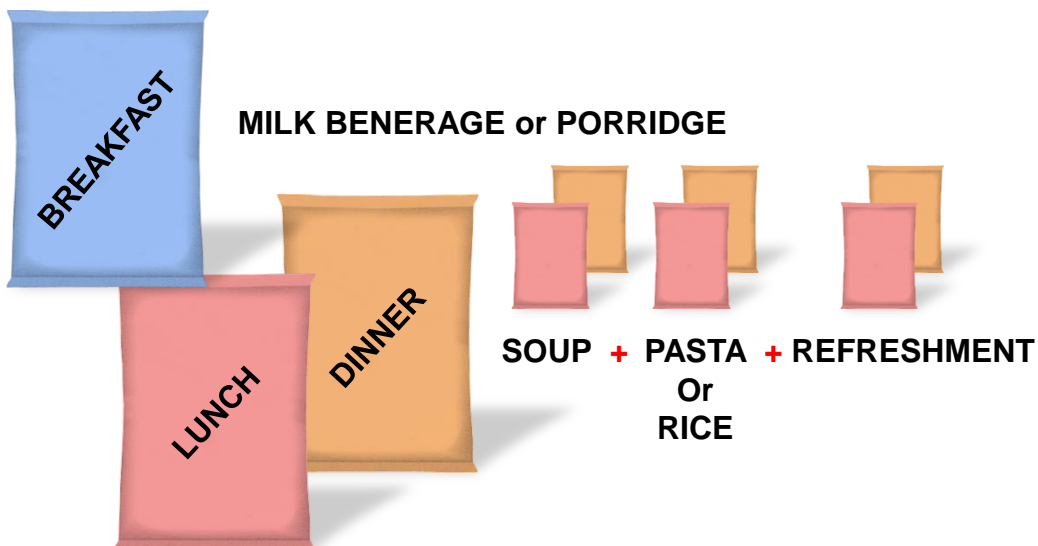
STAPLE FOOD 1



CORRUGATED CARDBOARD BOX CONTAINING:

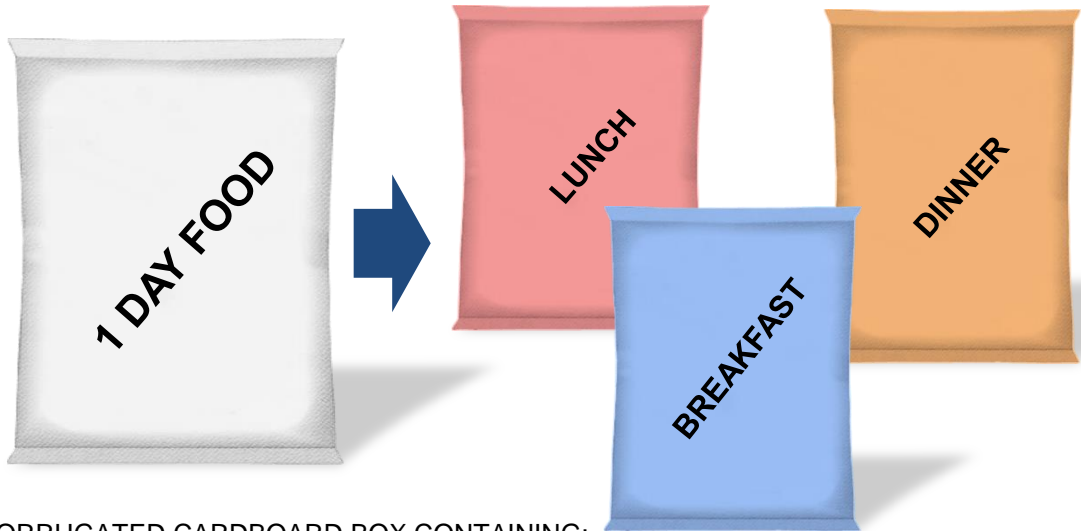
- CHOCOLATE FLAVORED MILK DRINK
- STRAWBERRY FLAVORED MILK DRINK
- PORRIDGE VANILLA FLAVOR
- PORRIDGE COCONUT FLAVOR
- BEEF RICE WITH VEGETABLES
- CHICKEN RICE WITH VEGETABLES
- PASTA WITH WHITE SAUCE AND CHICKEN
- PASTA WITH TOMATO SAUCE AND BEEF
- CHICKEN SOUP WITH VEGETABLES AND NOODLES
- BEEF SOUP WITH VEGETABLES AND NOODLES
- TANGERINE FLAVORED FRUIT DRINK
- PASSION FRUIT FLAVORED FRUIT DRINK

1 Cup with measurements scale: this measurement cup has the function of measuring the water for the food preparation, with or without cooking.



FAMILY 4 PERSONS
3 MEALS PER DAY PER PERSON
4 WEEKS COMPOSITION

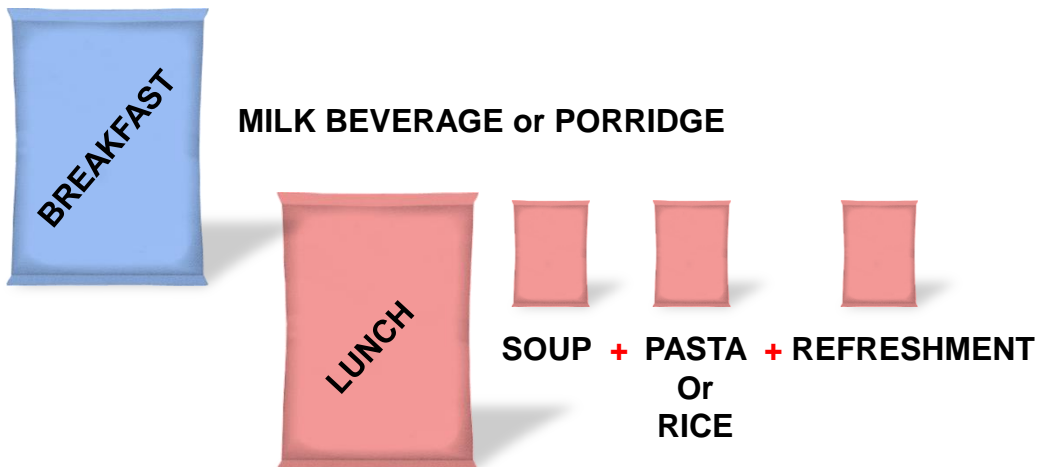
STAPLE FOOD 2



CORRUGATED CARDBOARD BOX CONTAINING:

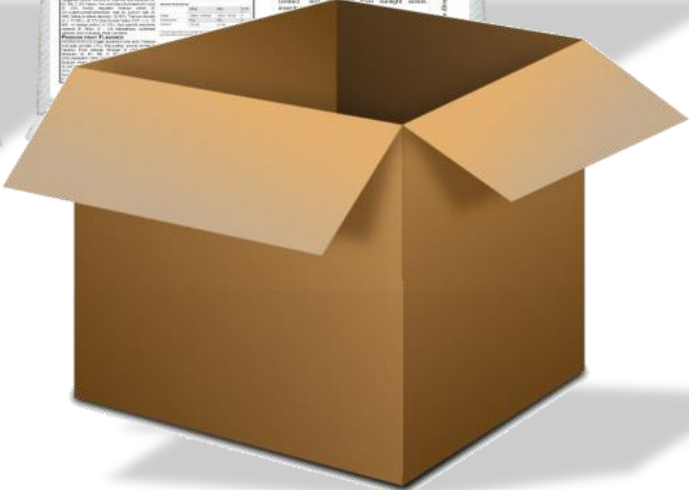
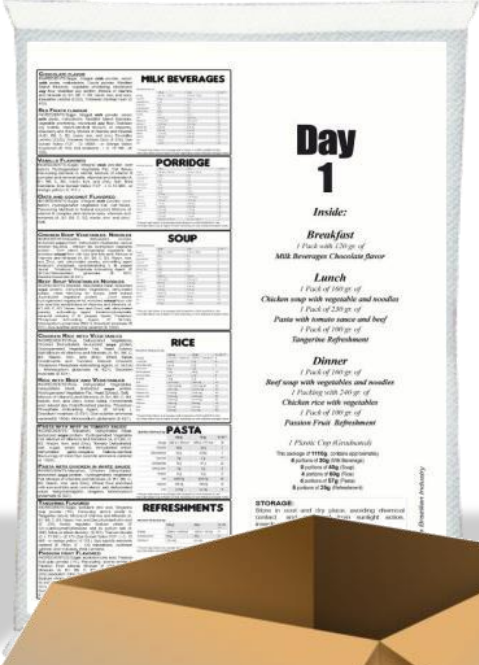
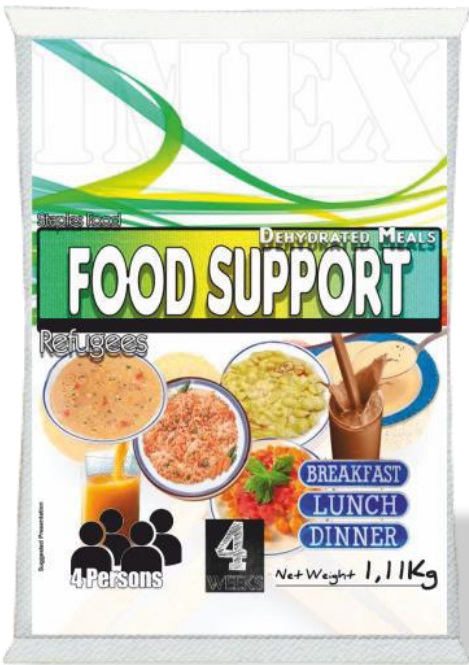
- CHOCOLATE FLAVORED MILK DRINK
- STRAWBERRY FLAVORED MILK DRINK
- PORRIDGE VANILLA FLAVOR
- PORRIDGE COCONUT FLAVOR
- BEEF RICE WITH VEGETABLES
- CHICKEN RICE WITH VEGETABLES
- PASTA WITH WHITE SAUCE AND CHICKEN
- PASTA WITH TOMATO SAUCE AND BEEF
- CHICKEN SOUP WITH VEGETABLES AND NOODLES
- BEEF SOUP WITH VEGETABLES AND NOODLES
- TANGERINE FLAVORED FRUIT DRINK
- PASSION FRUIT FLAVORED FRUIT DRINK

1 Cup with measurements scale: this measurement cup has the function of measuring the water for the food preparation, with or without cooking.



FOOD SUPPORT
FAMILY 4 PERSONS
3 MEALS PER DAY PER PERSON
4 WEEKS PACKAGE

THE “**FOOD SUPPORT**” IS COMPOSED BY
28 BAGS, 1 BAG FOR EACH DAY FOR 4 WEEKS



**MILK DRINK or
PORRIDGE**



SOUP +



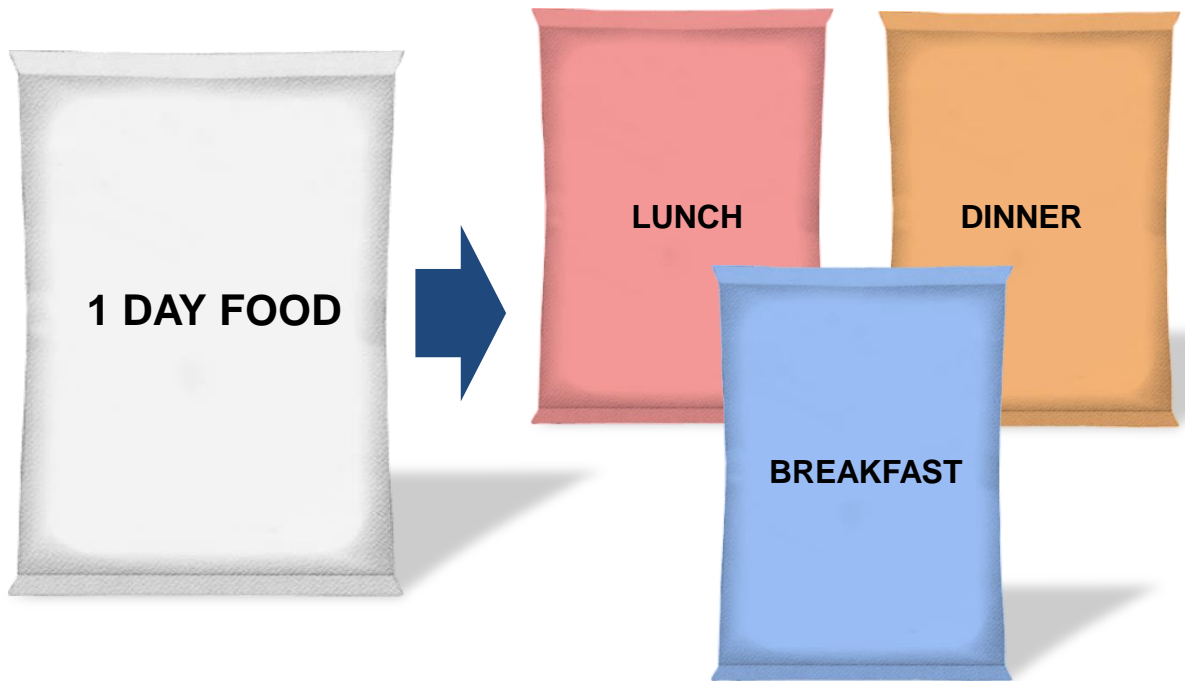
**RICE
or
PASTA
or
BEANS**



+ FRUIT DRINK



FOOD SUPPORT
FAMILY 4 PERSONS
3 MEALS PER DAY PER PERSON
4 WEEKS PACKAGE



FAMILY 4 PERSONS
3 MEALS PER DAY PER PERSON
4 WEEKS FEEDING

CORRUGATED CARDBOARD BOX CONTAINING:

- CHOCOLATE FLAVORED MILK DRINK
- STRAWBERRY FLAVORED MILK DRINK
- PORRIDGE VANILLA FLAVOR
- PORRIDGE COCONUT FLAVOR
- BEANS WITH DRY MEAT
- BEEF RICE WITH VEGETABLES
- CHICKEN RICE WITH VEGETABLES
- PASTA WITH WHITE SAUCE AND CHICKEN
- PASTA WITH TOMATO SAUCE AND BEEF
- CHICKEN SOUP WITH VEGETABLES AND NOODLES
- BEEF SOUP WITH VEGETABLES AND NOODLES
- TANGERINE FLAVORED FRUIT DRINK
- PASSION FRUIT FLAVORED FRUIT DRINK

1 Cup with measurements scale: this measurement cup has the function of measuring the water for the food preparation, with or without cooking.

**PREGNANT WOMEN
NUTRITIONAL PROGRAM**





PREGNANT FOOD PROJECT

ARGUMENTATION

Taking into account the increase in nutritional needs during pregnancy and infancy, it is necessary to implement a nutrition supplement program that helps pregnant women and their infants to reach a nutrition level which is satisfactory to their development.

GENERAL AIM

To implement an enriched foods distribution program. These foods will become part of the dietary habits of pregnant women.

SPECIFIC AIMS

- To improve pregnant women nutritional status.
- To prevent iron deficiency anemia.
- To increase the nutritional intake to pregnancy's levels metabolic needs.
- To promote meetings with nutritionists so that the foods distributed are used correctly.

TARGET AUDIENCE

Pregnant women at nutritional risk assessed according to the following criteria (American Academy of Pediatrics, 1998)

- Poor background / Refugee
- Anorexia;
- Lack of appetite;
- Poor dietary habits;
- Chronic diseases;
- Part of a dietetic program for weight control;
- Eating a vegetarian diet without adequate intake of dairy products.

SOCIAL IMPACT

- With the program's on going operationalization we hope as positive results:

- To fulfil the increase of nutritional needs during pregnancy and of the infants it is necessary to implement a dietary supplement program that helps pregnant women to achieve a satisfactory nutrition status and the child's physical and mental development.

PREGNANT FOOD PROJECT

Several aspects interact to determine a pregnancy's progress and outcome.

It is common knowledge that a pregnant woman's nutritional status is one of them. This is especially true when it comes to the baby's birth weight, an aspect closely connected with child mortality and with long term health risks, such as hypertension, obesity, glucose intolerance and heart disease (Barker, 1995).

A woman with normal weight values should gain between 9,3 and 13kg during pregnancy.

Supplements to the mother's diet during pregnancy can be proteins, vitamins or minerals that exceed a woman's routine daily intake.

Several researches, particularly in extreme poverty conditions in developing countries where the pre-pregnancy nutritional status is notoriously low, were conducted.

Their findings suggests that the lower a mother's nutritional status at the beginning of pregnancy, the more valuable an enriched and supplemented pre-natal diet or both are for the gestation progress and outcome (Lechite cols, 1975).

Pregnancy's daily energy intake are an additional 300kcal (recognizing the amount and percentage of weight gain within recommended values).

As children are concerned, it is known that as they grow up, bones, teeth, muscles and blood develop.

This way, children need more nutritious foods in proportion to their weight than adults.

They can be at malnutrition risk when they suffer from long term appetite loss, accept a limited food intake or have their diets significantly diluted by poor nutritional value foods.

Albeit incomplete, mortality and morbidity statistics available unanimously indicate that malnutrition and infection are the main causes for maintaining the unfavorable health conditions which characterize children populations.

Complicated chains of events usually precede malnutrition and infection results in children.

These chains of events are mainly the result of the particularly adverse living conditions in which considerable numbers of children grow up and develop, which indicate that reverting this unfavorable situation depends heavily on the success of the country's global development strategy, which include the different sectors' policies.

Thought acknowledging the limited reach of child assistance actions, it is undisputed that these should be a priority taken to the utmost limits of our possibilities.

PREGNANT FOOD PROJECT

MATERNITY KIT

FAMILY 4 PERSONS

3 MEALS PER DAY PER PERSON
FOR 4 WEEKS

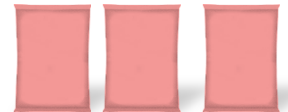
1 DAY FOOD



MILK BEVERAGE
or PORRIDGE



SOUP + PASTA + REFRESHMENT
or
SOUP + RICE + REFRESHMENT



SOUP + RICE + REFRESHMENT
or
SOUP + PASTA + REFRESHMENT



CORRUGATED CARDBOARD BOX CONTAINING:

- CHOCOLATE FLAVORED MILK DRINK
- STRAWBERRY FLAVORED MILK DRINK
- PORRIDGE VANILLA FLAVOR
- PORRIDGE COCONUT FLAVOR
- BEANS WITH DRY MEAT
- BEEF RICE WITH VEGETABLES
- CHICKEN RICE WITH VEGETABLES
- PASTA WITH WHITE SAUCE AND CHICKEN
- PASTA WITH TOMATO SAUCE AND BEEF
- CHICKEN SOUP WITH VEGETABLES AND NOODLES
- BEEF SOUP WITH VEGETABLES AND NOODLES
- TANGERINE FLAVORED FRUIT DRINK
- PASSION FRUIT FLAVORED

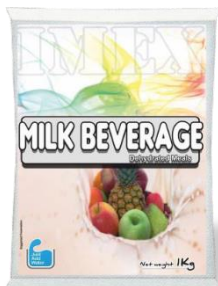
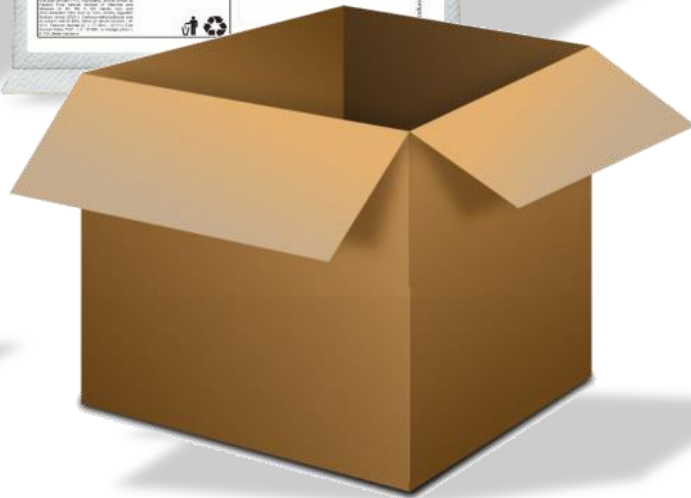
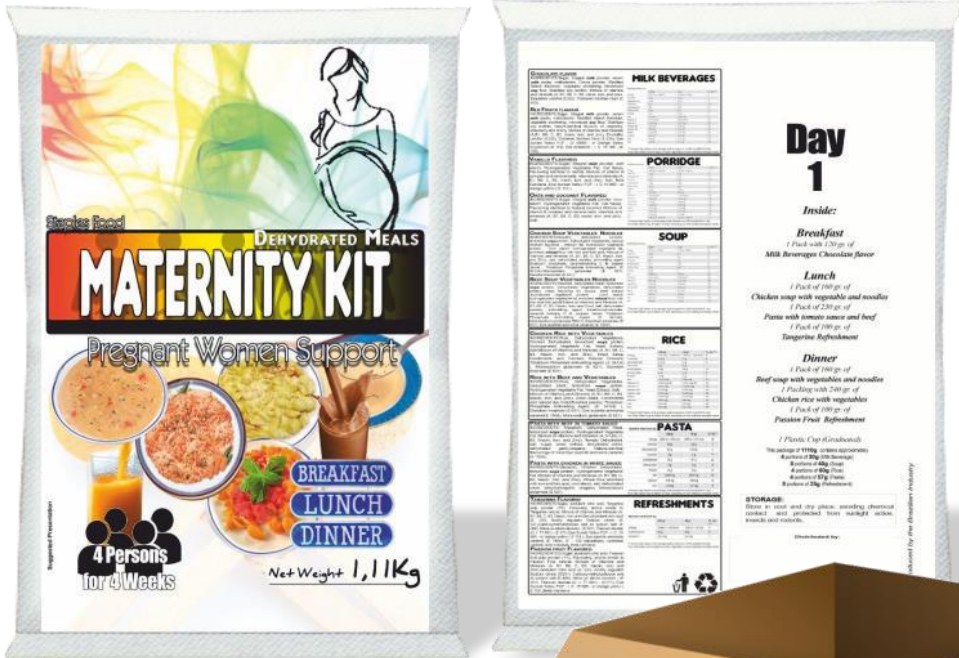
1 Cup with measurements scale: this measurement cup has the function of measuring the water for the food preparation, with or without cooking.

MATERNITY KIT

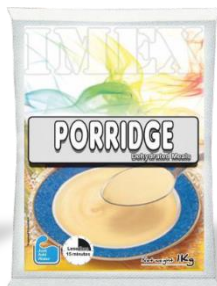
FAMILY 4 PERSONS

4 WEEKS PACKAGE

THE KIT IS COMPOSED BY 28 BAGS
1 BAG FOR EACH DAY / 4 WEEKS



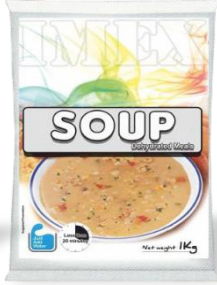
BEFORE THE
PREPARATION
40 Gr
AFTER THE
PREPARATION
200 Gr



BEFORE THE
PREPARATION
50 Gr
AFTER THE
PREPARATION
200 Gr



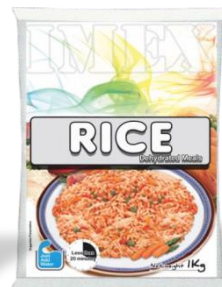
BEFORE THE
PREPARATION
50 Gr
AFTER THE
PREPARATION
270 Gr



BEFORE THE
PREPARATION
50 Gr
AFTER THE
PREPARATION
450 Gr



BEFORE THE
PREPARATION
25 Gr
AFTER THE
PREPARATION
250 Gr



BEFORE THE
PREPARATION
70 Gr
AFTER THE
PREPARATION
330 Gr

DEHYTRATED

FEEDING FOR 5,000 to 15,000 PERSONNEL
ARMY / POLICE / FIREFIGHT / SPECIAL CASES

WEEKLY FOOD PLAN - 1 (15.000 Personnel)

BREAKFAST				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Milk Beverages Chocolate flavor	40gr	15.000	600Kg
TUESDAY	Chocolate Flavored Porridge	50gr	15.000	750Kg
WEDNESDAY	Milk Beverages Strawberry and banana flavor	40gr	15.000	600Kg
THURSDAY	Vanilla Flavored Porridge	50gr	15.000	750Kg
FRIDAY	Milk Beverages Red fruits flavor	40gr	15.000	600Kg
SATURDAY	Strawberry Flavored Porridge	50gr	15.000	750Kg
SUNDAY	Milk Beverages Coconut flavor	40gr	15.000	600Kg
LUNCH				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Chicken rice with vegetables Beef soup with vegetables & noodles Refreshment of passion fruit	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
TUESDAY	Beans with meat Vegetable and noodle soup Refreshment of guarana	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
WEDNESDAY	Rice with beans, beef & vegetables Noddle Soup with "Mandioquinha" and Beef Refreshment of orange	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
THURSDAY	Beef rice with vegetables Chicken soup with vegetable and noodles Refreshment of Lemon	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
FRIDAY	Beef noodle with vegetables Noodle Soup with Corn and Beef Refreshment of tangerine	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
SATURDAY	Rice with beans, beef & pumpkin Chicken broth soup, rice and vegetables Refreshment of grape	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
SUNDAY	Rice with rib and vegetables Bean Soup with Beef, Vegetables & Noodles Refreshment of strawberry	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
DINNER				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Chicken with vegetables Noodle Soup with Corn and Beef Refreshment of lemon	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
TUESDAY	Beef rice with vegetables Chicken soup with vegetable and noodles Refreshment of grape	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
WEDNESDAY	Chicken rice with vegetables Beef soup with vegetables and noodles Refreshment of tangerine	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
THURSDAY	Rice with rib and vegetables Chicken broth soup, rice and Vegetable Refreshment of guarana	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
FRIDAY	Rice with beans, beef and Vegetables Bean Soup with Beef Vegetables and Noodles Refreshment of straw berry	70gr 50gr 25g	15.000	1,050Kg 750Kg 375Kg
SATURDAY	Beans with meat Vegetable and noodle soup Refreshment of passion fruit	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
SUNDAY	Rice with beans, beef and pumpkin Noddle Soup with "Mandioquinha" and beef Refreshment of orange	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg

WEEKLY FOOD PLAN - 2 (15.000 Personnel)

BREAKFAST				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Corn green with coconut Flavored Porridge	50gr	15.000	750Kg
TUESDAY	Milk Beverages Coconut flavor	40gr	15.000	600Kg
WEDNESDAY	Luxury with chocolate & coconut Flavored Porridge	50gr	15.000	750Kg
THURSDAY	Milk Beverages Straw berry flavor	40gr	15.000	600Kg
FRIDAY	Oats and coconut Flavored Porridge	50gr	15.000	750Kg
SATURDAY	Milk Beverages Red fruits flavor	40gr	15.000	600Kg
SUNDAY	Chocolate Flavored Porridge	50gr	15.000	750Kg
LUNCH				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Beans with meat Vegetable and noodle soup Refreshment of strawberry	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
TUESDAY	Chicken rice with vegetables Beef soup with vegetables and noodles Refreshment of guarana	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
WEDNESDAY	Beef rice with vegetables Noodle Soup with Corn and Beef Refreshment of orange	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
THURSDAY	Rice with rib and vegetables Chicken broth soup, rice and Vegetable Refreshment of grape	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
FRIDAY	Beef noodle with vegetables Noddle Soup with "Mandioquinha" and Beef Refreshment of passion fruit	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
SATURDAY	Rice with beans, beef and Vegetables Chicken soup with vegetable and noodles Refreshment of lemon	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
SUNDAY	Rice with beans, beef and pumpkin Bean Soup with Vegetables and Noodles Refreshment of tangerine	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
DINNER				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Beef rice with vegetables Noddle Soup with "Mandioquinha" and Beef Refreshment of lemon	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
TUESDAY	Chicken noodle with vegetable Chicken broth soup, rice and Vegetable Refreshment of grape	70gr 50gr 25gR	15.000	1,050Kg 750Kg 375Kg
WEDNESDAY	Rice with beans, beef and vegetables Bean Soup with Vegetables and Noodles Refreshment of tangerine	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
THURSDAY	Beans with meat Chicken soup with vegetable and noodles Refreshment of guarana	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
FRIDAY	Chicken rice with vegetables Beef soup with vegetables and noodle Refreshment of orange	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
SATURDAY	Rice with beans, beef and pumpkin Vegetable and noodle soup Refreshment of passion fruit	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
SUNDAY	Rice with rib and vegetables Noodle Soup with Corn and Beef Refreshment of strawberry	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg

WEEKLY FOOD PLAN - 3 (15.000 Personnel)

BREAKFAST				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Milk Beverages Coconut flavor	40gr	15.000	600Kg
TUESDAY	Corn green with coconut Flavoured Porridge	50gr	15.000	750Kg
WEDNESDAY	Milk Beverages Straw berry and banana flavor	40gr	15.000	600Kg
THURSDAY	Chocolate Flavoured Porridge	50gr	15.000	750Kg
FRIDAY	Milk Beverages Strawberry flavor	40gr	15.000	600Kg
SATURDAY	Vanilla Flavoured Porridge	50gr	15.000	750Kg
SUNDAY	Milk Drinks with Chocolate milk	40gr	15.000	600Kg
LUNCH				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Beef noodle with vegetables Noddle Soup with "Mandioquinha" and Beef Refreshment of passion fruit	50gr 50gr 25g	15.000	750Kg 750Kg 375Kg
TUESDAY	Chicken rice with vegetables Chicken soup with vegetable and noodles Refreshment of guarana	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
WEDNESDAY	Beans with meat Vegetable and noodle soup Refreshment of lemon	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
THURSDAY	Rice with beans, beef and Vegetable Beef soup with vegetables and noodles Refreshment of grape	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
FRIDAY	Rice with rib and vegetables Noodle Soup with Corn and Beef Refreshment of tangerine	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
SATURDAY	Beef rice with vegetables Chicken broth soup, rice and Vegetable Refreshment of orange	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
SUNDAY	Rice with beans, beef and pumpkin Bean Soup with Vegetables and Noodles Refreshment of straw berry	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
DINNER				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Chichen rice with vegetables Bean Soup with Vegetables and Noodles Refreshment of strawberry	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
TUESDAY	Rice with beans, beef and Vegetable Chicken broth soup, rice and Vegetable Refreshment of orange	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
WEDNESDAY	Beef rice with vegetables Noodle Soup with Corn and Beef Refreshment of tangerine	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
THURSDAY	Rice with beans, beef and pumpkin Chicken soup with vegetable and noodles Refreshment of guarana	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
FRIDAY	Beans with meat Vegetable and noodle soup Refreshment of passion fruit	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
SATURDAY	Rice with rib and vegetables Noddle Soup with "Mandioquinha" and Beef Refreshment of grape	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
SUNDAY	Chicken noodle w ith vegetables Beef soup w ith vegetables and noodles Refreshment of lemon	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg

WEEKLY FOOD PLAN - 4 (15.000 Personnel)

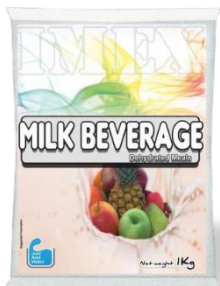
BREAKFAST				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Strawberry Flavoured Porridge	50gr	15.000	750Kg
TUESDAY	Milk Beverages Chocolate flavor	40gr	15.000	600Kg
WEDNESDAY	Corn green with coconut Flavoured Porridge	50gr	15.000	750Kg
THURSDAY	Milk Beverages Straw berry and banana flavor	40gr	15.000	600Kg
FRIDAY	Luxury with chocolate & coconut Flavoured Porridge	50gr	15.000	750Kg
SATURDAY	Milk Beveragesr Red fruits flavor	40gr	15.000	600Kg
SUNDAY	Oats and coconut Flavoured Porridge	50gr	15.000	750Kg
LUNCH				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Rice with beans, beef and Vegetable Noodle Soup with Corn and Beef Refreshment of tangerine	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
TUESDAY	Chichen rice with vegetables Chicken soup with vegetable and noodles Refreshment of guarana	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
WEDNESDAY	Beans with meat Vegetable and noodle soup Refreshment of strawberry	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
THURSDAY	Rice with rib and vegetables Chicken broth soup, rice and Vegetable Refreshment of grape	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
FRIDAY	Beef noodle with vegetables Beef soup with vegetables and noodles Refreshment of passion fruit	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
SATURDAY	Rice with beans, beef and pumpkin Noddle Soup with "Mandioquinha" and Beef Refreshment of orange	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
SUNDAY	Beef rice w ith vegetables Bean Soup with Vegetables and Noodles Refreshment of lemon	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
DINNER				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Beans with meat Vegetable and noodle soup Refreshment of grape	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
TUESDAY	Chicken noodle with vegetables Noddle Soup with "Mandioquinha" and Beef Refreshment of orange	50gr 50gr 25gr	15.000	750Kg 750Kg 375Kg
WEDNESDAY	Chichen rice with vegetables Noodle Soup with Corn and Beef Refreshment of lemon	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
THURSDAY	Rice w ith beans with beef and Vegetable Chicken soup with vegetable and noodles Refreshment of guarana	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
FRIDAY	Beef rice with vegetables Bean Soup with Vegetables and Noodles Refreshment of tangerine	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
SATURDAY	Rice with rib and vegetables Chicken broth soup, rice and Vegetable Refreshment of passion fruit	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg
SUNDAY	Rice with beans, beef and pumpkin Beef soup with vegetables and noodles Refreshment of straw berry	70gr 50gr 25gr	15.000	1,050Kg 750Kg 375Kg

CALCULATION OF QUANTITIES FOR 4 WEEKS (15.000 Personnel)

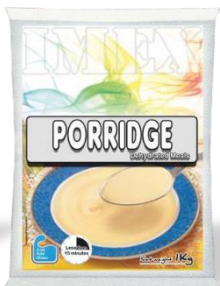
PRODUCT	WEEK 1 TOTALS	WEEK 2 TOTALS	WEEK 3 TOTALS	WEEK 4 TOTALS	4 WEEKS TOTAL KILOS	4 WEEKS TOTAL 10 Kg BAGS
Milk Beverages Red fruits flavor	600 kg			600 kg	1200 kg	120
Milk Drinks with Chocolate milk	600 kg			600 kg	1200 kg	120
Milk Beverages Straw berry and banana flavor	600 kg			600 kg	1200 kg	120
Milk Beverages Vanilla flavor	600 kg				600 kg	60
Milk Beverages Strawberry flavor		600 kg			600 kg	60
Milk Beverages Coconut flavor		600 kg			600 kg	60
Milk Beverages "Cappuccino" flavor			600 kg		600 kg	60
Milk Beverages "Brigadeiro" flavor			600 kg		600 kg	60
Milk Beverages Napolitano flavor			600 kg		600 kg	60
Milk Beverages Oats and banana flavor			600 kg		600 kg	60
Milk Beverages Yogurt with fruit flavor		600 kg			600 kg	60
Corn green with coconut Flavoured Porridge		750 kg		750 kg	1,500 kg	150
Chocolate Flavoured Porridge	750 kg		750 kg		1,500 kg	150
Vanilla Flavoured Porridge	750 kg		750 kg		1,500 kg	150
Luxury with chocolate and coconut Flavoured Porridge		750 kg		750 kg	1,500 kg	150
Straw berry Flavoured Porridge	750 kg			750 kg	1,500 kg	150
Oats and coconut Flavoured Porridge		750 kg		750 kg	1,500 kg	150
Oats and banana Flavoured Porridge		750 kg			750 kg	75
"Tapioca" of coconut Flavoured Porridge			750 kg		750 kg	75
Vegetable and noodle soup	1,500 kg	1,500 kg	1,500 kg	1,500 kg	6,000 kg	600
Chicken broth soup, rice and Vegetable	1,500 kg	1,500 kg	1,500 kg	1,500 kg	6,000 kg	600
Chicken soup with vegetable and noodles	1,500 kg	1,500 kg	1,500 kg	1,500 kg	6,000 kg	600
Beef soup with vegetables and noodles	1,500 kg	1,500 kg	1,500 kg	1,500 kg	6,000 kg	600
Bean Soup with Beef, Vegetables and Noodles	1,500 kg	1,500 kg	1,500 kg	1,500 kg	6,000 kg	600
Noddle Soup with "Mandioquinha" and Bee	1,500 kg	1,500 kg	1,500 kg	1,500 kg	6,000 kg	600
Noodle Soup with Corn and Beef	1,500 kg	1,500 kg	1,500 kg	1,500 kg	6,000 kg	600
Chichen rice with vegetables	2,100 kg	2,100 kg	2,100 kg	2,100 kg	8,400 kg	840
Beef rice with vegetables	2,100 kg	2,100 kg	2,100 kg	2,100 kg	8,400 kg	840
Rice with rib and vegetables	2,100 kg	2,100 kg	2,100 kg	2,100 kg	8,400 kg	840
Rice with beans with beef and pum pkin	2,100 kg	2,100 kg	2,100 kg	2,100 kg	8,400 kg	840
Rice with beans with beef and Vegetable	2,100 kg	2,100 kg	2,100 kg	2,100 kg	8,400 kg	840
Beef noodle with vegetables	750 kg	750 kg	750 kg	750 kg	3000 kg	300
Chicken noodle with vegetables	750 kg	750 kg	750 kg	750 kg	3000 kg	300
Beans with meat	1500 kg	1500 kg	1500 kg	1500 kg	6000 kg	600
Refreshm ent of passion fruit	750 kg	750 kg	750 kg	750 kg	3.000 kg	300
Refreshm ent of guaraná	750 kg	750 kg	750 kg	750 kg	3.000 kg	300
Refreshm ent of grape	750 kg	750 kg	750 kg	750 kg	3.000 kg	300
Refreshm ent of orange	750 kg	750 kg	750 kg	750 kg	3.000 kg	300
Refreshm ent of tangerine	750 kg	750 kg	750 kg	750 kg	3.000 kg	300
Refreshm ent of lemon	750 kg	750 kg	750 kg	750 kg	3.000 kg	300
Refreshm ent of strawberry	750 kg	750 kg	750 kg	750 kg	3.000 kg	300
Total Bags of 10 Kilos in 4 weeks						13,590

FOOD FOR 1 PERSONNEL – FOR 1 DAY

MENU	BREAKFAST	LUNCH			DINNER		
		SOUP	DISH	REFRESHMENT	SOUP	DISH	REFRESHMENT
1	Chocolate milk And Sweet Cookie	Vegetable and noodle soup	Chicken rice with vegetables	Refreshment of passion fruit	Chicken soup with vegetable and noodles	Beef noodle with vegetables	Refreshment of grape
2	Milk Drinks with Strawberry and banana and Sweet Cookie	Chicken broth and vegetable	Chicken noodle with vegetables	Refreshment of guaraná	Noodle Soup with Corn and Meat.	Beef rice with vegetables	Refreshment of orange
3	"Cappuccino" milk And Sweet Cookie	Bean Soup with beef and Vegetables and Noodles	Mealie meal with beef	Refreshment of strawberry	Noodle Soup with Cassava and Meat	Rice with beans with beef and "pumpkin"	Refreshment of lemon
4	"Brigadeiro" milk And Sweet Cookie	Noodle Soup with Corn and Meat	Beef noodle with vegetables	Refreshment of tangerina	Bean Soup with beef and Vegetables and Noodles	Rice with beans with beef and vegetables	Refreshment of pineapple
5	Oats and banana milk And Sweet Cookie	Chicken soup with vegetable and noodles	Rice with beans and "sausage calabreza"	Refreshment of peach	Beef soup with vegetables and noodles	Chicken noodle with vegetables	Refreshment of mango
6	Red fruits milk And Sweet Cookie	Noodle Soup with Cassava and Meat	Mealie meal with chicken	Refreshment of passion fruit	Bean Soup with beef and Vegetables and Noodles	Chicken rice with vegetables	Refreshment of tangerina



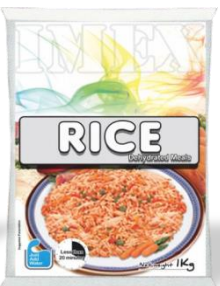
BEFORE THE PREPARATION
40 Gr
AFTER THE PREPARATION
200 Gr



BEFORE THE PREPARATION
50 Gr
AFTER THE PREPARATION
200 Gr



BEFORE THE PREPARATION
50 Gr
AFTER THE PREPARATION
450 Gr



BEFORE THE PREPARATION
70 Gr
AFTER THE PREPARATION
330 Gr



BEFORE THE PREPARATION
50 Gr
AFTER THE PREPARATION
270 Gr



BEFORE THE PREPARATION
45 Gr
AFTER THE PREPARATION
320 Gr

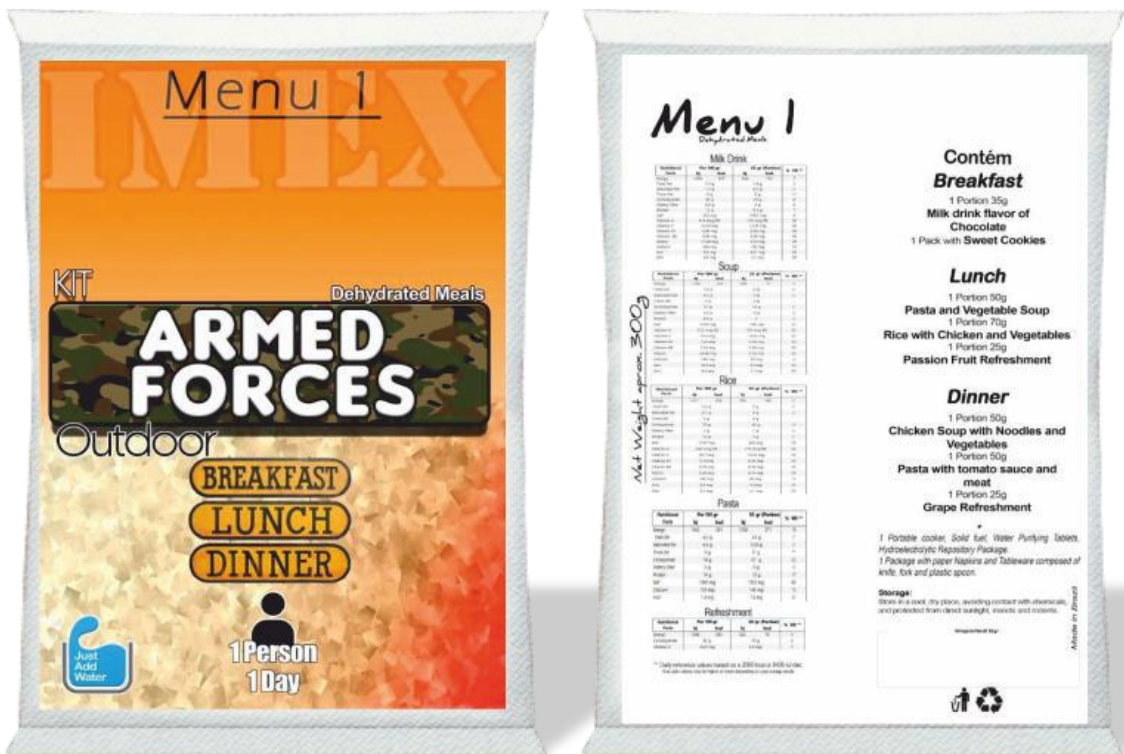


BEFORE THE PREPARATION
50 Gr
AFTER THE PREPARATION
260 Gr



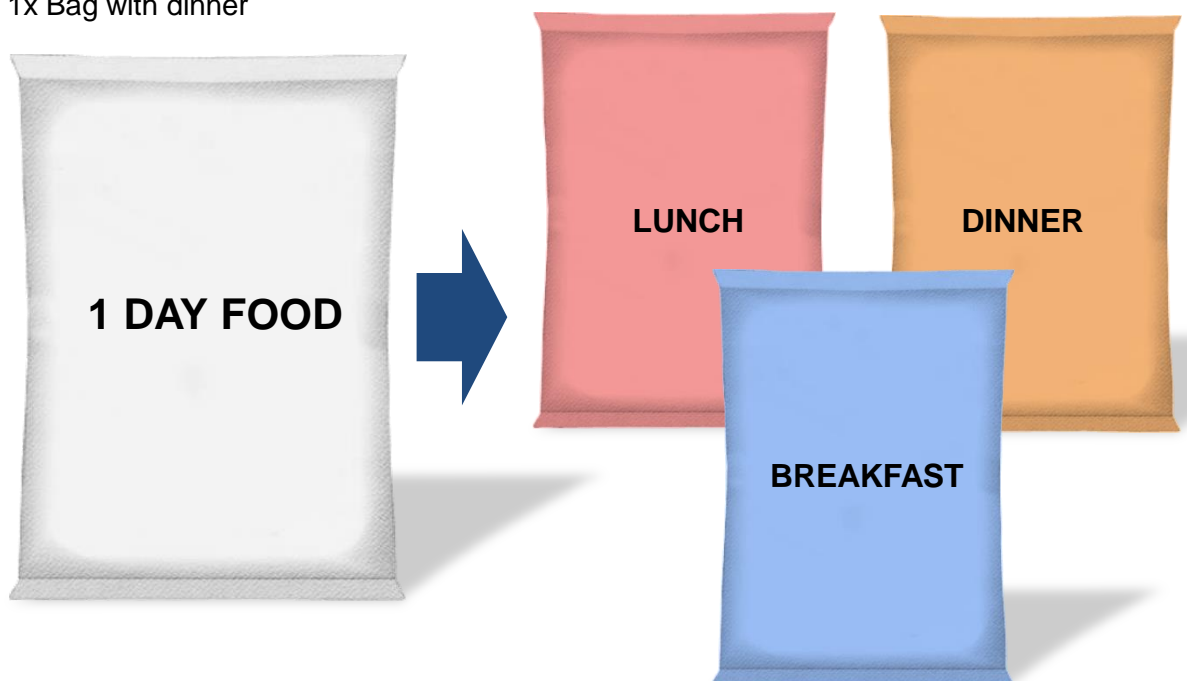
BEFORE THE PREPARATION
25 Gr
AFTER THE PREPARATION
250 Gr

THE BAGS FOR ONE DAY CONSISTS OF

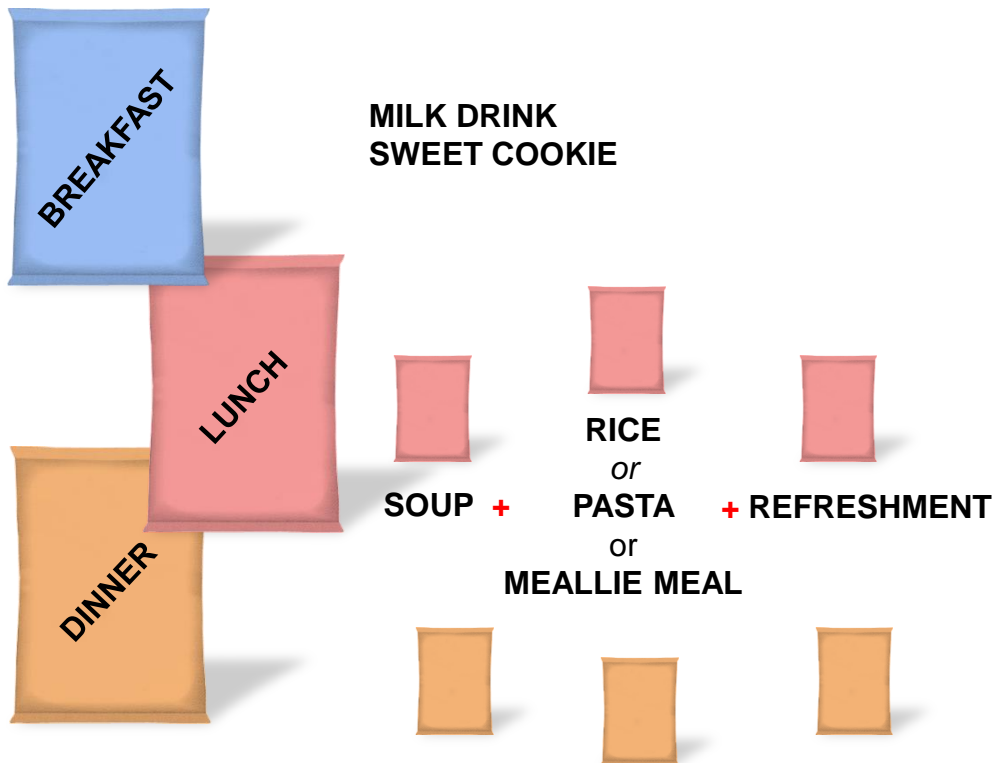


Portable Stove
Solid Fuel
Water purifiers
Packages with hydro electrolytic replacement
Package with paper napkins cutlery Kits (knife, fork, spoon, plastic)

1x Bag with breakfast
1 x Bag with lunch
1x Bag with dinner



DEHYDRATED MEALS



SOUP

- Chicken broth soup, rice and Vegetable
- Beef soup with vegetables and noodles
- Chicken soup with vegetable and noodles
- Bean Soup with beef and Vegetables and Noodles
- Vegetable and noodle soup
- Noddle Soup with Cassava and Meat
- Noodle Soup with Corn and Meat.

RICE

- Beef rice with vegetables
- Chicken rice with vegetables
- Rice with beans, beefand vegetables
- Rice with "sausage calabreza"
- Rice with beans with beef and "pumpkin"

PASTA

- Pasta with white sauce and chicken
- Pasta with tomato sauce and beef

MEALLIE MEAL

- Mealie meal with beef
- Mealie meal with chicken

MILK BEVERAGES

- Milk Beverages Red fruits flavor
- Milk Beverages Chocolate flavor
- Milk Beverages Strawberry and banana flavor
- Milk Beverages Oats and banana flavor
- Milk Beverages "Cappuccino" flavor
- Milk Beverages "Brigadeiro" flavor
- Sweet Cookie

REFRESHMENTS

- Refreshment of tangerine
- Refreshment of strawberry
- Refreshment of orange
- Refreshment of mango
- Refreshment of passion fruit
- Refreshment of guarana
- Refreshment of peach
- Refreshment of grape
- Refreshment of lemon
- Refreshment of peach

RECYCLABLE MATERIAL PACKAGING BOPP



The BOPP, bi-axially oriented polypropylene (BOPP), is a type of plastic film found in our packaging.

It is widely used by the industry because it is easy to color, print and laminate.

Normally our BOPP packaging are colored and metallic inside, but can also be transparent, opaque or frosted.

However, to be sure about what the packaging material coating the processed food only these characteristics are not enough.

You need a code. In the case of BOPP packaging identification is that three triangular arrows symbol indicating the recyclability and the acronym "BOPP".

BOPP film properties

Water resistant : Does not absorb moisture and does not modify the your appearance in contact with moisture. So it can be used in a number of food applications, including cooling.

Good resistance to low temperatures , which makes very interesting material in food applications or in laboratories, with refrigeration.

Resists up to 80° C , IE has good stability at any temperature environment.

Has some flexibility , which facilitates storage and transport facilitating the logistics operation.



UNGM MEMBER



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SIGNATORY