

# 4HUMANS PROJECT



**4HumansCare**

**Design, Construction, and Management of Refugees'  
and Migrants' Shelters.**

FEBRUARY 2024





## **Design, Construction, and Management of Refugees' and Migrants' Shelters**

We are pleased to submit a proposal for a comprehensive solution in designing, constructing, and managing shelters for refugees and immigrants.

As companies specialized in defense, safety, security, and humanitarian project consulting and marketing, we are equipped to address the critical needs of displaced populations on a large scale.

### **Expertise and Registration**

Our expertise is underpinned by our status as registered suppliers for both NATO and the UN Global Marketplace, with our teams comprised of professionals experienced in defense, security, and logistical support across governmental and private sectors.

### **Project Objectives**

Our initiative aims to provide immediate relief and long-term support to individuals affected by natural disasters, conflicts, and humanitarian crises, ensuring access to essential services such as housing, food, clean water, healthcare, and security.

### **Role and Collaboration**

As the principal supplier, coordinator, and manager, we will:

- Design and construct functional and secure shelters.
- Organize and manage shelter operations efficiently.
- Collaborate with NGOs, construction firms, manufacturers, and local authorities to ensure comprehensive support and integration of refugees into society, considering cultural and linguistic nuances.

### **Commitment**

We are dedicated to delivering a turn-key solution that not only meets the basic needs of refugees and immigrants but also supports their dignity, safety, and integration into new communities.

We anticipate the opportunity to discuss this proposal further and explore how our expertise can significantly contribute to the well-being of displaced individuals worldwide.





# THE PROJECT

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# INVESTMENT in a SHELTER worth 25 Million Euro

With a deep sense of purpose and commitment, we are excited to present to you the 4HumansCare project, a comprehensive turn-key solution designed to address the complex challenges faced by refugees and migrants.

As Project Managers, Coordinators, and the main Suppliers of both raw materials and ready-to-use products, we are poised to undertake this initiative in close cooperation with one or more Non-Governmental Organizations (NGOs).

The 4HumansCare project aims to accommodate, feed, ensure the safety of, and socialize up to 5,000 refugees/migrants. This pilot project is structured into two distinct phases, each tailored to meet the immediate and long-term needs of these vulnerable groups.

## Phase 1: Basic Needs Fulfillment

This phase focuses on providing refugees and migrants with:

- Safe and secure housing in organized Refugee Shelters.
- Access to essential services including fresh water, nutritious food, sanitary facilities, electricity, and telecommunications.

## Phase 2: Creativity, Socialization, and Reintegration Support

In this phase, we aim to:

- Support the creativity and personal development of refugees/migrants.
- Facilitate their socialization and reintegration into their new home environment, offering continuous support as needed.

Our approach is grounded in treating refugees and migrants with fairness and respect for their human rights, ensuring they live with dignity. We are committed to:

- Providing proper housing and nutrition tailored to their needs.
- Offering first-degree healthcare and first aid support.
- Ensuring their safety and security.
- Monitoring and supervising to maintain high standards of care.
- Educating them on respecting the host country's society and norms.
- Supporting local governments in promoting understanding and responsibility towards refugees'/migrants' rights among native populations.

Moreover, our project goes beyond immediate care by educating refugees/migrants, providing them with job opportunities, and supporting their long-term socialization and integration into society.

We are fully prepared to manage the 4HumansCare project, leveraging our expertise and resources to make a meaningful difference in the lives of thousands.

We believe this initiative not only addresses the urgent needs of refugees/migrants but also lays the foundation for their successful integration into society, benefiting both the individuals and the host communities.

*“The average length of stay of an immigrant in a country is 7 years”*



## A Typical Shelter of 60,000 sqm for almost 5,000 Persons

Overall capacity: **4992 persons**

### Housing

3 sectors x 3 Blocks x 4 Communities x 2 floors of 12 x 20 feet ISOBOX type fully autonomous apartments for 4 people (288 houses for 1152 people per sector), thus 3456 people

2 sectors x 2 Blocks x 2 Communities x 2 floors of 12 x 40 feet ISOBOX type fully autonomous apartments for 8 people (96 houses of 768 people per sector), thus 1536 people

### Feeding

One (1) Central Food Preparation center, along with the related warehouses and distribution center.

Four (4) Food distribution centers along with the related Restaurant / launch hall (socialization hall).

Each facility can feed 1500 people within 2,5 hours period of time (20-30 minutes per person per meal)

Every table at scale can host 8 people at a time.

#### 1. Big distribution centers and restaurant (for 2x40 ft houses sectors)

We feed 1536 people within 2,5 hours (Breakfast, Lunch, Dinner)

The restaurant(s) can host 320 people at a time (30 mins to eat), thus 1600 people within 2,5 hours.

Food distribution for 320 people to be from 8 distribution stations

#### 2. Smaller distribution centers and restaurants (for 3x20ft houses sectors)

We feed 1152 people within 2,5 hours (Breakfast, Lunch, Dinner)

The restaurant(s) can host 230 people at a time (30 mins to eat), thus 1150 people within 2,5 hours.

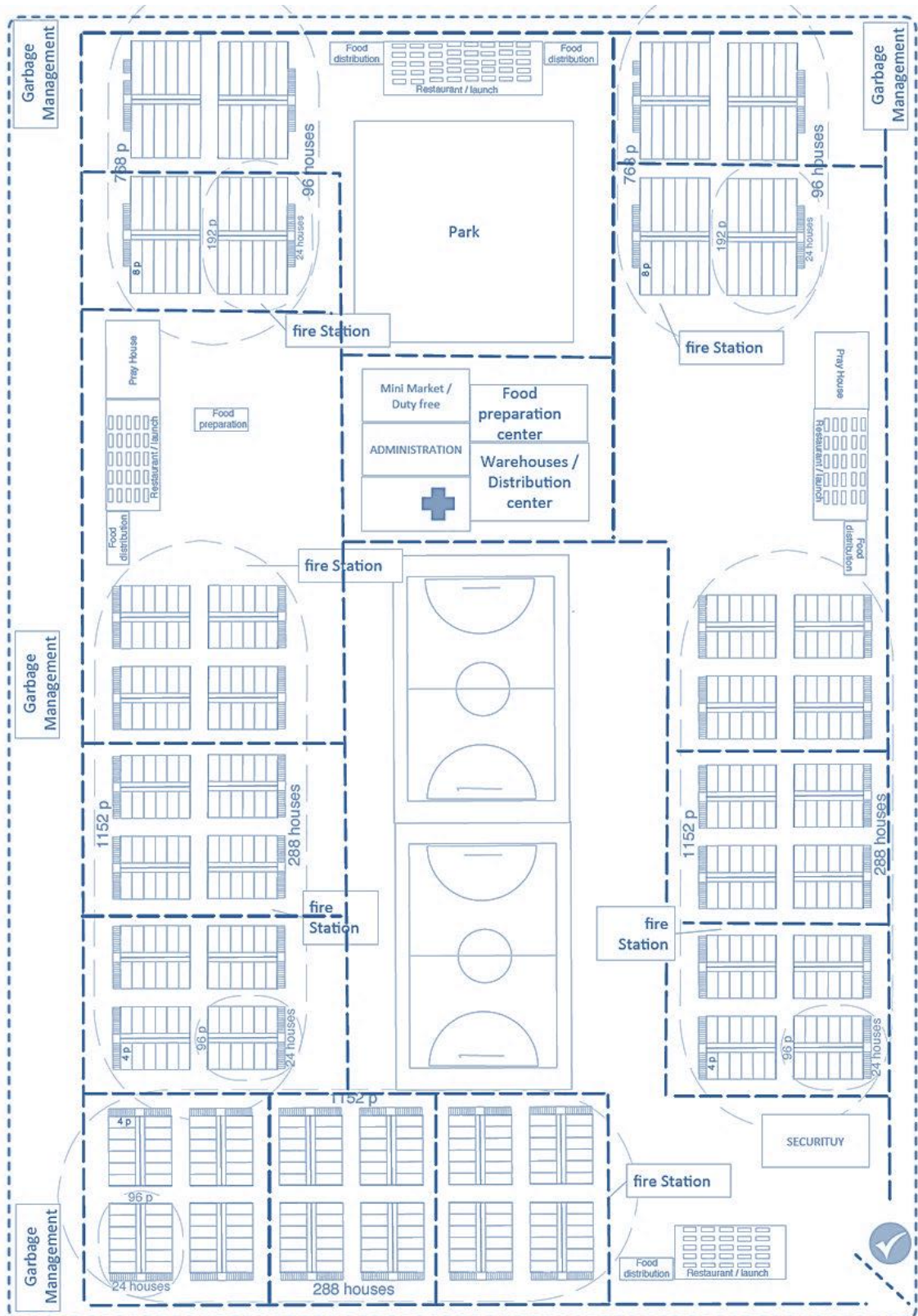
Food distribution for 230 people to be 6 distribution stations.

Typical ISOBOX Container type Self-contained Refugee Houses (standard 20ft) Block / 2floor Communities (20 years guaranteed properly used).





## A Typical Shelter of 60,000 sq.m. for almost 5,000 Persons (Drawing at a scale 200m x 300m Shelter)





# We Care! We Can!

## The 4HUMANS CARE Project **SWOT** Analysis

Interpretation of the analysis results into strategic decisions		Internal Environment	
		Advantages	Disadvantages
External Environment	Opportunities	How our advantages can avail the opportunities?	How can we overcome our disadvantages that prevent us to avail the opportunities?
	Threats	How can we use our advantages in order to reduce threats' effects?	How can we depict the disadvantages that will make threats imminent?

Addressing these challenges requires a balanced approach, leveraging the opportunities while mitigating the disadvantages and threats through strategic planning, stakeholder engagement, and transparent communication.

The project's success hinges on its ability to provide a comprehensive solution that meets immediate housing needs and integrates economic and social benefits for the wider community.



# The 4HUMANS CARE Project **SWOT** Analysis

## ADVANTAGES



The proposed shelter initiative presents a comprehensive and multifaceted solution, offering significant advantages to both the government and the local community. This document outlines the key benefits of the shelter project:

**Extensive Hosting Capabilities:** The shelter's vast capacity to accommodate a large number of individuals provides a turn-key solution for the efficient hosting and management of masses. This capability not only alleviates governmental concerns but also paves the way for further business opportunities.

**Governmental Benefits:** The project represents a strategic investment that does not impose any financial burden on the Greek state at any implementation phase. Moreover, it offers substantial political advantages both domestically and on the international stage, enhancing country reputation in managing humanitarian efforts.

**Employment Creation:** Approximately 310 new job opportunities will emerge within the shelter, spanning various specialties such as administration, food services, hygiene, security, education, medical care, social services, and more. This initiative supports economic growth and diversifies local employment options.

**Stimulation of the Local Market:** The shelter will significantly contribute to the local economy by generating a high demand for services provided by local businesses, including waste management, cleaning, maintenance, medical services, and others. This will foster economic development and strengthen community businesses.

**Enhanced Community Security:** The establishment of a controlled, secure environment within the shelter reassures the local population by promoting orderliness and reducing the potential for delinquency. The structured management and incentive system within the shelter motivate its residents towards positive behavior.

**High-Quality Standards:** Leveraging the expertise and experience of key personnel, the shelter is committed to maintaining high standards of operation, ensuring the well-being and safety of its residents through efficient problem-solving and quality services.

**Favorable Vendor Agreements:** The project's scale and potential allow for negotiating more advantageous terms with vendors, leading to cost-effective implementations. This economic efficiency is a marked improvement over current, less comprehensive government initiatives.

**NGO Collaboration:** A significant portion of EU funding dedicated to refugee and immigrant support is allocated through NGOs.

By involving these organizations, the project alleviates numerous challenges faced by the Greek government, enhancing the effectiveness of humanitarian aid.

This shelter initiative stands as a beacon of innovation and compassion, offering a sustainable, effective solution to the challenges of hosting and managing large populations in need.

Through its implementation, we foresee a stronger, more resilient community, and a model of humanitarian assistance that benefits all stakeholders involved.





# The 4HUMANS CARE Project **SWOT** Analysis

## DISADVANTAGES

**Complex Arrangements with Local Authorities:** The project requires intricate coordination and the securing of all necessary guarantees, licenses, and approvals from local authorities in a timely manner, which demands extensive strategic planning and negotiation skills.

**Project Novelty:** As a new and untested comprehensive solution, the project must overcome initial skepticism from stakeholders, including the government and the EU, positioning it as an opportunity for these entities to explore innovative solutions.

**Implementation Timeframe:** The complexity and scale of the project necessitate a preparation period of at least six months to reach full operational capacity, highlighting the absence of competition for such a comprehensive turn-key solution.

## OPPORTUNITIES

**Immediate Need for Housing Solutions:** The urgent requirement by the Greek Government to host a large number of individuals presents a prime opportunity for the implementation of this turn-key solution, addressing a critical need and potentially opening avenues for further business engagements.

**Innovative Solution Offering:** The unique nature of the proposed solution positions it as an attractive option for stakeholders willing to pilot a novel approach to address the housing crisis, given the lack of existing comparable options.

**Superiority Over Existing Solutions:** The market is currently saturated with inadequate solutions that fail to address the crisis effectively. This project stands out by offering a comprehensive, high-capacity solution that promises to streamline and enhance the management of housing needs.

**Cost-Effectiveness:** With EU funds being heavily invested in managing the refugee crisis, the proposed project offers a financially efficient alternative that can save resources for long-term integration and sustainability efforts for refugees.

## THREATS

**Urgent Preparation Needs:** The immediate demand for housing solutions necessitates swift action in detailed planning and preparation, requiring solid collaboration with vendors and partners to meet tight deadlines without compromising on quality or scope.

**Capital Investment Requirements:** The project's initial phase demands significant capital investment for operational setup, including stocking of food and consumables and management expenses, which must be carefully managed and justified to funding authorities.

**Local Community Opposition:** Potential resistance from local communities, who may perceive the refugees as a threat, necessitates a strategic approach to community engagement, emphasizing safety, security, and the benefits of the shelter, including job creation and business opportunities for locals.

**Competition with Local Contractors:** Ensuring a collaborative rather than competitive relationship with local contractors is essential, as the project relies on their support for services and goods supply, highlighting the project's inclusive approach to local economic integration.



## PREREQUISITES FOR PROJECT'S IMPLEMENTATION

The following prerequisites must be assured in order for the Project be feasible and realistic.

### Funding Assurance (Hierarchically Presented)

#### Capital Expenses Guarantees and Operational Dynamics

To ensure the seamless operation of the shelter, funding for the project's running expenses—including organizational, administrative, operational, safety/security, and logistics management, alongside the feeding and consumables for the hosted individuals—must be secured for a minimum period of six months from the shelter's operational commencement.

This financial assurance is critical for maintaining the shelter's operational dynamics and can only be guaranteed with the support of the government.

The government's commitment to transferring the required number of refugees/migrants to the shelter and covering the costs associated with feeding, accommodation, and safety per person is paramount. This approach ensures a sustainable model that aligns with current expenditure levels for similar services.

#### Shelter Establishment Expenses

The initial establishment and construction of the shelter constitute one-off expenses that require upfront funding assurance based on the current proposal.

This funding will cover the comprehensive setup of the shelter infrastructure, ensuring that all necessary facilities and accommodations are in place to meet the needs of the refugees/migrants from day one.

#### Food and Consumables Security Stock In-Advance Funding

A proactive approach to food security and consumables supply is fundamental to the project's success.

Funding for a minimum of three months' supply of dehydrated/MRE foods and other essential consumables must be assured in advance.

This strategic stockpile, aligned with the volume of the shelter activation and the number of individuals hosted, ensures readiness and resilience.

The funding for this stock must be available two months prior to the shelter's phased activation, with the stock itself maintained throughout the project's duration.

#### Management Fees In-Advance Funding

To facilitate effective management and operational readiness, advance funding of 50% of the shelter's management fees is required.

This funding, assured for a minimum of two months before the shelter's initial readiness and prior to each sector's phased activation, is crucial for the management team's preparation to receive and manage the hosted individuals.

Upon the activation of each sector, the management fees will be fully assured at 100%, ensuring the management team can provide uninterrupted, high-quality service to the shelter's inhabitants.

This financial framework and operational planning are designed to ensure the 4HumansCare project is not only launched successfully but also sustained effectively over time.

We are committed to working closely with government and funding partners to meet these requirements, ensuring the project achieves its humanitarian objectives and provides a safe, secure, and supportive environment for refugees and migrants.



## Shelter Establishment Land Assurance

Identifying and securing a suitable location for the shelter is a primary concern.

The selected area must be in close proximity to essential public utilities - water, electricity, and communications - to facilitate a seamless integration of the shelter into the existing infrastructure. The land for the shelter will either be provided by the government at no cost or under a lease agreement, ensuring the project's viability from a logistical and financial standpoint.

## Governmental Licenses and Approvals Assurance

**Shelter Building-up and Operation Permissions:** It is critical for the government to expedite and grant all necessary licenses and permissions through local state authorities.

This includes construction licenses and operational approvals for the shelter, ensuring compliance with regulatory standards and facilitating a smooth project rollout.

**Feeding Plan Permissions:** The proposed feeding plan, encompassing dehydrated foods, pre-prepared MREs, and fresh seasonal food, requires approval by local state authorities.

This ensures that the nutritional needs of the shelter's inhabitants are met in accordance with health and safety standards.

## Refugees Assignment to the Shelter Assurance

Local state authorities are tasked with the responsibility of assigning refugees and migrants to the shelter in alignment with the project manager's feasibility plan.

This coordination is essential to maintain the project's sustainability and to utilize the shelter's capacity effectively.

## Paperwork and Documentation

To ensure operational excellence and compliance with established standards, the following documentation will be meticulously prepared and maintained by the Project Manager:

**Integrated System Manual:** Incorporating Quality, Safety, and Security Management System guidelines.

**Mission and Vision Statements:** Outlining the project's core objectives and aspirations.

**Policies:** Covering a wide range of operational and ethical considerations, including Quality Management, Security Management, Health-Safety-Environmental Protection, and others.

**Standard Operational Procedures (SOPs):** Detailed procedures for both office and shelter operations across various departments.

**Working Instructions (WIs):** Specific instructions for each department's operations within the office and shelter.

**Processes:** As per the Integrated System Manual, tailored for office and shelter operations.

**Forms/Reports and Worksheets/Templates:** Essential for the documentation and reporting of office and shelter operations.

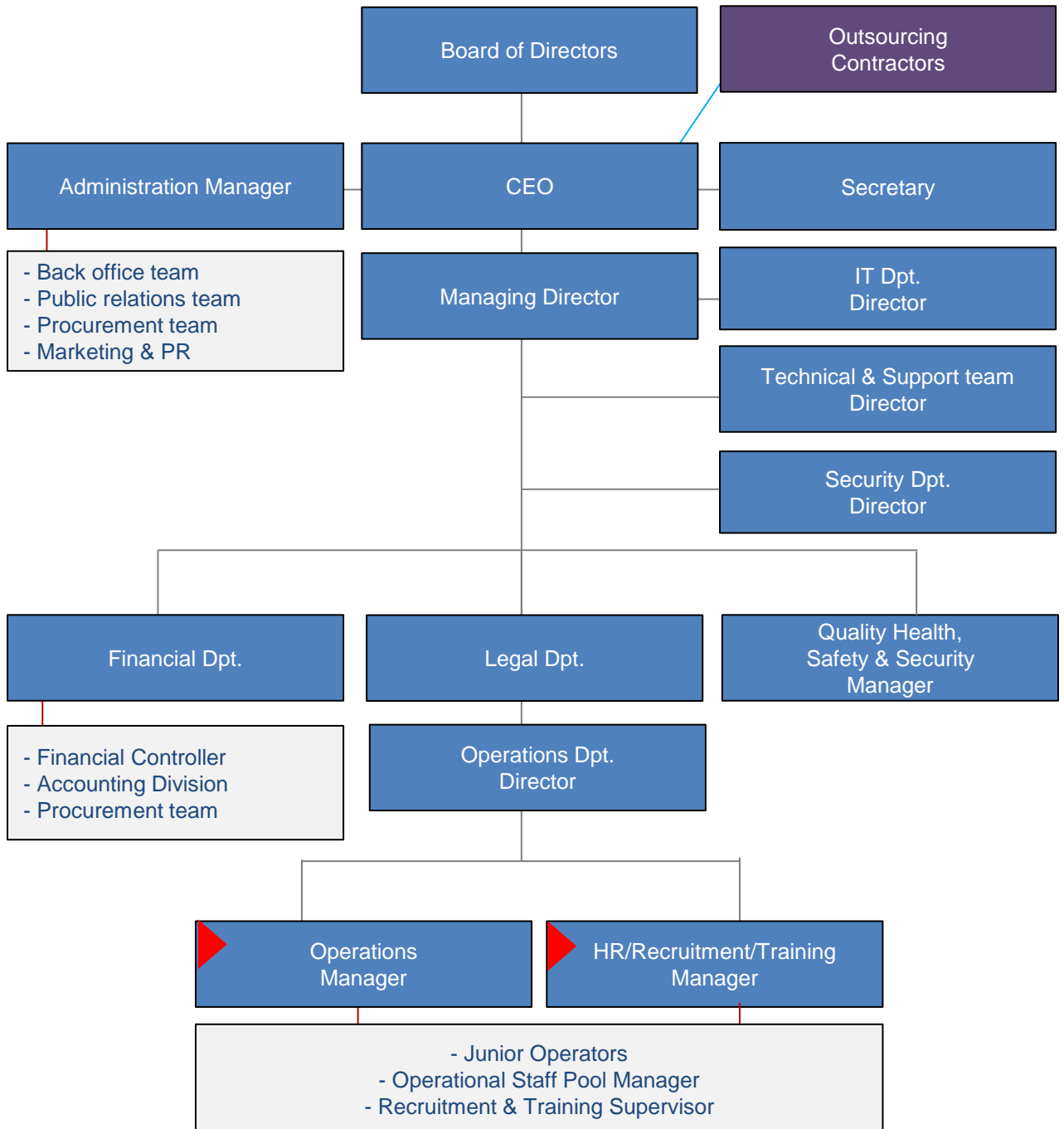
This comprehensive framework outlines the strategic approach to the shelter's establishment, ensuring a robust foundation for the 4HumansCare project.

We are committed to working in close collaboration with government and local authorities to navigate these requirements efficiently and effectively.



## COMPANY'S HEAD OFFICE ORGANISATIONAL CHART (Provided by the Project Manager)

### Organization Chart



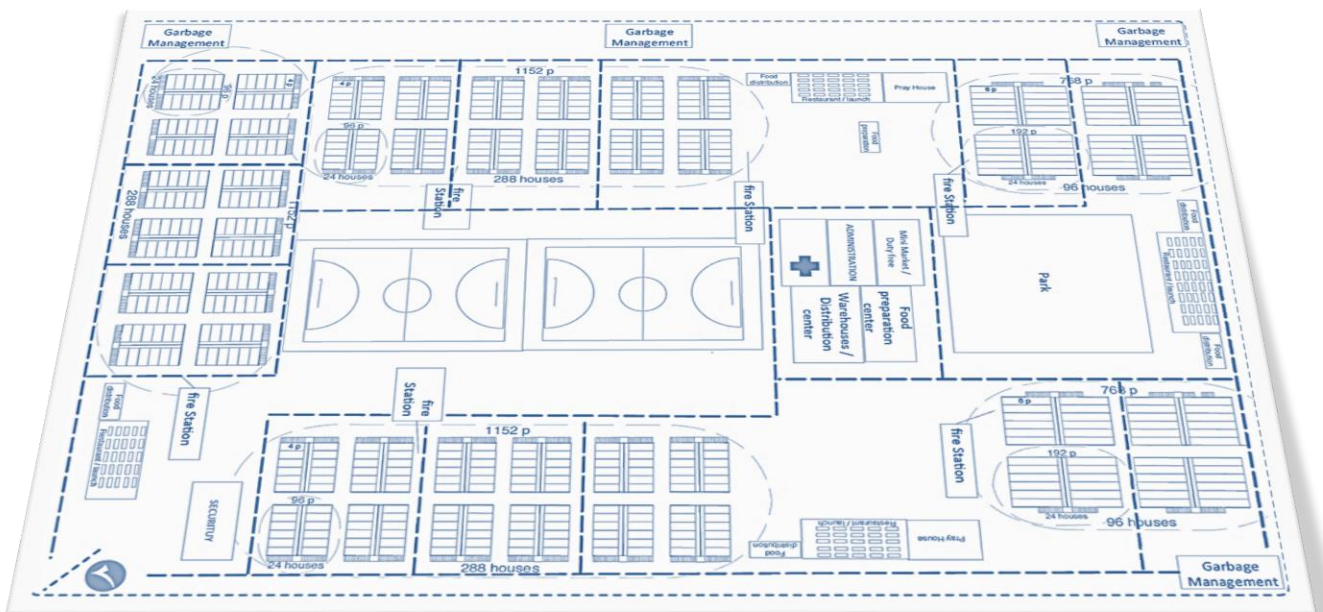
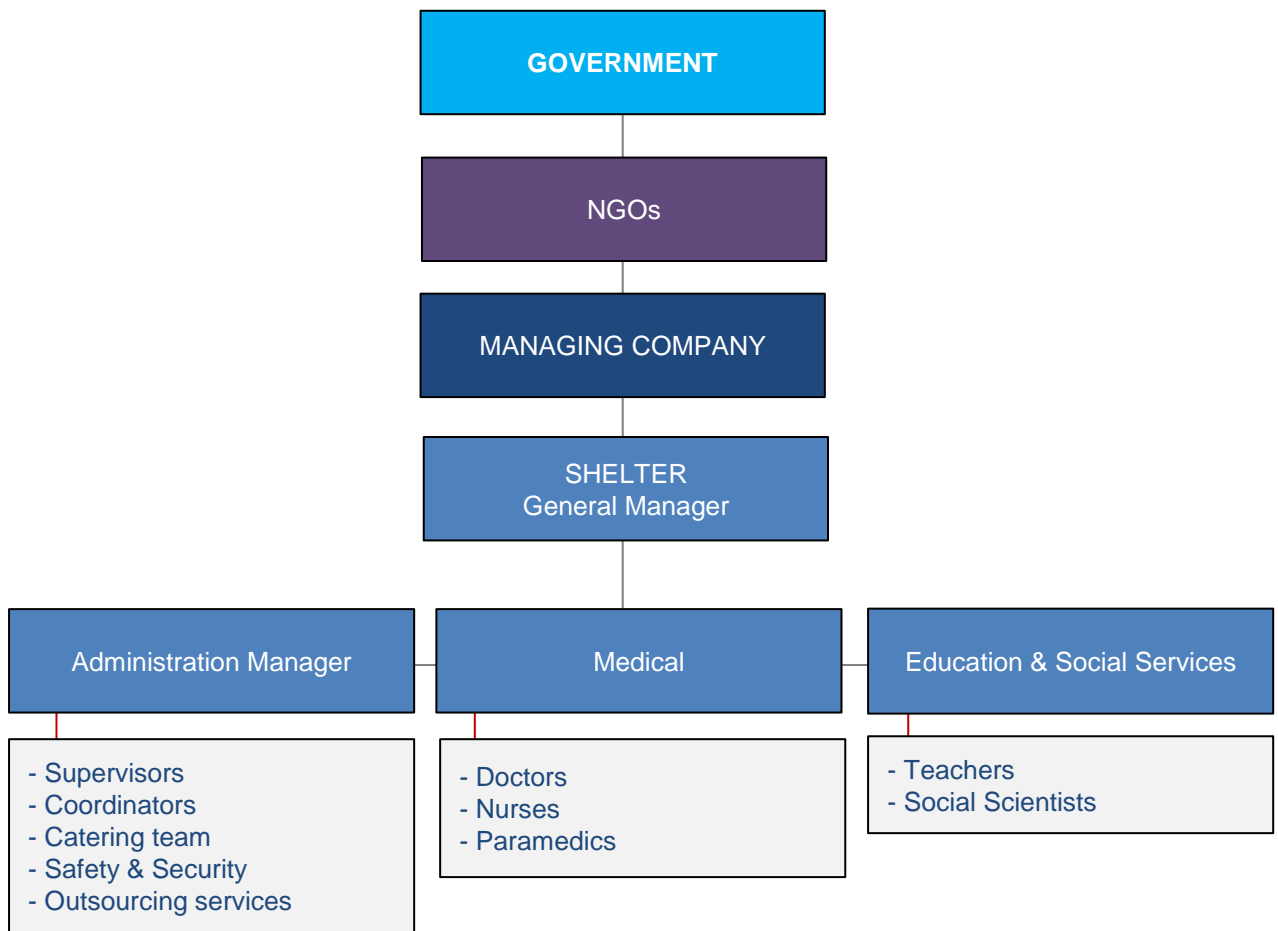
The establishment and operational assurance of the shelter project require meticulous planning, robust government cooperation, and comprehensive documentation.

These prerequisites ensure the project's legal compliance, operational efficiency, and long-term sustainability.

By securing the necessary land, permissions, and operational framework, the project is well-positioned to provide a safe, efficient, and sustainable solution for the hosting and management of refugees and migrants.



# SHELTER ORGANIZATION CHART





**4HumansCare**

# THE CRISIS

# EUROPE MIGRANT CRISIS

## OVERVIEW - THE FACTS



### Europe Migrants Crisis

Europe's forcibly displaced and stateless population is projected to increase by 2% in 2024, to 24.9 million people.

**The war in Ukraine is exacting a brutal toll, with a forecast of over 6 million refugees across the region and over 5 million people displaced inside Ukraine in 2024.**

Further displacement can be expected, especially over the cold winter, as military strikes target civilian infrastructure. UNHCR anticipates modest levels of spontaneous voluntary returns by refugees and internally displaced people.

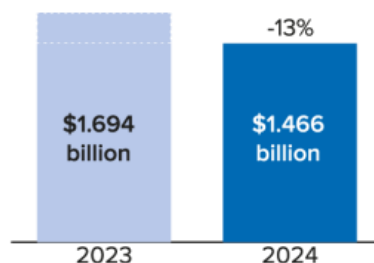
With the European Union (EU)'s Temporary Protection of Ukrainian refugees extended until March 2025, EU States will continue hosting refugees and providing protection and access to vital services including education, health and employment.

Inside Ukraine, UNHCR is reinforcing its presence close to the front lines. It will prioritize cash distributions to vulnerable people directly affected by the war; support for IDPs' and returnees' early recovery needs, such as shelter; assistance to State-run temporary accommodation; and winterization as part of the coordinated inter-agency response. Winterization includes targeted cash top-ups, core relief items, improvement of reception facilities, and housing repairs for over 900,000 individuals. In 2024, UNHCR will also provide 200,000 IDPs and returnees with legal assistance to obtain civil status and property documentation, while 140,000 individuals will be reached with emergency shelter support and durable house repair.

### Regional budget 2023/2024

**\$1.466 billion** required for 2024

**14%** of the **global budget**





## OVERVIEW - THE FACTS

### Europe Migrants Crisis



UNHCR will coordinate the **Ukraine Situation Regional Refugee Response Plan (RRP)**, involving more than 300 partners in 11 countries, with the aim of identifying and supporting the most vulnerable, fostering greater inclusion and social cohesion. UNHCR's focus will continue to shift from humanitarian assistance to supporting national and local authorities to include refugees in national services. Some small-scale, targeted cash programmes and limited stockpiles of core relief items in support of preparedness will remain in place, as will activities to strengthen the gender-based violence and child protection response, given the high proportion of women and children among the refugees. UNHCR will maintain its engagement in the Republic of Moldova, supporting 70,000 refugees and asylum-seekers with obtaining civil status, identity or legal status documentation, while continuing cash assistance for vulnerable individuals. "Blue Dot hubs" will provide information and referrals to specialized services, and UNHCR community centres will offer language and vocational activities to support refugees' inclusion.

**Sea arrivals in Italy, Spain and Greece continue along with overland mixed movements through south-eastern Europe.**

UNHCR's support for national authorities will aim to ensure arriving refugees can access asylum, receive adequate assistance and information, and have opportunities for socioeconomic inclusion. UNHCR will continue calling for broader solidarity with States at the external borders of the European Union receiving the vast majority of arrivals, and will advocate for effective access to territory, protection and rights, irrespective of a refugee's country of origin.

The security situation in the South Caucasus remains unpredictable, after **more than 100,000 refugees fled into Armenia in September-October 2023**. UNHCR's engagement in support of all displaced populations in the region will continue.

**Türkiye is among the top refugee-hosting countries globally, hosting 3.4 million refugees and asylum-seekers.**

Many were affected by the devastating 2023 earthquakes. UNHCR will provide 175,000 refugees and asylum-seekers with case processing and protection services, and refer 186,000 to specialized services. Social cohesion activities will target 45,000 refugees and host community members. UNHCR will support the authorities to include refugees in national services and will co-lead the Regional Refugee & Resilience Plan (3RP).





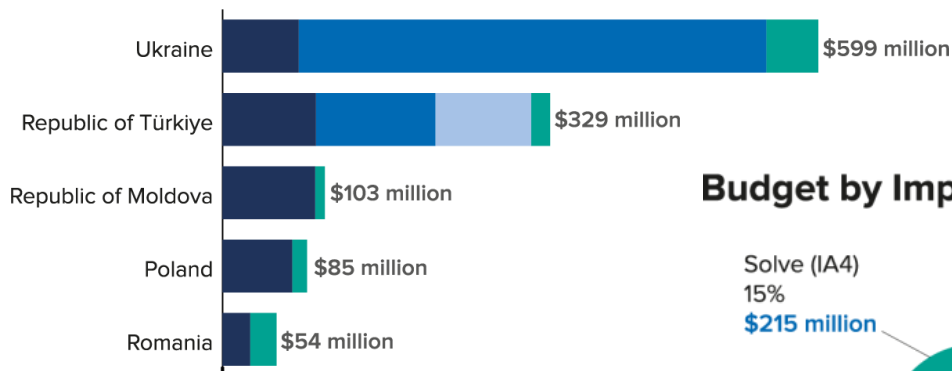
## OVERVIEW - THE FACTS

### Europe Migrants Crisis

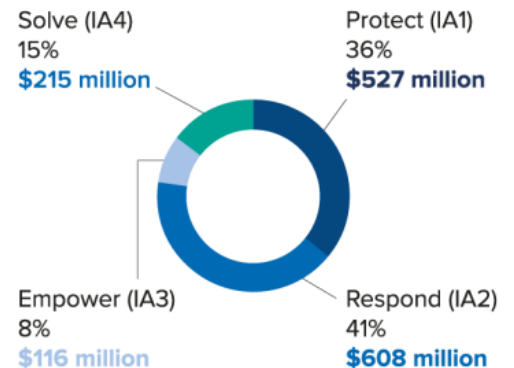


### Top 5 operations by budget in 2024

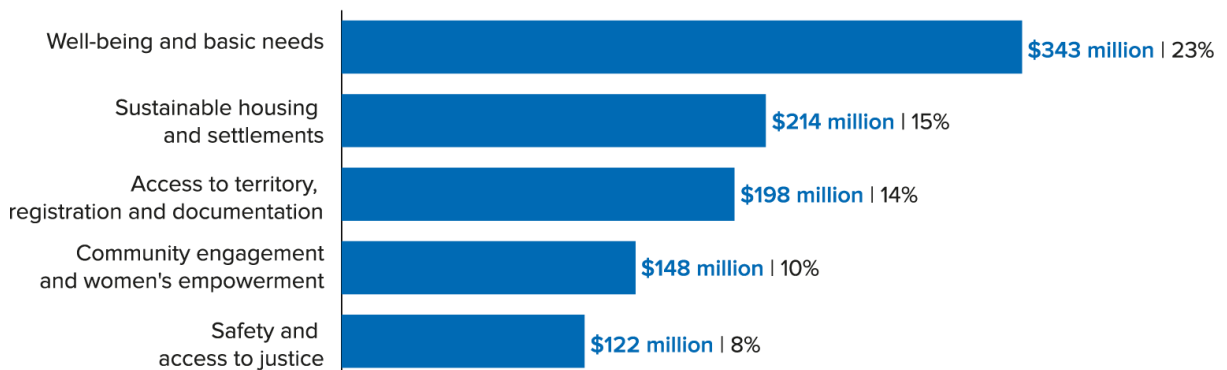
- Protect (IA1)
- Empower (IA3)
- Respond (IA2)
- Solve (IA4)



### Budget by Impact Area in 2024



### Top 5 budgets for Outcome and Enabling Areas in 2024

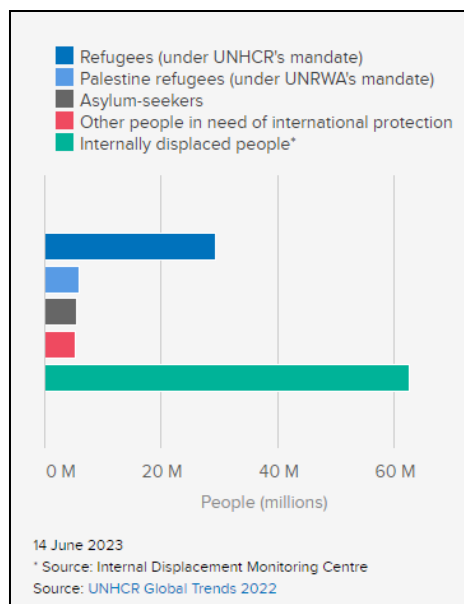
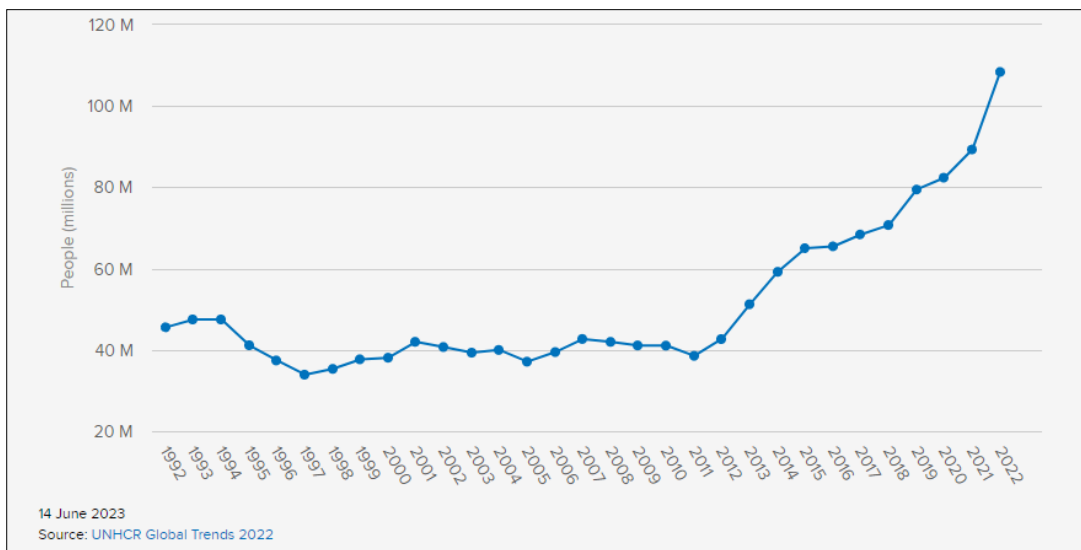


Others = \$441 million | 30%

## OVERVIEW - THE FACTS

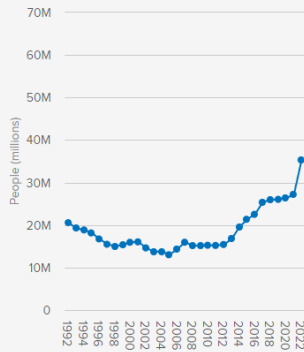
- In November 2023, the EU+ received 118,000 asylum applications, down slightly from October's peak of 123,000, which was the highest since the 2015-16 refugee crisis
- Between January and November 2023, the EU+ received more than one million asylum applications (1,057,000), a level reminiscent of the 2015-16 refugee crisis.
- Syrians continued to lodge by far the most applications in November 2023, plus Turkish applications continued to soar, ranked second.
- In November 2023, Germany maintained its position as the foremost destination for asylum seekers in the EU+, receiving very nearly a third of all applications lodged in the EU+.
- There were more cases pending at first instance (860,000 at the end of November 2023) than at any other point since 2016, amid the refugee crisis of 2015-16.
- At the end of November 2023, there were about 4.3 million beneficiaries of temporary protection in the EU+ who fled Ukraine following Russia's full-scale invasion. Notably, Czechia hosted the most beneficiaries per capita, followed by Estonia, Bulgaria, Lithuania and Poland.

## 108.4 million people worldwide were forcibly displaced



### 35.3 million refugees

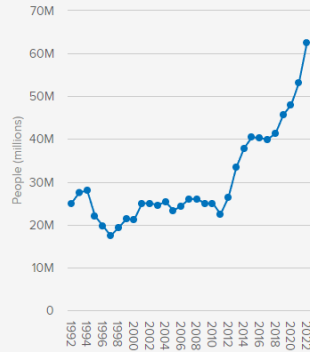
- 29.4 million refugees under UNHCR's mandate.
- 5.9 million Palestine refugees under UNRWA's mandate.



14 June 2023

Source: UNHCR Global Trends 2022

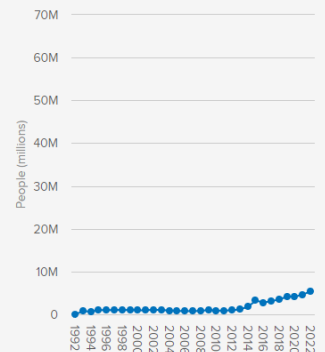
### 62.5 million internally displaced people



14 June 2023

Source: Internal Displacement Monitoring Centre  
Source: UNHCR Global Trends 2022

### 5.4 million asylum seekers



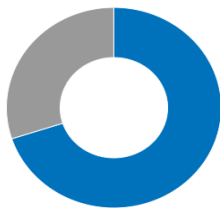
14 June 2023

Source: UNHCR Global Trends 2022

### 70% hosted in neighbouring countries

70 per cent of refugees and other people in need of international protection lived in countries neighbouring their countries of origin.

- Hosted in neighbouring countries 70%
- Hosted by other countries 30%



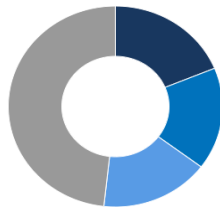
14 June 2023

\* Excludes Palestine refugees under UNRWA's mandate.  
Source: UNHCR Global Trends 2022

### 52% originated from just three countries

52 per cent of all refugees and other people in need of international protection came from just three countries.

- Syrian Arab Republic 19%
- Ukraine 16%
- Afghanistan 16%
- Others 48%



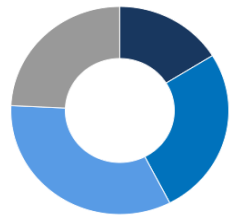
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Disclaimer: figures do not add up to 100 per cent due to rounding.  
\* Excludes Palestine refugees under UNRWA's mandate.  
Source: UNHCR Global Trends 2022

### 76% hosted in low- and middle-income countries

Low- and middle-income countries hosted 76 per cent of the world's refugees and other people in need of international protection.

- Low-income 16%
- Lower-middle-income 26%
- Upper-middle-income 33%
- High-income 24%

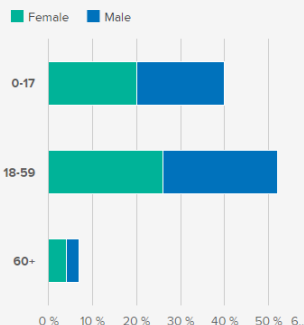


14 June 2023

Disclaimer: figures do not add up to 100 per cent due to rounding.  
\* See [Classifying refugee host countries by income level](#).  
\*\* Excludes Palestine refugees under UNRWA's mandate.  
Source: UNHCR Global Trends 2022

### Demographics of forcibly displaced people

Children account for 30 per cent of the world's population, but 40 per cent of all forcibly displaced people.

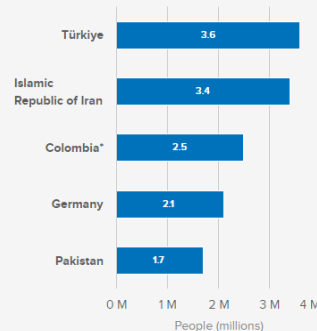


14 June 2023

Disclaimer: figures do not add up to 100 per cent due to rounding.  
Source: UNHCR Global Trends 2022

### Major hosting countries

Türkiye hosted nearly 3.6 million refugees, the largest population worldwide, followed by the Islamic Republic of Iran with 3.4 million.

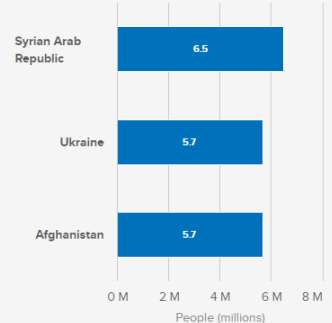


14 June 2023

\* Includes other people in need of international protection  
Source: UNHCR Global Trends 2022

### Major source countries

52 per cent of all refugees and other people in need of international protection came from just three countries.



14 June 2023

\* Excludes Palestine refugees under UNRWA's mandate.  
Source: UNHCR Global Trends 2022

# EUROPE MIGRANT CRISIS

## OVERVIEW - THE FACTS

Europe Migrants Crisis



Regional overview

### Refugee & Migrant Children in Europe Official Statistics of 2022



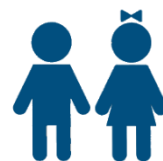
**+43,000,000**

At the end of 2022, of the 108.4 million forcibly displaced people, an estimated 43.3 million (40 per cent) are children below 18 years of age



**+2,000,000**

children were born as refugees.  
Between 2018 and 2022, an average of 385,000 children were born as refugees per year.



**+35,000**

Refugee Children were resettled in Europe from January 2018 to June 2020

**WHO** sought international protection in Europe between January and December 2019, 71% were registered in just four countries: Germany (35%), France (13%), Greece (12%) and Spain (11%).







## UKRAINE REFUGEES



### 2024 situation overview

As we are in **the third year of the full-scale war in Ukraine**, the situation is expected to become protracted, particularly in the eastern and southern parts of the country, where shelling and targeted attacks on infrastructure have become a part of daily life. **14.6 million people inside Ukraine will need multi-sectoral humanitarian assistance, including 3.7 million people displaced by the war.** The number of refugees seeking protection across Europe is expected to remain stable at around 5.9 million, with continuing pendular movements between Ukraine and host countries.

According to UNHCR intention survey results, nearly **80% of refugees hope to return to Ukraine one day**, however, just 14% plan to do so in the near future. Security concerns remain paramount, along with access to basic services, housing, and livelihoods, for refugees and internally displaced people when deciding whether to return.

The European Union's extension of the application of the Temporary Protection Directive until March 2025 is a sign of the continued **solidarity with refugees from Ukraine across Europe.**

While notable progress has been observed overall in terms of refugees' access to services and inclusion in national systems in Europe, people with specific needs including older people, people with disabilities, and those with serious medical conditions are facing increasing challenges and hardship. In some cases, these challenges may compel refugees to make premature decisions to return home to Ukraine, where the situation remains volatile.





## UKRAINE REFUGEES



In 2024, UNHCR plans to reach over 2.7 million people within Ukraine with immediate humanitarian assistance, protection, shelter and cash assistance.

Responding to the needs of people living in frontline and newly regained areas of Ukraine is a priority.

Legal assistance will be provided to 207,500 internally displaced people and returnees to support them to obtain civil status and property documentation, while 467,500 people will receive emergency shelter and sustainable housing support.

Cash assistance will also be provided to 600,000 people, focusing on the most vulnerable. At the same time, UNHCR will support efforts to gradually shift from large-scale humanitarian cash assistance to transitional safety nets in close collaboration with the Government and development actors.

Supporting durable solutions and early recovery remains key - UNHCR will work closely with the Government and development actors through community-based, psychosocial, and legal protection programmes, repair of damaged homes and support to access or restore social services.

UNHCR supports the Government-led response, while leading the Protection, Shelter/NFI, and Camp Coordination and Site Management (CCCM) clusters. This ensures that humanitarian programs are coordinated and targeted to address the most urgent needs. Together with IOM and UNDP, UNHCR will continue to co-lead the Durable Solutions Steering Committee and the Working Group on Community Planning for Durable Solutions and Recovery

2.7 million people targeted for assistance  
 \$599 million UNHCR financial requirements  
 1.2 million people supported with protection information and services  
 600,000 people supported with cash assistance  
 350,000 people supported with essential items  
 467,500 people assisted with housing  
 125,000 people provided with multi-sector assistance in collective sites



## UKRAINE REFUGEES



### Refugees from Ukraine recorded in Europe

# 6,191,800

Last updated 15 October 2024 - Source: UNHCR collation of statistics made available by the authorities

### Refugees from Ukraine recorded beyond Europe

# 560,200

Last updated 15 October 2024 - Source: UNHCR collation of statistics made available by the authorities

### Refugees from Ukraine recorded globally

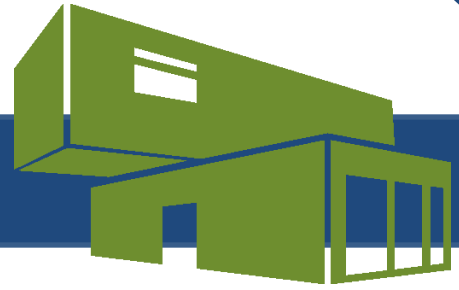
# 6,752,800

Last updated 15 October 2024 - Source: UNHCR collation of statistics made available by the authorities





## WHAT WE DO!



### **We comply with ISO standards.**

These are the good practices that can show-up your competitive advantages on the mid-term.

- We Set Goals and measure our KPIs. These will show us the path of improvement.
- We learn our lessons and implement our preventive actions. We put everything in written but also instruct personally our guards.
- We Communicate quality standards and vital information horizontally and vertically to All parties concerned.
- We Never say lies, especially to our own selves.

### **We conduct training of our Staff.**

Training builds-up loyal personnel and can guarantee adequate personnel continuous evaluation and improvement.

We Screen / train / evaluate and select our partners / vendors / providers. Commit them with strict contracts and impose penalties in case of their non-conformities. This is the only way to keep them in our track and control them. Low rates are never an excuse, as everything is a matter of contract.

### **We always promote our Competitive Advantages.**

These keep us on track. We instruct our personnel to do the same.

We implement an adequate Risk Management Procedure. We provide our Principals with the deliverables of our Risk Assessment.

We always make frequent Action Reports and submit it to Principals. The small details make the difference.

We maintain a blog within your web-portal and post on a weekly basis. We interconnect our blog with our social media. Humanitarian domain has its fans and our fans will put us on the first-page news.

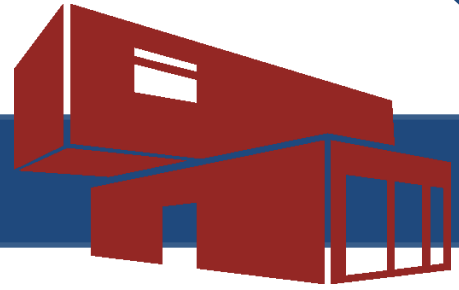
We demand Adequate Reporting from every party concerned. We read all reports and give feedback when necessary.

WE ALWAYS PAY EVERYONE (Staff, Providers, Vendors, Suppliers, Insurers etc.) ON-TIME. We organize an adequate accounts system providing for Invoices, Payment Receipts, Statement of Accounts, Accounts Data Basis etc. on a monthly basis.

## **WE ALWAYS TAKE CARE OF OUR PERSONNEL**



## WHAT WE DON'T DO!



**We do not** run the business with fewer staff than the adequately required at all times.

Minimum Shelter activation rate is a sector-by-sector plan based.

Once a sector is activated, all the required personnel is hired for the sake of smooth sector's performance

- We do not subcontract our business to others
- We do not compromise on safety. Safety always comes first.
- We do not compromise on quality.
- We do not compromise on Operational matters.
- We do not do our job without assuring our minimum desired profit or without operational benefit(s).
- We do not "spoil" our business, as such strategy will keep us low.
- We do not fake documentation. The word of mouth is a hidden enemy. Quality is a habit.

## Status of Hosting Refugees/Immigrant

**Geopolitical Parameters, Turkey Push:** War conflicts in the Middle East and Eastern Mediterranean, as well as people's poverty in developing (C' class world) world force people to relocate and seek a new safer, and more prosperous life.

Specifically, and as regards most governments, the refugees' / immigrants' push to various European countries from Turkey, for geopolitical reasons and leverage against the EU is a widely accepted fact.

**What UNHCR (The United Nations Refugee Agency) Suggests:** The United Nations Refugee Agency (UNHCR) has a solid and well-established concept of refugees' endorsement and support..

**What European Union Does:** European Union, in total, and the majority of the Union Member States clearly show their serious concerns in receiving and hosting all these huge amounts of people.

Assuming the Eastern Aegean Sea Greek Islands as the buffer-zone, EU funds the collection, hosting and preservation of refugees there, while at the same time try to maintain equilibrium with Turkey.

The amount of relevant funding is about 5,500 euros (€) per person per month!!

**What THE Governments Does:** Up to date, the most European Governments, along with NGOs activated for that reason in their territories, implement poor processes without the fulfillment of the minimum accepted by UNHCR standards, while a lot of funds are wasted mainly due to the lack of proper planning, organization, and management.

### What Are the Living Conditions Of People:

The living conditions of refugees/migrants hosted at the below standards Shelters in the most European Countries are very poor.

Specifically:

- Too many people packed in small areas and inadequate residencies
- Poor feeding
- Poor health care
- No Safety & Security precautions in place
- No command and control processes in place
- No basic education (Greek/English language and mathematics) services in place
- Poor to none, resocialization and reintegration plan for the people in place,
- and many more...

### What Are the Identified Problems:

There are other identified collateral problems also. Specifically:

- Local people and communities are hugely dissatisfied with the situation
- Social security and public health is jeopardized
- Extreme social groups of racists and/or nationalists find excuses to demonstrate their extremities
- Unequal burdens for the Eastern Aegean Sea Greek Islands population
- Political hazards to the Government that has to deal with the situation





The main problems of a refugee/migrant, upon his/her arrival at a foreign Country, is his/her housing, feeding, access to fresh water, adequate healthcare and the protection of his/her humans rights!

The **4HumanCare project** allows them to meet their household's basic needs and support their new local community. The project final aim is to promote self-reliance and self-confidence, to re-establish their dignity as equal human beings and social entities by inducing a new urban model for them in their new host Country and for as long as it is required.

The project provides refugees/migrants with choices and chances for improvement through services of descent healthcare, education, employment prospects as equal human beings and social entities.

The project also focuses on the dilemmas and common problems that the refugee camps (shelters) face today worldwide, namely those of temporary status, communities segregation/isolation, population monitoring, situation prolongment, self-management and self-sufficiency

Dealing with these issues and based on current experience of similar situations, we also focus in building-up new urban models for refugees and migrants that will provide for the required facilities always humanitarian oriented.

### **We are providing a turn-key solution**

We undertake the creation/establishment of refugee Shelters according to the standards of the **United Nations High Commissioner for Refugees** (UNHCR: The United Nations Refugee Agency) as these are requested and are published.

In collaboration with humanitarian, Governmental Organizations and/or Non Governmental Organizations (NGOs) we have design and will supply the raw materials and final products as these are needed for the complete development and internal operation of the Refugees Shelters and Infrastructures.

The Shelters we design and build are offering the capability of long term stay and integration of the refugees/migrants, focusing on issues of self-reliance, through adequate education and employment prospects generation.





## We build and organize the Shelters

We build the Shelters (Design, supply of raw materials and finished products as required for full development and internal operation of hosting structures in areas available) in order to accommodate refugees and migrants.

- Security Fencing NATO type, along with security monitoring, access control and alarming systems
- ISOBOX Container type Self-contained Refugee Houses (standard 20ft and 40ft) fully autonomously equipped on the basis of the minor social unit (family / 4-5 persons) and larger compartments for individuals (men/women and unattended children)
- Central meals preparation labs, meals distribution centers and restaurants
- Kindergartens - Schools
- First aid / Medic stations
- Prayer Houses according to cultural / religious demands
- Indoor entertainment / social gathering rooms
- Roads network, sewage/drainage infrastructure and plug & play readiness for houses, main facilities electricity / telephony / Internet within the Shelter area
- Playgrounds, parks, sports grounds
- Central warehouses / distribution centers
- Fire-fighting stations (prevention and suppression)
- Internal Mini Markets
- Security stations / Administration management facilities... many other facilities according to the needs and Shelters population (case by case)

## We Support the Humans





## Requirements for Hosting Structure and Housing Requirements

Indicative examples:

A) A Space of 450 or 900 acres respectively is needed for 10,000 or 20,000 people (This requirement is met if there is sufficient space for single-families housing and maintaining appropriate distance between single houses)

ISOBOX Container Refugee Guest House Units 40' feet (30m<sup>2</sup>) (8 persons) and 20' feet (15m<sup>2</sup>) (4 persons) fully equipped (based on social unit (family)), i.e.: with (double bunk beds), table(s), chairs, bathroom, toilet, washbasin, cooling and heating, fresh water, Safety (including fire safety) is provided at settlement level.

Special grouping corresponding ISOBOX Container House 40' feet (30m<sup>2</sup>) for individuals outside the family unit (by sex (male/female) and/or unaccompanied children).

B) A space of 60 acres is needed for 5,000 people (In case of limited space we build two-floor dwellings blocks of 24 containers dwellings per floor according to above standard)

## Security Fencing

The protecting fence of the enclosure serves to secure the occupants from any outside interference giving them a sense of security and to controlled/recorded/monitored entry and exit of peoples visiting the asylum/shelter.

The protecting fence meets all NATO specifications and is fitted with adequate lighting and surveillance/monitoring systems for any attempted breach of security and unlawful / no recorded entry and/or exit from the Hosting area, in order to create a sense of security to the hosted population and native citizens and local community.

Under no circumstances does the fence imply the establishment of a concentration camp and/or ghettoization of the guest persons as entry/exit should be free, though monitored and recorded.







### **Shelters Facilities**

- Roads within the Hosting Structure
- Basic Benefits (Fresh Water, Drainage, Electricity, Telephony / Internet)
- Fire-fighting (prevention and suppression)
- Catering (Kitchens / Food Preparation, Distribution, Restaurants)
- Toilets in the housing containers and in public areas
- Medical Station of 1st degree Medical Prevention, Basic Medical Care and First Aid
- Central Warehouse(s) / Distribution Centre(s)
- Access Points, Monitoring of the controlled area and Security Station for visual and digital input/output control
- Administration House
- Places of Prayer according to nationalities/religions
- Indoor entertainment / social gathering rooms
- Playgrounds, parks, sports venues
- Internal Small Super Market / Green Groceries (with duty-free privileges for the hosted people)
- Basic Education Facilities / Schools
- Kindergartens (optional and next step for working parents)
- Waste Management Areas

### **Feeding**

Feeding - Full Breakfast, Lunch and dinner including 2.5 liters of bottled fresh / potable water per person - with a wide selection of Dehydrated, Pre-prepared Meals Ready to Eat (MREs) and seasonal fresh food.

The Meals are categorized by religion, age (infants, children, adults, old age) and for Special circumstances (e.g. Pregnant Women, Diabetic Patients, etc.)

Organization and management of timely food preparation and coordinated food distribution for all occupants in suitable sheltered restaurants and within 2.5 hours per meal: breakfast/lunch/dinner including cleanliness, garbage management, and facilities prepare for the next meal.



### Security Facilities

- Security and anti-crime measures
- Registration and Recording of Refugees by nationality, age, gender using advanced electronic means.
- Electronic Identity with all biometrics and personal data. Implementation of an NFC unique bracelet / necklace that will ensure the holders' identification (data based and visual) and loyalty / non-infringement privileges, as well as their entry/exit timesheet.
- Monitoring and Safeguarding the Site
- Access, security, immediate intervention systems

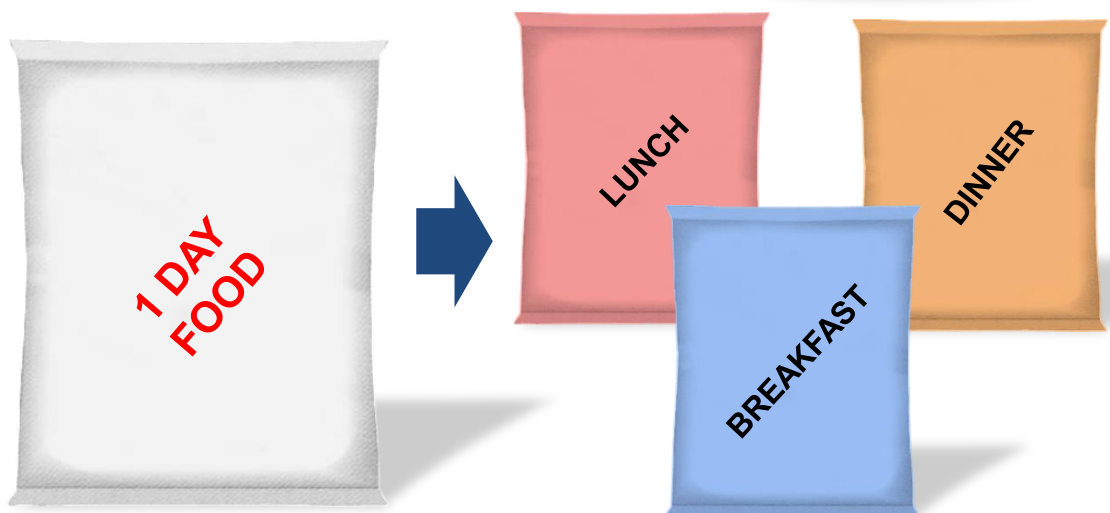
### Extra benefits

- (\*) Socialization / Integration into the new lifestyle
- Promoting a sense of social absorption and integration of refugees into society
- (\*) Employment, Creativity, Work (within Hosting Structure)
- Projects/works for paid social welfare in the host country (e.g. packaging, small craft laboratories of various logistics products of the Local Armed Forces / Social Agencies etc.).
- Organization of awareness Seminars about the refugees and their smooth acceptance by the local population and better understanding the situations caused them to leave their Country.
- Organization of awareness Seminars and shows within the Shelter for the hosted people in order to learn about the culture, customs, and social behavior of the host Country population and how to behave when going out of the camp.
- (\*) Benefits for the elderly, pregnant women and persons with special needs being unable to work. Promotion of a sense for social absorption and integration of refugees into the social community by taking care of the helpless and persons unable to work

*(\*) If and when provided and subsidized by the local State Authorities*



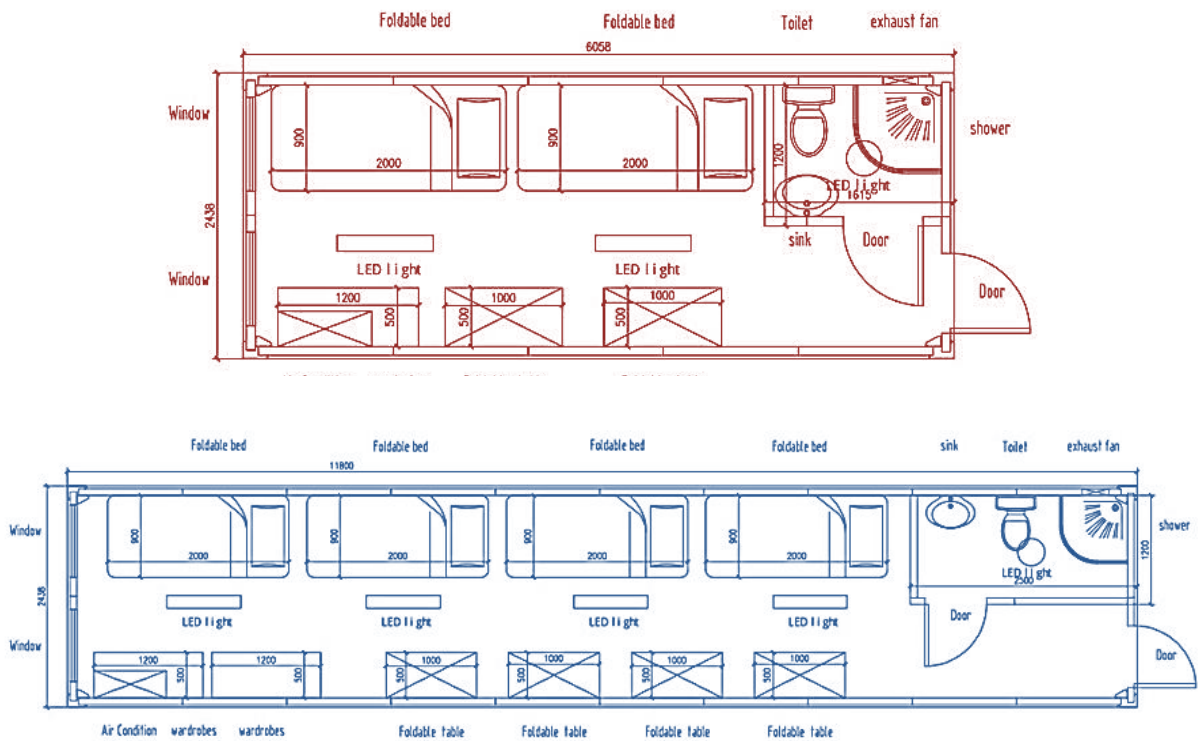
## MRE & DEHYTRADED FOOD



Tasty and Well Presented, great variety, cultural & religious proper meals High Calories and Nutrition Value(mixtures of MINERALS and VITAMINES A, B1, B6, C, B3, Iron, Zinc. with and/or without Gluten)



# LIVING WITH DIGNITY



ISOBOX Container type Self-contained Refugee House (standard 40ft) fully autonomously equipped, designed for individuals (men/women and unattended children). 20 years guaranteed properly used.



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





## Dehydrated & MRE 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 powdered 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



# MRE

**Ready meals  
in retort pouches**



## WARM UP OPEN EAT!

Dishes are prepared by autoclaving, undergoing a process of sterilization in a steam static autoclave at high temperature and pressure

During sterilization of dishes, non-heat-resistant bacteria are destroyed and the number of spore-forming microorganisms is reduced to a safe level. In this way, heat treatment of food makes it possible to obtain a complete product, high quality and safe food for long-term storage

Each batch of manufactured products is tested for quality in two accredited laboratories.

The quality of the manufactured products is confirmed by expert conclusions



# TO WHO IS INTENDED



**FIREFIGHTERS – POLICE - ARMY**



**SCHOOLS - NGO's - HOSPITALS - GREAT ENTERPRICES**



**PRISONS - NATURAL CATASTROPHES - WAR CONFLICTS - REFUGEES**



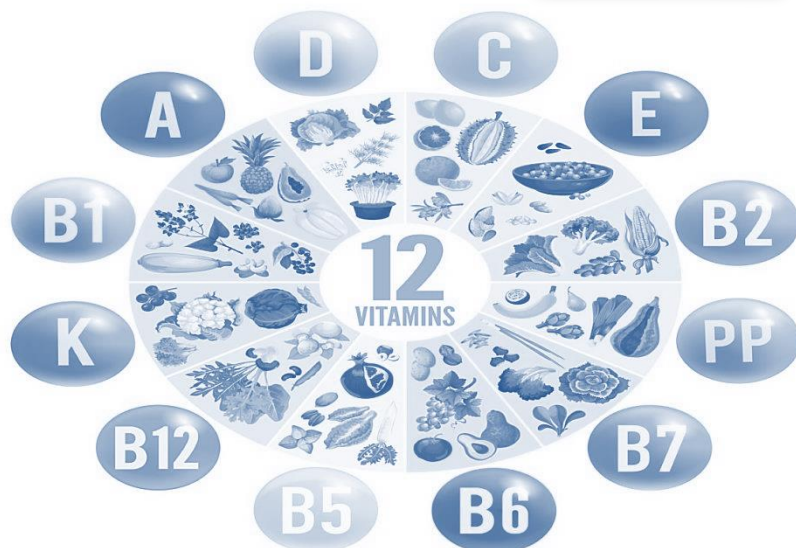
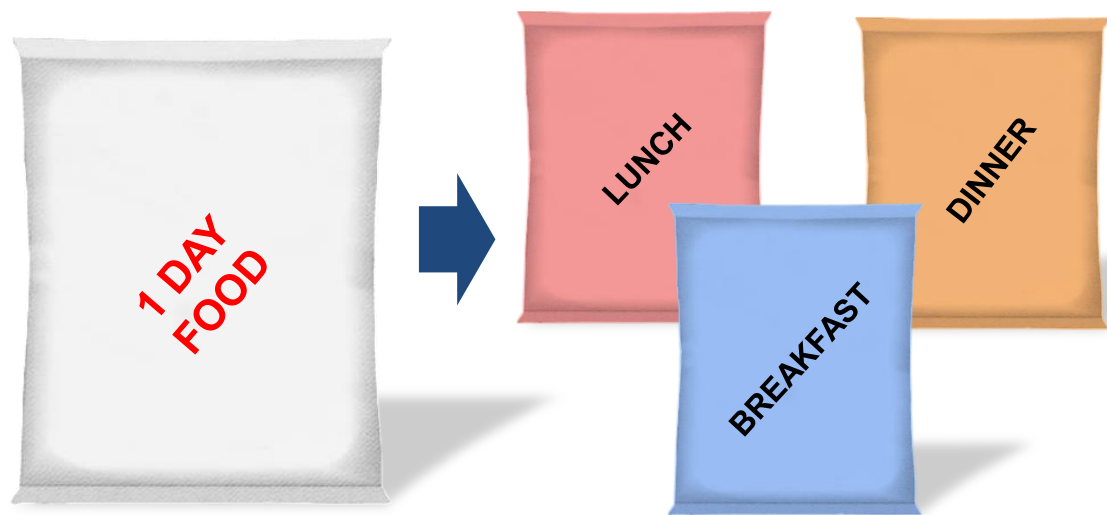
**MIGRANTS - FAMILIES IN NEED - FOOD AID FOR EMERGENCIES**







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**

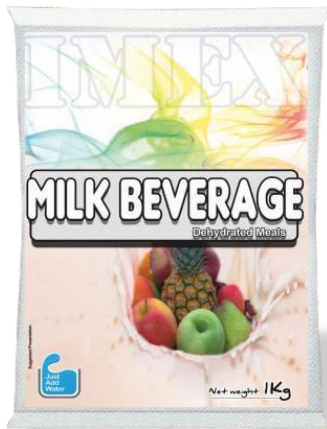


**PREGNANT  
WOMEN**

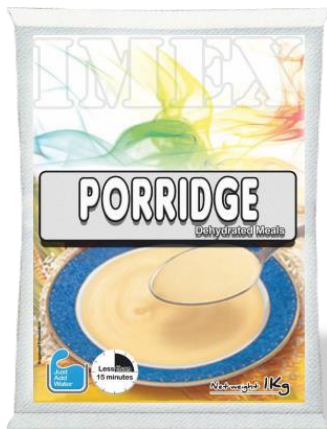


# PRODUCT LIST

(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 Porridge  
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  
Noodle 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

# PRODUCT LIST

(BOXES OF 10 X 1 KG)



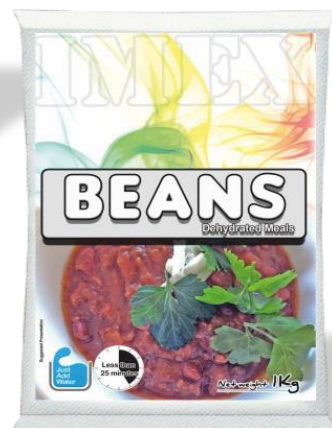
Chicken rice with vegetables  
Vegetable rice  
Beef rice with vegetables  
Rice with beans with beef and Vegetable  
Rice with " Sausage Calabresa"  
Rice with rib and vegetables  
Rice with beans with beef and pumpkin



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



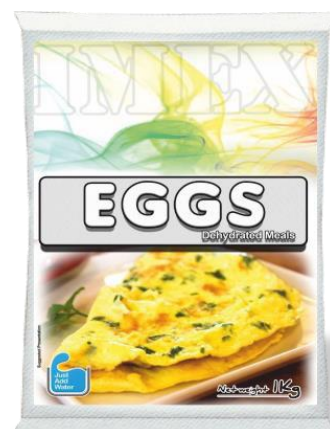
Mealie meal with beef  
Mealie meal with chicken



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

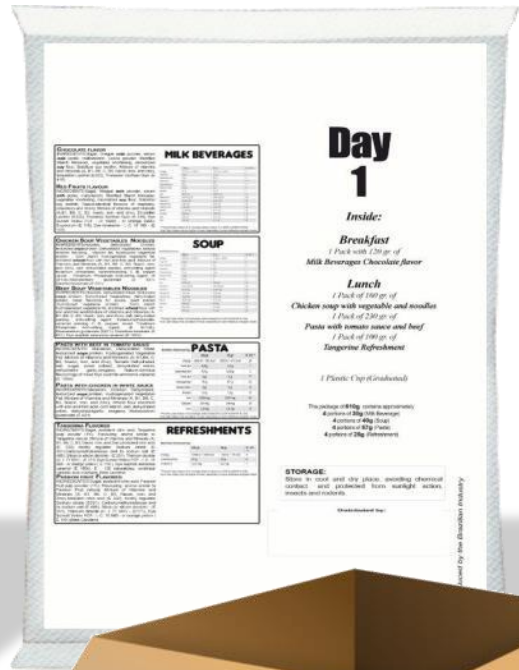
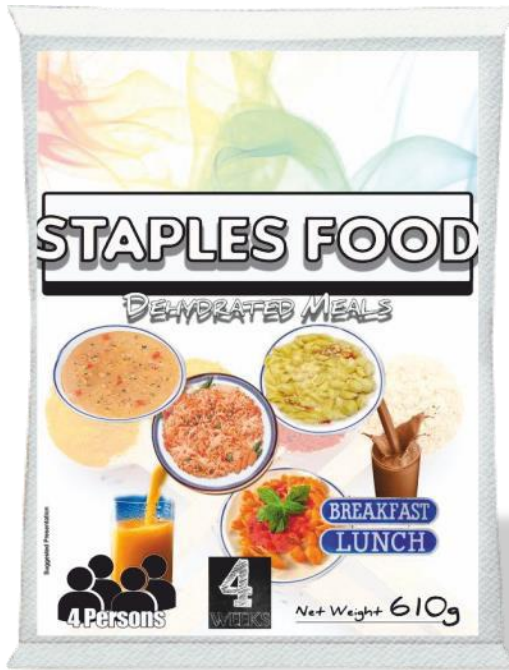


# STAPLES FOOD

## 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



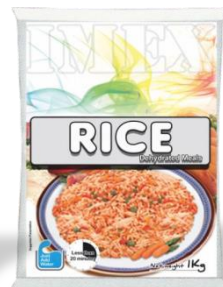
BEFORE THE  
PREPARATION  
50 Gr  
AFTER THE  
PREPARATION  
270 Gr



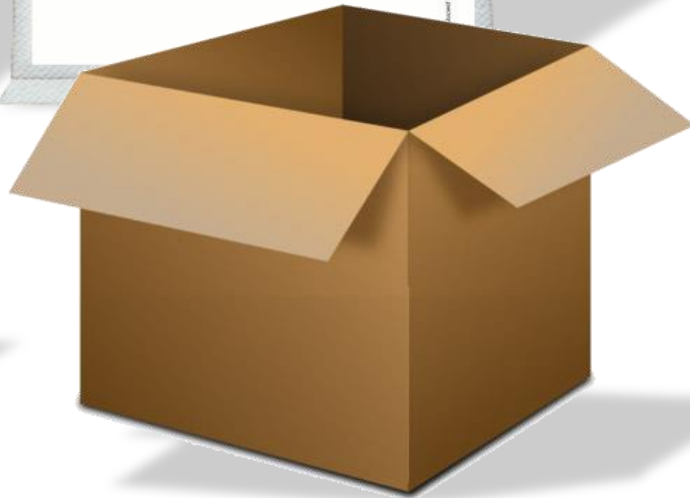
BEFORE THE  
PREPARATION  
50 Gr  
AFTER THE  
PREPARATION  
450 Gr



BEFORE THE  
PREPARATION  
25 Gr  
AFTER THE  
PREPARATION  
250 Gr



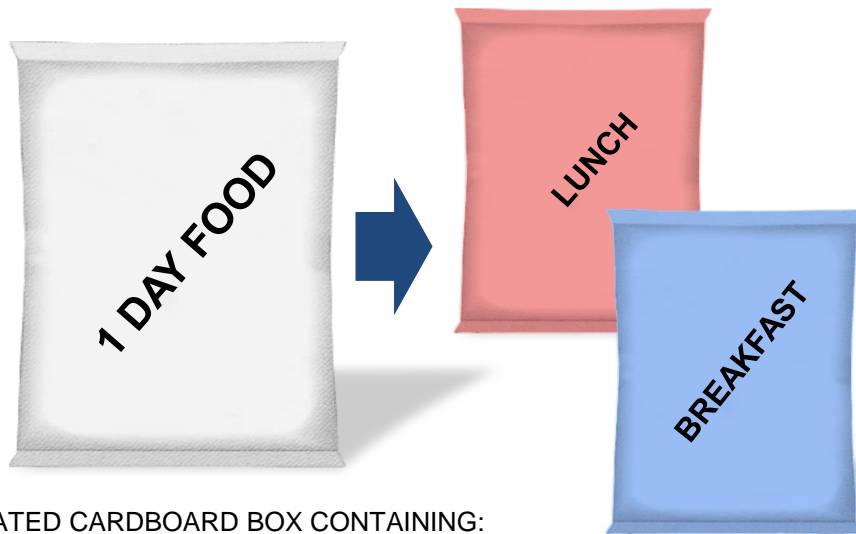
BEFORE THE  
PREPARATION  
70 Gr  
AFTER THE  
PREPARATION  
330 Gr





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

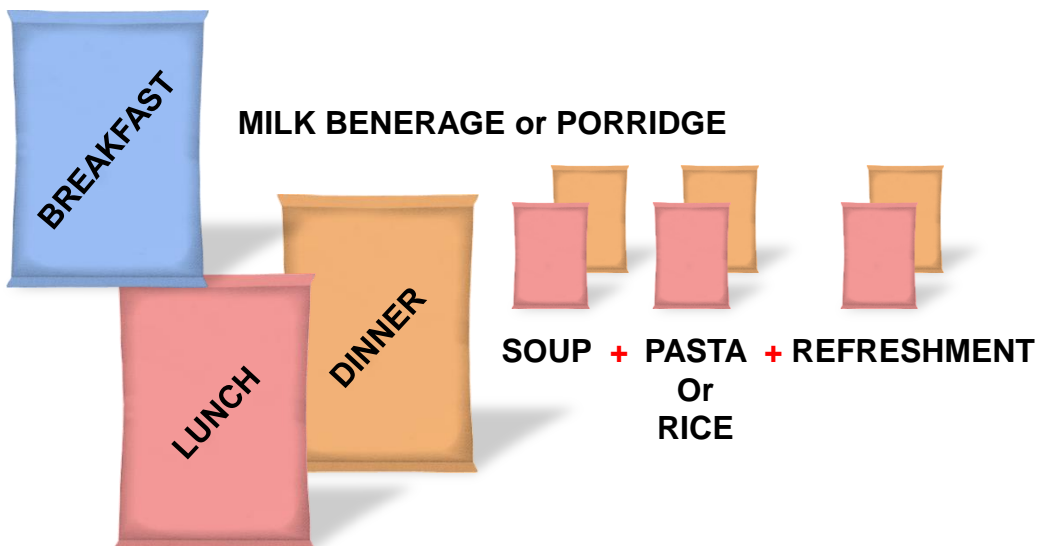
## STAPLE FOOD 1



CORRUGATED CARDBOARD BOX CONTAINING:

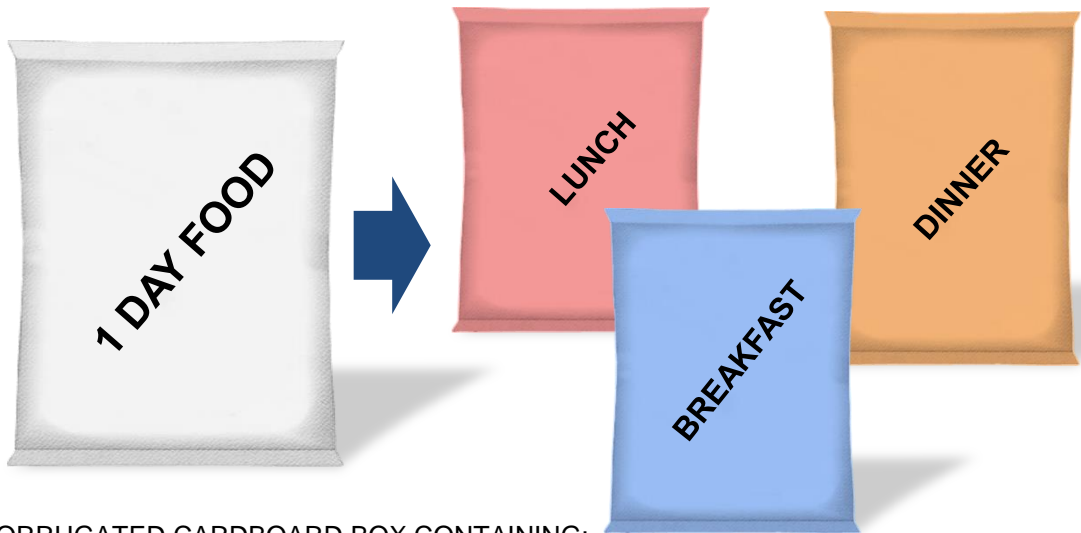
- CHOCOLATE FLAVORED MILK DRINK
- STRAWBERRY FLAVORED MILK DRINK
- PORRIDGE VANILLA FLAVOR
- PORRIDGE COCONUT FLAVOR
- BEEF RICE WITH VEGETABLES
- CHICKEN RICE WITH VEGETABLES
- PASTA WITH WHITE SAUCE AND CHICKEN
- PASTA WITH TOMATO SAUCE AND BEEF
- CHICKEN SOUP WITH VEGETABLES AND NOODLES
- BEEF SOUP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

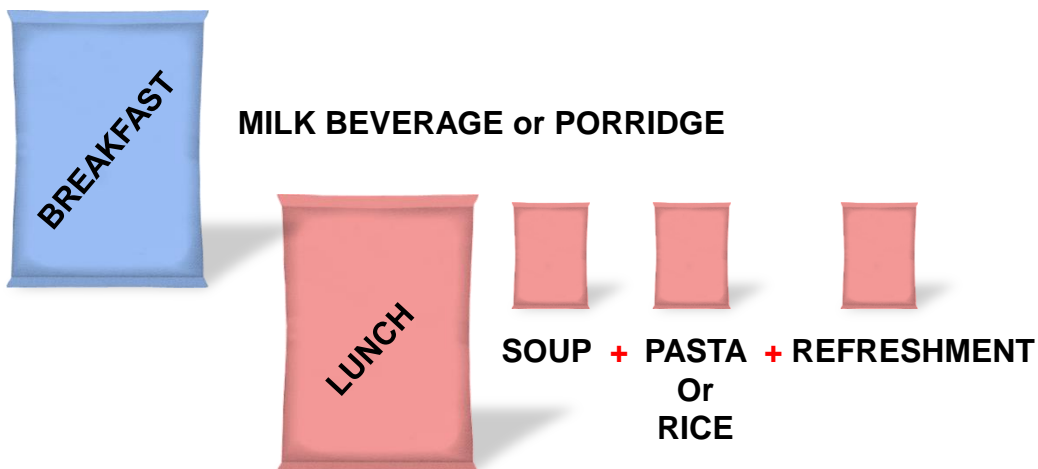
## STAPLE FOOD 2



CORRUGATED CARDBOARD BOX CONTAINING:

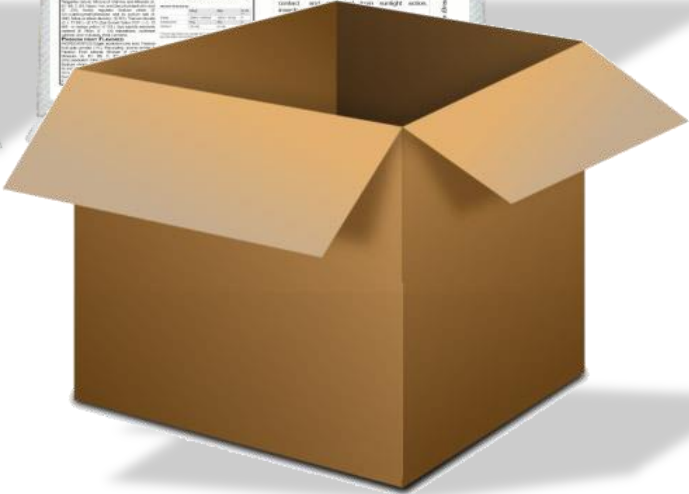
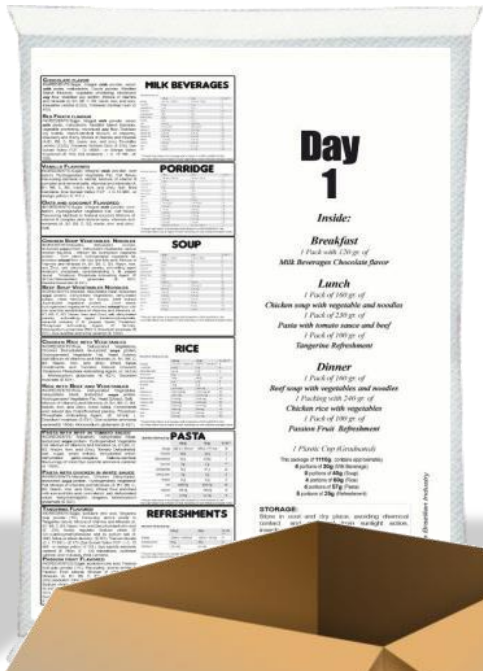
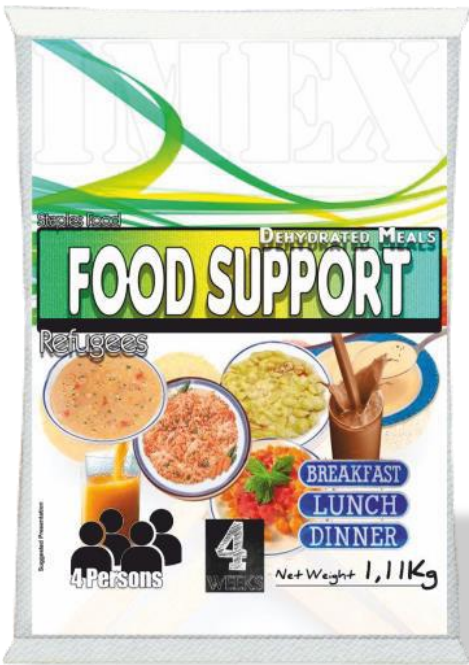
- CHOCOLATE FLAVORED MILK DRINK
- STRAWBERRY FLAVORED MILK DRINK
- PORRIDGE VANILLA FLAVOR
- PORRIDGE COCONUT FLAVOR
- BEEF RICE WITH VEGETABLES
- CHICKEN RICE WITH VEGETABLES
- PASTA WITH WHITE SAUCE AND CHICKEN
- PASTA WITH TOMATO SAUCE AND BEEF
- CHICKEN SOUP WITH VEGETABLES AND NOODLES
- BEEF SOUP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



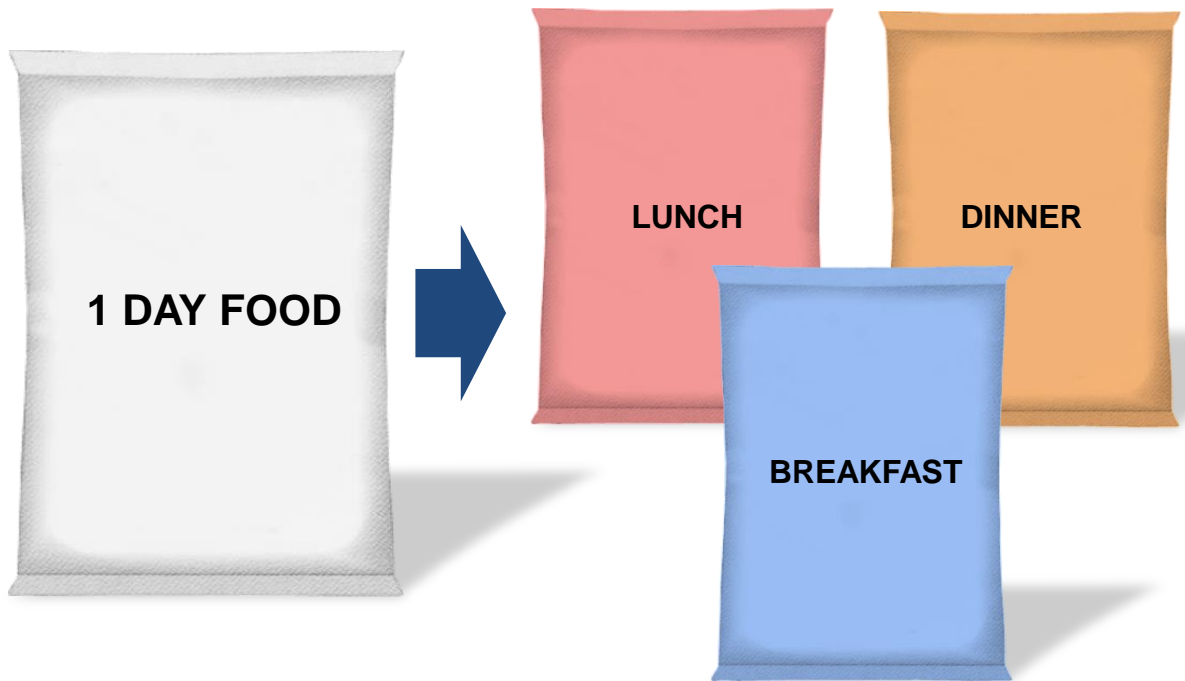
**RICE  
or  
PASTA  
or  
BEANS**



**+ 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

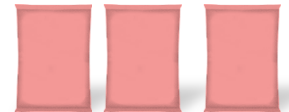
### 1 DAY FOOD



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.

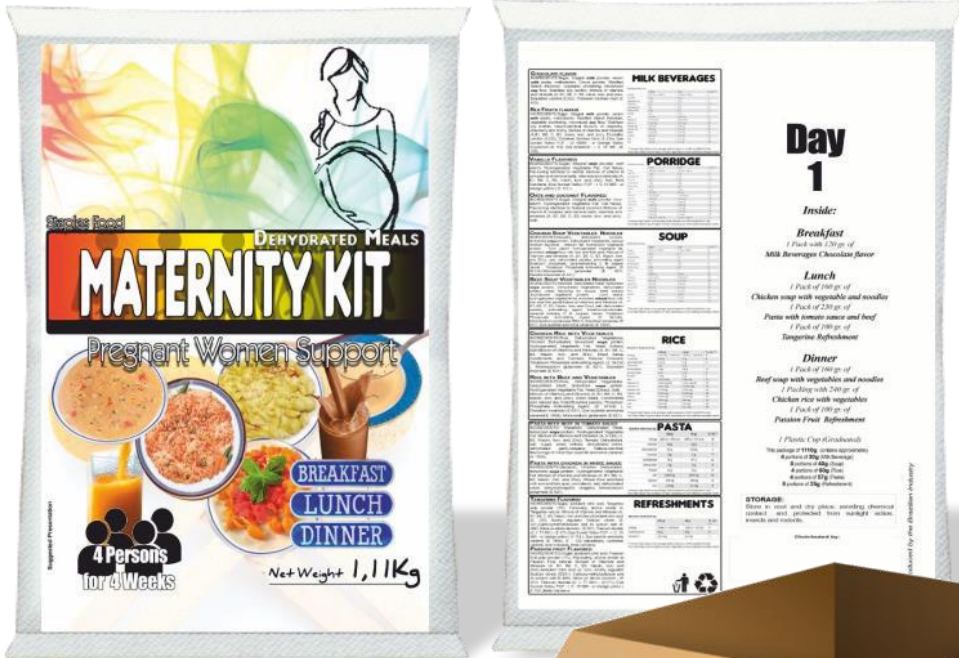


# MATERNITY KIT

## 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



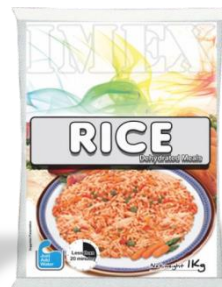
BEFORE THE PREPARATION  
50 Gr  
AFTER THE PREPARATION  
270 Gr



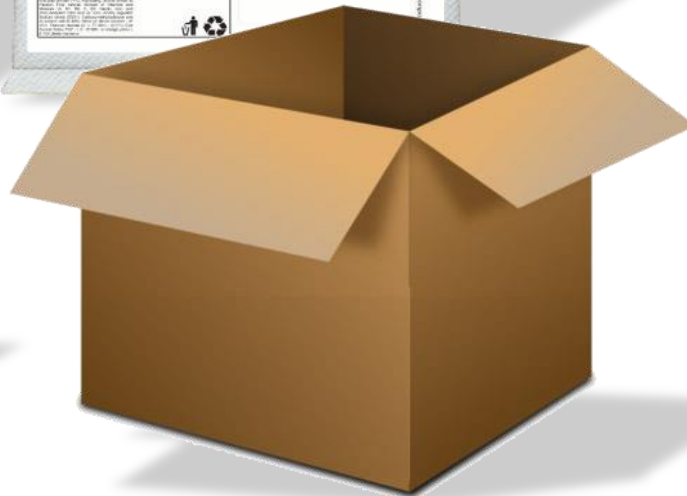
BEFORE THE PREPARATION  
50 Gr  
AFTER THE PREPARATION  
450 Gr



BEFORE THE PREPARATION  
25 Gr  
AFTER THE PREPARATION  
250 Gr



BEFORE THE PREPARATION  
70 Gr  
AFTER THE PREPARATION  
330 Gr





# 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.

## **MEALS READY TO EAT (MRE)**

“Quality management system” according to the requirements of ISO 9001: 2009, and “Food safety management system” according to the requirements of ISO 22000: 2005  
HACCP system



# WARM UP OPEN EAT!

## 100% READY

The food is 100% ready to eat, energy balanced.  
**Can be consumed without heating.**

## STORAGE CONDITIONS

The multilayer laminated package of high quality polymer material withstands cold and hot climates.  
**Storage without a freezer for 2 years at t 0 to +20**

## QUICK WARM-UP HOT COURSE FOR 10 MINUTES

Flameless ration heater  
The sun's rays  
Device that gives heat (radiator, motor, dashboard)

## CONVENIENT PACKAGING

The retort package is safe to use, durable, lightweight, without sharp corner.  
Used as a plate, does not leak, does not oxidize dishes

# ASSORTMENT OF READY MEALS

Description	Weight of Portion Grams	Qty of Portions (Pcs)	Total Weight In Kg
Chicken Rice Soup	300	20,000	6,000
Barley Chicken Soup	300	20,000	6,000
Chicken Macaroni Soup	300	20,000	6,000
Macaroni and Tomato Chicken Soup	300	20,000	6,000
Chicken Pea Soup	300	20,000	6,000
Chicken Soup with Vegetables	300	20,000	6,000
Chicken Bean Soup	300	20,000	6,000
Vegetable soup with tomatoes	300	20,000	6,000
Chicken with Rice and Vegetables	250	20,000	6,000
Chicken with rice vegetables with tomato sauce	250	20,000	5,000
Chicken with buckwheat and vegetables	250	20,000	5,000
Chicken with buckwheat vegetables with tomato sauce	250	20,000	5,000
Chicken with pearl barley and vegetables	250	20,000	5,000
Chicken with pearl barley vegetables with tomato sauce	250	20,000	5,000
Chicken with wheat porridge and vegetables	250	20,000	5,000
Chicken with wheat porridge vegetables with tomato sauce	250	20,000	5,000
Chicken with corn porridge and vegetables	250	20,000	5,000
Chicken with corn porridge vegetables with tomato sauce	250	20,000	5,000
Rice with vegetables	250	20,000	5,000
Rice with vegetables with tomato sauce	250	20,000	5,000
Buckwheat with vegetables	250	20,000	5,000
Buckwheat with vegetables and tomato sauce	250	20,000	5,000
Barley porridge with vegetables	250	20,000	5,000
Barley porridge with vegetables and tomato sauce	250	20,000	5,000
Wheat porridge with vegetables and tomato sauce	250	20,000	5,000
Wheat porridge with vegetables	250	20,000	5,000
Corn porridge with vegetables	250	20,000	6,000
Corn porridge with vegetables and tomato sauce	250	20,000	6,000
Chicken with peas and vegetables	250	20,000	5,000
Chicken with peas, vegetables and tomato sauce	250	20,000	5,000
Chicken with lentils and vegetables	250	20,000	5,000
Chicken with lentils, vegetables and tomato sauce	250	20,000	5,000



# ASSORTMENT OF READY MEALS

Description	Weight of Portion Grams	Qty of Portions (Pcs)	Total Weight In Kg
Chicken with lentils and peas with vegetables	250	20,000	5,000
Chicken with lentils and peas, vegetables with tomato sauce	250	20,000	5,000
Peas with vegetables	250	20,000	5,000
Peas with vegetables and tomato sauce	250	20,000	5,000
Lentils with vegetables	250	20,000	5,000
Lentils with vegetables and tomato sauce	250	20,000	5,000
Lentils with peas and vegetables	250	20,000	5,000
Lentils with peas and vegetables with tomato sauce	250	20,000	5,000
Chicken with macaroni and vegetables	250	20,000	5,000
Chicken with macaroni, vegetables and tomato sauce	250	20,000	5,000
Macaroni with vegetables	250	20,000	5,000
Macaroni with vegetables and tomato sauce	250	20,000	5,000
Rice with milk (Milk rice)Oatmeal with milk	250	20,000	5,000
Milk oatmeal	250	20,000	5,000
Sweet Raisin Rice	250	20,000	5,000
Sweet Rice with Cranberries	250	20,000	5,000
Sweet Oatmeal with rice	250	20,000	5,000
Sweet Oatmeal with Cranberries	250	20,000	5,000



**Weight of Portion 300gr**

- Chicken Rice Soup
- Barley Chicken Soup
- Chicken Macaroni Soup
- Macaroni and Tomato Chicken Soup
- Chicken Pea Soup
- Chicken Soup with Vegetables
- Chicken Bean Soup
- Vegetable soup with tomatoes

# ASSORTMENT OF THE SECOND COURSES

## cereal dishes with meat/without meat



### Weight of Portion 250gr

Chicken with Rice and Vegetables  
Chicken with rice vegetables with tomato sauce  
Chicken with buckwheat and vegetables  
Chicken with buckwheat vegetables with tomato sauce  
Chicken with pearl barley and vegetables  
Chicken with pearl barley vegetables with tomato sauce  
Chicken with wheat porridge and vegetables  
Chicken with wheat porridge vegetables with tomato sauce  
Chicken with corn porridge and vegetables  
Chicken with corn porridge vegetables with tomato sauce

Rice with vegetables  
Rice with vegetables with tomato sauce  
Buckwheat with vegetables  
Buckwheat with vegetables and tomato sauce  
Barley porridge with vegetables  
Barley porridge with vegetables and tomato sauce  
Wheat porridge with vegetables and tomato sauce  
Wheat porridge with vegetables  
Corn porridge with vegetables  
Corn porridge with vegetables and tomato sauce

## **ASSORTMENT OF THE SECOND COURSES** **dishes with legumes and meat/without meat**



### **Weight of Portion 250gr**

Chicken with peas and vegetables  
Chicken with peas, vegetables and tomato sauce  
Chicken with lentils and vegetables  
Chicken with lentils, vegetables and tomato sauce  
Chicken with lentils and peas with vegetables  
Chicken with lentils and peas, vegetables with tomato sauce  
Peas with vegetables  
Peas with vegetables and tomato sauce  
Lentils with vegetables  
Lentils with vegetables and tomato sauce  
Lentils with peas and vegetables  
Lentils with peas and vegetables with tomato sauce

## **ASSORTMENT OF THE SECOND COURSES** **dishes with meat and macaroni/without meat**

### **Weight of Portion 250gr**

Chicken with macaroni and vegetables  
Chicken with macaroni, vegetables & tomato sauce  
Macaroni with vegetables  
Macaroni, vegetables and tomato sauce





# ASSORTMENT OF THE SECOND COURSES

## milk dishes/sweet dishes



### Weight of Portion 250gr

Rice with milk (Milk rice)

Oatmeal with milk (Milk oatmeal)

Sweet Raisin Rice

Sweet Rice with Cranberries Sweet Oatmeal with rice

Sweet Oatmeal with Cranberries



### BREAKFAST

Biscuits 50g

Ready-to-eat cereal dish 250 g

Beverage (coffee or tea) 2g

### LUNCH

Ready-to-eat the first course 350g,

Ready-to-eat the second course 250g,

Vitamin fruit and berry beverage (vitaminized jam) 20g

### DINNER

Biscuits 50g

Ready-to-eat the second course 250g

Beverage (coffee or tea) 2g



# POWER BENEFITS OF READY MEALS IN RETORT PACKAGES

## **Balanced, complete and safe nutrition**

Products have been developed with the participation of scientists of Institute of Public Health of the National Academy of Medical Sciences of for long-term use and are meet NATO standards and provide the human organism with basic indicators of the energy value.

The technology of cooking dishes in retort packages by autoclaving method ensures the long term preservation of the quality of dishes, which allows dishes in retort packages been safe for human health

Individual meals are divided into three meals (breakfast, lunch, dinner)

## **Convenient and safe packaging**

Multilayer laminated packaging made of high-quality polymeric materials preserves the quality and nutritional properties of the food, makes it easy to heat meals in 10-15 minutes with a flame free chemical action heater, or other available tools

Unlike tin cans, the dishes in the retort packages are not oxidized, there is no migration of metal in the product at the molecular level

Dishes in retort packs retain quality and taste after heating

Ready-to-eat Dishes in Retort Packages allows you to provide hot meals to people in the field conditions

## **HOT FOOD FAST AND CONVENIENT**

A flameless heater is a package with a chemical element that, when exposed to water, releases a significant amount of heat.

The steam that formed heats the food to + 50C

## **HOT FOOD IN ALL CONDIT IONS**

The flameless heater can be used in different climatic conditions.

The dish in the retort pouch can be easily heated in the field conditions.

For heating, it is necessary to add 120 ml of water (drinking water, or from a reservoir that is also allowed).

The package is hermetically sealed, so the chemical reaction during heating does not affect the food.

## **FLAMELESS RATION HEATER IS SAFE FOR HUMANS**

During the thermal chemical reaction, neither odor nor smoke is released.

The flameless heater can be safely used both outdoors and indoors.

# ASSORTMENT OF READY MEALS IN RETORT PACKAGE

## FIRST COURSES

Borsch with beef 500 g  
Rice soup with chicken meat 500 g

## SECOND COURSES

Pearl porridge with beef meat 350 g  
Peas with vegetables and beef 350 g  
Potatoes stewed with vegetables and chicken 350 g  
Buckwheat porridge with chicken meat 350 g  
Wheat porridge with chicken meat 350 g  
Wheat porridge with beef meat 350 g  
Rice porridge with chicken meat 350 g  
Barley porridge with chicken meat 350 g  
Barley porridge with beef meat 350 g  
Beans with vegetables and chicken meat 350 g  
Beans with vegetables and beef 350 g  
Chicken meat with bulgur 350 g  
Chicken meat with chickpeas 350 g  
Chicken meat with lentils 350 g  
Beef meat with bulgur 350 g  
Beef meat with chickpeas 350 g  
Beef meat with lentils 350 g

## MEAT STEW

Chicken meat stew 200 g / 500 g  
Beef stew 200 g / 500 g



# TECHNOLOGY OF MANUFACTURE READY-TO-EAT MEALS IN THE RETORT-POUCH

- Ready-to-eat dishes are cooked on modern equipment, which allows you to stew, fry dishes without the use of fats and cook them for a couple.
- Cooked dishes are packed and packed in retort bags on an automated dosing car. Packages undergo a disinfection process!
- The dishes are sterilized at high temperature and pressure in the autoclave, which makes it possible to get a complete, high-quality and safe product.
- After sterilization, packages filled with food pass quarantine storage for 14 days.

## ADVANTAGES OF FOOD IN RETORT-POUCH

- The retort package is a food packaging, which can be called an alternative to cans.
- The first retort pack was developed for the US Army in 1978 and is still used by the United States armed forces to pack dry soldering.
- Storage conditions - no refrigerator up to 24 months! Temperature range - 0 to + 20 degrees.
- The heating time of the dishes is 10-15 minutes with the help of a free-flowing heater.
- The package is conveniently opened and can be used as a plate.
- Food in retort packets can withstand the hot and cold climatic conditions. Packed with food packages are lightweight, easy to use, do not take up much space during transportation.
- The retort package is tightly closed, it does not pass sun rays, foreign smells, moisture-proof, keeps the freshness of food and its shape.



ASSORTMENT OF READY-TO-EAT DISHES		
	MRE Name of dish	Weight of portion, g
	Cereal dishes with meat	
1	Chicken with Rice and Vegetables	250
2	Chicken with rice vegetables with tomato sauce	250
3	Chicken with buckwheat and vegetables	250
4	Chicken with buckwheat vegetables with tomato sauce	250
5	Chicken with pearl barley and vegetables	250
6	Chicken with pearl barley vegetables with tomato sauce	250
7	Chicken with wheat porridge and vegetables	250
8	Chicken with wheat porridge vegetables with tomato sauce	250
9	Chicken with corn porridge and vegetables	250
10	Chicken with corn porridge vegetables with tomato sauce	250
	Dishes with legumes and meat	
11	Chicken with peas and vegetables	250
12	Chicken with peas, vegetables and tomato sauce	250
13	Chicken with lentils and vegetables	250
14	Chicken with lentils, vegetables and tomato sauce	250
15	Chicken with lentils and peas with vegetables	250
16	Chicken with lentils and peas, vegetables with tomato sauce	250
	Dishes with meat and macaroni	
17	Chicken with macaroni and vegetables	250
18	Chicken with macaroni, vegetables and tomato sauce	250
	Cereal Dishes	
19	Rice with vegetables	250
20	Rice with vegetables with tomato sauce	250
21	Buckwheat with vegetables	250
22	Buckwheat with vegetables and tomato sauce	250
23	Barley porridge with vegetables	250
24	Barley porridge with vegetables and tomato sauce	250
25	Wheat porridge with vegetables	250
26	Wheat porridge with vegetables and tomato sauce	250
27	Corn porridge with vegetables	250
28	Corn porridge with vegetables and tomato sauce	250
	Bean Dishes	
29	Peas with vegetables	250
30	Peas with vegetables and tomato sauce	250
31	Lentils with vegetables	250
32	Lentils with vegetables and tomato sauce	250
33	Lentils with peas and vegetables	250
34	Lentils with peas and vegetables with tomato sauce	250
	Macaroni dishes	
35	Macaroni with vegetables	250
36	Macaroni, vegetables and tomato sauce	250
	Milk dishes	
37	Rice with milk (Milk rice)	250
38	Oatmeal with milk (Milk oatmeal)	250
	Sweet dishes	
39	Sweet Raisin Rice	250
40	Sweet Rice with Cranberries	250
41	Sweet Oatmeal with rice	250
42	Sweet Oatmeal with Cranberries	250
	First course (soups)	
43	Chicken Rice Soup	300
44	Barley Chicken Soup	300
45	Chicken Macaroni Soup	300
46	Macaroni and Tomato Chicken Soup	300
47	Chicken Pea Soup	300
48	Chicken Soup with Vegetables	300
49	Chicken Bean Soup	300
50	Vegetable soup with tomatoes	300
	Vitaminized jams	
51	Vitaminized Cherry Jam	20
52	Vitaminized Currant Jam	20
53	Vitaminized Apricot Jam	20
54	Vitaminized Apple Jam	20
	Beverage	
55	Instant black coffee (stick)	2
56	Black tea long leaf (teapack)	2
	Bread Products	
57	First grade wheat flour biscuits (hardtack)	50

## **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

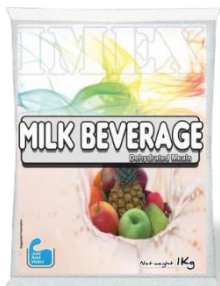
# CALCULATION OF QUANTITIES FOR 4 WEEKS (15.000 Personnel)

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

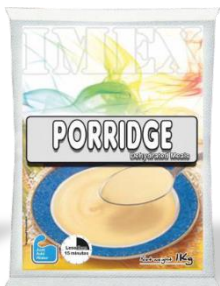


# FOOD FOR 1 PERSONNEL – FOR 1 DAY

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



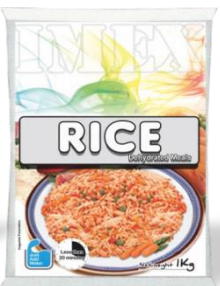
BEFORE THE PREPARATION  
40 Gr  
AFTER THE PREPARATION  
200 Gr



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

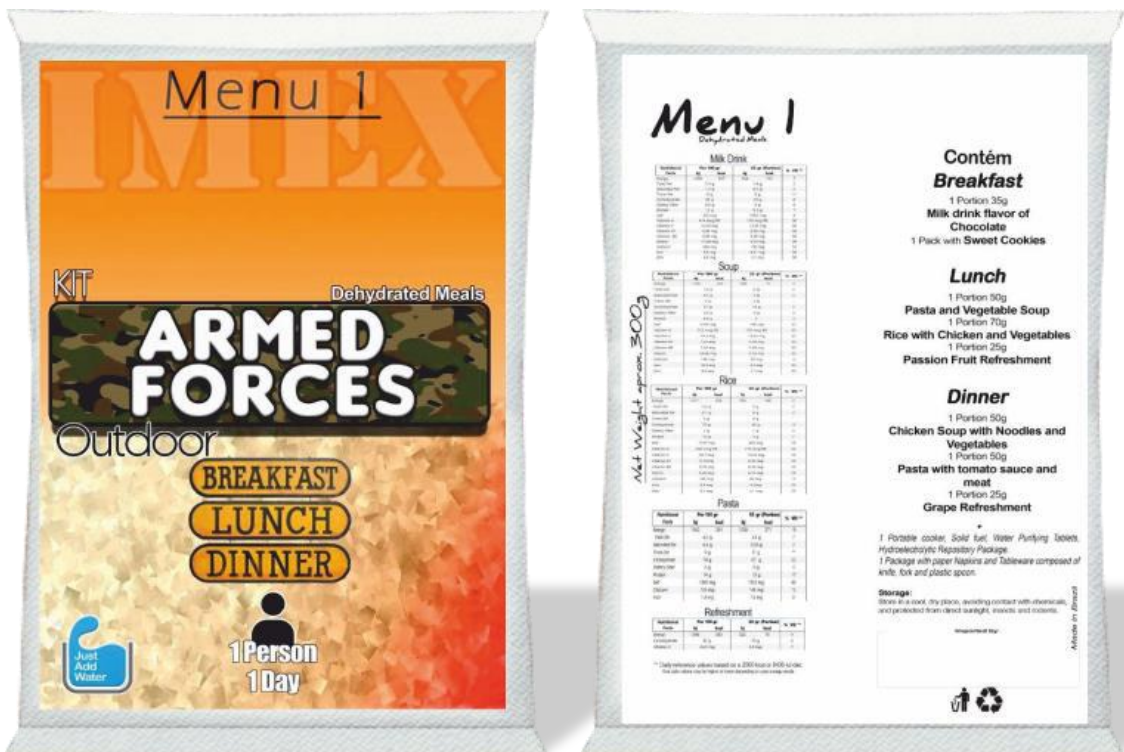


BEFORE THE PREPARATION  
50 Gr  
AFTER THE PREPARATION  
260 Gr



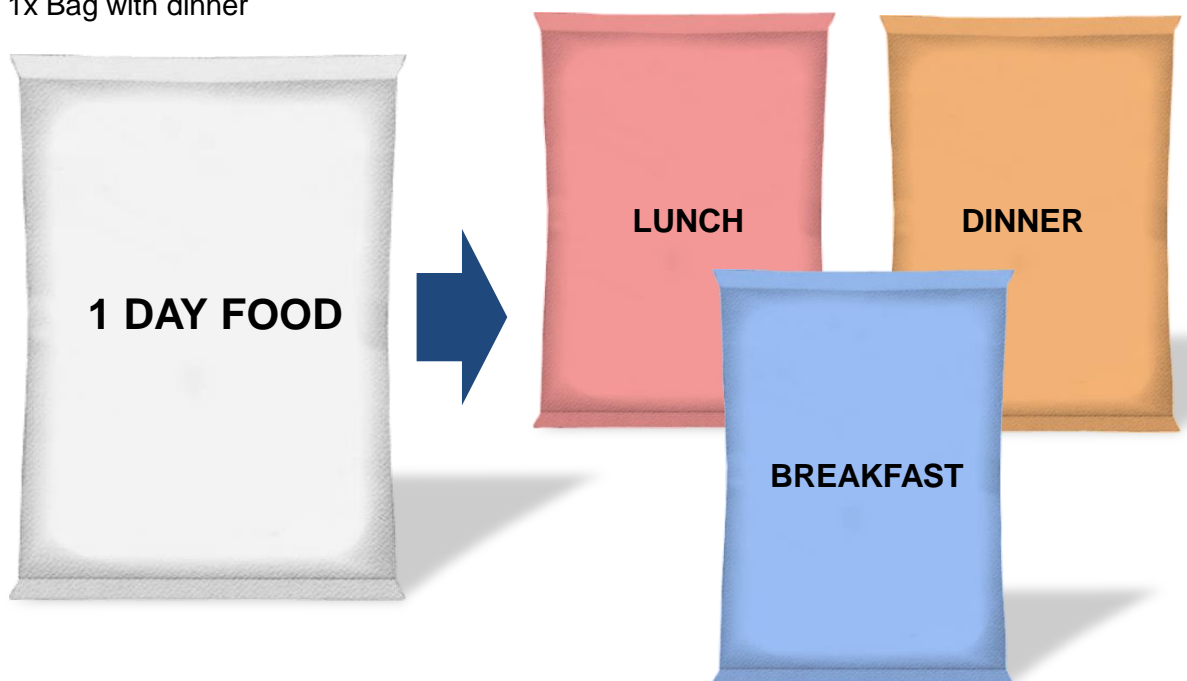
BEFORE THE PREPARATION  
25 Gr  
AFTER THE PREPARATION  
250 Gr

# THE BAGS FOR ONE DAY CONSISTS OF

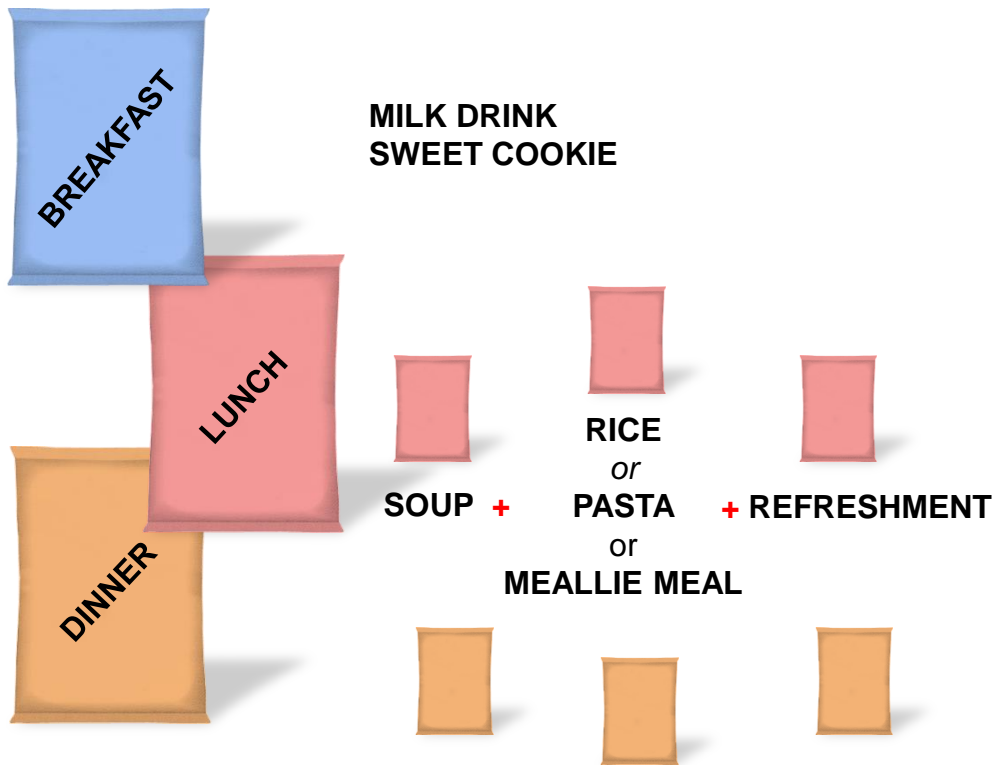


Portable Stove  
Solid Fuel  
Water purifiers  
Packages with hydro electrolytic replacement  
Package with paper napkins cutlery Kits (knife, fork, spoon, plastic)

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

## **MRE**

**FEEDING FOR 5,000 to 20,000 PERSONNEL**  
**ARMY / POLICE / FIREFIGHT / SPECIAL CASES**

# WEEKLY FOOD PLAN - 1 (5.000 Personnel)

BREAKFAST				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Sweet Raisin Rice & Black tea or Coffee	252gr	5.000	1260Kg
TUESDAY	Barley with vegetables & Black tea or Coffee	252gr	5.000	1260Kg
WEDNESDAY	Milk oatmeal & Black tea or Coffee	252gr	5.000	1260Kg
THURSDAY	Buckwheat with vegetables & Black tea or Coffee	252gr	5.000	1260Kg
FRIDAY	Sweet Oatmeal with Cranberries & Black tea or Coffee	252gr	5.000	1260Kg
SATURDAY	Wheat porridge with vegetables & Black tea or Coffee	252gr	5.000	1260Kg
SUNDAY	Milk rice & Black tea or Coffee	252gr	5.000	1260Kg
LUNCH				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Chicken Macaroni Soup Peas with vegetables and tomato sauce Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 70gr	5.000	1,500Kg 1,250Kg 350Kg
TUESDAY	Chicken Pea Soup Buckwheat with vegetables Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 50gr	5.000	1,500Kg 1,250Kg 350Kg
WEDNESDAY	Chicken Soup with Vegetables Rice with vegetables with tomato sauce Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 50gr	5.000	1,500Kg 1,250Kg 350Kg
THURSDAY	Chicken Rice Soup Corn porridge with vegetables Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 50gr	5.000	1,500Kg 1,250Kg 350Kg
FRIDAY	Chicken Bean Soup Barley porridge with vegetables, tomato sauce Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 50gr	5.000	1,500Kg 1,250Kg 350Kg
SATURDAY	Barley Chicken Soup Lentils with peas and vegetables Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 50gr	5.000	1,500Kg 1,250Kg 350Kg
SUNDAY	Vegetable soup with tomatoes Macaroni with vegetables, tomato sauce Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 50gr	5.000	1,500Kg 1,250Kg 350Kg
DINNER				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Chicken with wheat porridge, vegetables Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg
TUESDAY	Chicken with Rice, Vegetables with Tomato Sauce Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg
WEDNESDAY	Chicken with peas and vegetables Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg
THURSDAY	Chicken with pearl barley vegetables / tomato sauce Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg
FRIDAY	Chicken with macaroni and vegetable Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg
SATURDAY	Chicken with Buckwheat, Vegetables / tomato Sauce Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg
SUNDAY	Chicken with lentils and peas with vegetables Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg



# WEEKLY FOOD PLAN - 2 (5.000 Personnel)

BREAKFAST				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Sweet Raisin Oatmeal & Black tea or Coffee	252gr	5.000	1260Kg
TUESDAY	Buckwheat with vegetables & Black tea or Coffee	252gr	5.000	1260Kg
WEDNESDAY	Milk rice & Black tea or Coffee	252gr	5.000	1260Kg
THURSDAY	Barley porridge with vegetables & Black tea or Coffee	252gr	5.000	1260Kg
FRIDAY	Sweet Raisin Rice & Black tea or Coffee	252gr	5.000	1260Kg
SATURDAY	Corn porridge with vegetables s & Black tea or Coffee	252gr	5.000	1260Kg
SUNDAY	Milk oatmeal & Black tea or Coffee	252gr	5.000	1260Kg

LUNCH				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Chicken Rice Soup Lentils with vegetables and tomato sauce Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 70gr	5.000	1,500Kg 1,250Kg 350Kg
TUESDAY	Macaroni and Tomato Chicken Soup Wheat porridge with vegetables Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 50gr	5.000	1,500Kg 1,250Kg 350Kg
WEDNESDAY	Chicken Pea Soup Buckwheat with vegetables and tomato sauce Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 50gr	5.000	1,500Kg 1,250Kg 350Kg
THURSDAY	Vegetable soup with tomatoes Rice with vegetables Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 50gr	5.000	1,500Kg 1,250Kg 350Kg
FRIDAY	Barley Chicken Soup Peas with vegetables and tomato sauce Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 50gr	5.000	1,500Kg 1,250Kg 350Kg
SATURDAY	Chicken Rice Soup Wheat groats with vegetables Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 50gr	5.000	1,500Kg 1,250Kg 350Kg
SUNDAY	Chicken Bean Soup Rice with vegetables with tomato sauce Hardtack (Biscuits) & Vitaminized Cherry Jam	300gr 250gr 50gr	5.000	1,500Kg 1,250Kg 350Kg

DINNER				
DAY	MENU	PORTION PER PERSON	TOTAL PERSONS	TOTAL QTY
MONDAY	Chicken with pearl barley porridge, vegetables Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg
TUESDAY	Chicken with peas, vegetables with tomato sauce Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg
WEDNESDAY	Chicken with corn porridge and vegetables Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg
THURSDAY	Chicken with macaroni, vegetables / tomato sauce Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg
FRIDAY	Chicken with buckwheat and vegetables Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg
SATURDAY	Chicken with lentils and peas with tomato sauce Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg
SUNDAY	Chicken with wheat porridge and vegetables Hardtack (Biscuits) Black tea long leaf or Black Coffee	250gr 50gr 2gr	5.000	1,250Kg 250Kg 10Kg

# 4HumansCare

