



## MINIMUM RATION PACK STANDARDS

The minimum standard is based on a study done by the Nutrition Information Centre at the University of Stellenbosch. The purpose of the study was to develop ration packs for the City of Cape Town's emergency workers. The study proposed ration packs that are:

- Convenient;
- Contains a variety of small, easy to eat foods that do not need tin openers and spoons;
- Supplies enough food to sustain over a longer period;
- Contains basic, health and energy supplements;
- Provide variety;
- Is cost effective.
- Has a shelve life of at least 9 months on delivery.

## RATION PACK

The ration pack is designed for the consumption of a single person for a single meal. No special opening or cooking equipment is required. All food items in the Ration Packs are Halaal and can be consumed by people diagnosed with chronic diseases of lifestyle such as Diabetes. (Note: Peanuts and raisins must be included for people with Diabetes and not a fruit roll).

The ration pack will contain all the basic content and one (1) item from the variation list and is a 6 hour pack. Personnel must still carry at least two (2) litre drinking water.



Basic Content	Quantity	Variation	Weight
Provita, single portion (4 biscuits)	3	Flavoured tuna pieces (Plastic packet)	85g
Energy Bar (not chocolate)	1 (45g)	Chicken and Mayonnaise (Tin with easy-to-open lid)	210g
Fruit Roll or Peanuts and Raisins	1(80g)	Vegetable curry with rice (Tin with easy-to-open lid) (Vegetarian)	380g
Isotonic drink concentrate powder	1(80g)	Baked Beans (Tin with easy-to-open lid) (Kosher)	410g
500 ml Mineral Water, still (Optional)	1	Breyani	380g
Sachet of coffee, 3-in-1 (optional)	1(12g)		
Average nutritional value: 3356 kJ			
Average weight: 875 g			



## GROUP PACK

Group packs are designed for the consumption of a single meal, for a group of ten people. Heating equipment (such as gas cooker), two large pots, one measuring jug and basic cooking utensils as well as containers for the food and basic eating utensil should be provided. All food items in the Group Packs are Halaal and can be consumed by people diagnosed with chronic diseases of lifestyle such as Diabetes.

Group Pack	Food items	Quantity	Total weight	Packaging
Chicken a la King	Rice mate (chicken a la king)	3	984g	Carton
	Creamed mushrooms	1	410g	Tin with easy open lid
	Chicken and mayonnaise sauce	5	1050g	Tin with easy open lid
	Canned fruit	5	2050g	Tin with easy open lid
	Cappuccino sachets	10	120g	Sachets
Chicken cheese pasta	Chicken Cheese mate (pasta)	3	774g	Carton
	Chicken and mayonnaise sauce	5	1050g	Tin with easy open lid
	Canned fruit	5	2050g	Tin with easy open lid
	Cappuccino sachets	10	120g	Sachets



Group Pack	Food items	Quantity	Total weight	Packaging
Savoury Mince and Rice	Lentils (Tin)	1	410g	Tin with easy open lid
	Soya mince in gravy (mutton flavour)	5	2000g	Tin with easy open lid
	Flavoured rice (beef / creamy mushroom / beef and vegetable)	3	600g	Carton
	Canned fruit	5	2050g	Tin with easy open lid
	Cappuccino	10	120g	Sachets
Cottage Pie	Baked beans	1	410g	Tin with easy open lid
	Creamed mushrooms	2	820g	Tin with easy open lid
	Soya mince in gravy (mutton flavour)	5	2000g	Tin with easy open lid
	Smash (plain)	5	520g	Sachet
	Canned fruit	5	2050g	Tin with easy open lid
	Cappuccino	10	120g	Sachets
Chicken Curry and Mash	Lentils(Tin)	1	410g	Tin with easy open lid
	Creamed mushrooms	2	820g	Tin with easy open lid
	Soup powder (cream of chicken)	1	55g	Sachet
	Canned chicken curry	5	2000g	Tin with easy open lid
	Smash (plain)	5	520g	Sachets
	Canned fruit	5	2050g	Tin with easy open lid
	Cappuccino sachets	10	120g	Sachets



Group Pack	Food items	Quantity	Total weight	Packaging
Mince Pasta	Baked beans	1	410g	Tin with easy open lid
	Creamed mushrooms	1	410g	Tin with easy open lid
	Soup powder (mutton & veg)	1	55g	Sachet
	Mince mate (pasta) (boloroni / fruity chutney / bacon / 3 cheeses / cheddar melt)	3	774g	Carton
	Soya mince in gravy (mutton flavour)	5	2000g	Tin with easy open lid
	Canned fruit	5	2050g	Tin with easy open lid
	Cappuccino sachets	10	120g	Sachet
Average nutritional value per person: 2356 kJ (without sweetener)				
Average weight: 4812 g				

#### WET RATIONS –BASE CAMP

As soon as an incident is expected to be active for more than 24 hours, planning must be done to set up a base camp. The base camp must be operational 24 hours after initial response to the incident. Base camp menus are designed to provide meals for a one (1) week period by a group of 23 - 25 people. Provision must be made by ground teams to prepare the food.



### Purchase Menu Option 1

Item	Amount	Unit
Chicken	9600	g
Coffee	1680	g
Eggs	48	eggs
Fish ( Tinned)	12	tins
Jam (420 g's)	4	tins
Margarine	21	blocks
Matabele	4800	g
Mince	4800	g
Mixed Vegetables	19200	g
Onion and Tomato	18	tins
Peanut Butter	1680	g
Potatoes	3000	g
Putu / Mielie Meal	15000	g
Rice	6000	g
Sugar	5040	g
Tea	84	bags
Sausage (Boerewors)	9600	g
Stewing Meat	3600	g
Onions	1	med bag
Milk (Long Life)	28	litres
Cooking oil	1	litres
<b>Miscellaneous</b>		
Cremora	1	kg
Pepper (box)	100	g
Salt	1	kg
Washing up liquid	2	litres
Jik	1	litres
Toilet Paper 24's	1	
Chicken Braai Spice	200	g
Braai Spices	200	g
Beef Cubes (Box of 12)	1	
Rajah Curry	50	g
Washing up cloths	1	
Drying up cloth	1	
Pot scourer	1	

Purchase Menu Option 2		
Item	Amount	Unit
<b>Braai Chops</b>	2400	g
Chicken	10800	g
Coffee	1500	g
Eggs	48	eggs
Fish ( Tinned)	12	tins
Jam (420 g's)	4	tins
Margarine	21	blocks
Matabele	4800	g
Mince	4800	g
Mixed Vegetables	19200	g
Onion and Tomato	18	tins
Peanut Butter	1680	g
Potatoes	10200	g
Putu / Mielie Meal	15000	g
Rice	6000	g
Stewing Meat	3000	g
Sugar	5040	g
Tea	84	bags
Sausage (Boerewors)	4800	g
Fresh Seasonal Fruit	84	
<b>Miscellaneous</b>		
Cooking oil	1	litres
Cremora	1	kg
Milk (Long Life)	28	litres
Onions	1	med bag
Pepper (50g box)	2	
Salt	1	kg
Washing up liquid	2	litres
Jik	1	litres
Toilet Paper 24's	1	
Chicken Braai Spice	200	g
Braai Spices	200	g
Beef Cubes (Box of 12)	1	
Rajah Curry	50	g
Washing up cloths	1	
Drying up cloth	1	
Pot scourer	1	

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R. Geldenhuys

Chairman: Provincial Veld Fire Work Group

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Date