

# IMPORTANT- READ THIS DOCUMENT

## INFORMATION SHEET FOR READI-SAFE® SURVIVAL PACKS

### HOW TO EFFICIENTLY USE YOUR FOOD COMPONENTS

**WATER:** THIS PACK HAS NOT BEEN PROVIDED WITH WATER. WATER SHOULD BE STORED ALONGSIDE THIS SURVIVAL PACK AND PERIODICALLY REPLACED EVERY EIGHT MONTHS. WE SUGGEST A MINIMUM OF NINE (9) LITRES PER PERSON FOR A 72 HOUR PERIOD BE STORED. IN THE EVENT OF AN EMERGENCY YOU CAN USE WATER FROM A WATER CYLINDER, TOILET CISTERN(S) OR KNOWN TAP WATER POINTS. IN PACKS WHERE PURIFICATION TABLETS HAVE BEEN PROVIDED FOR DISINFECTING SUSPECT OR CONTAMINATED WATER, ALLOW 20 MINUTES AFTER ADDING THE TABLETS SO ALL GERMS ARE KILLED BEFORE DRINKING OR USING TO PREPARE FOOD. THE COMPONENTS OFFERED IN THIS PACK PROVIDE SUSTENANCE IN A TEMPERATE CLIMATE. IN A DISASTER IT IS NOT ESSENTIAL WATER BE WHOLLY CONSUMED FOR UP TO THREE DAYS IF ADEQUATE SUSTENANCE CAN BE PROVIDED. THESE FOODS PROVIDE THIS. DRINK ENOUGH WATER TO KEEP YOUR URINE CLEAR.

### **INSTRUCTIONS FOR USE:**

**THIS PACK CONTAINS ENOUGH FOOD FOR USE OVER A THREE DAY PERIOD. DEPENDING ON THE CONSUMPTION RATE OF THE FOOD THIS PERIOD CAN BE EXTENDED THROUGH SENSIBLE ALLOCATION. *IN SOME INSTANCES, DUE TO A CUSTOMERS REQUIREMENTS, THESE PACKS MAY HAVE SOLELY FOOD ONLY OR MORE OR LESS OF SOME ITEMS.***

The majority of the food products are actual Defence Force ration pack components. These items have been thoroughly tested, formulated and evaluated as proven items for nutritional benefit, a prolonged shelf life and durability. The packaging of all food items are specified to Defence standards to enhance the shelf life and integrity of these products. Because of this, these components are guaranteed to give a THREE YEAR SHELF LIFE given that the Packs have not been subject to temperatures above 20°Celsius for prolonged periods (e.g. over two days)

In a disaster or emergency situation where users are confined to an area, these food components provide moderate-high energy value and protein benefits as well as a high carbohydrate value. If water is in short supply such carbohydrates offer medium term replacement.

Each pack contains a number of meals and a number of snack and sundry items. Each Retort Pouch will normally provide a meal for one to two people. Depending on the situation this can be conserved further. Remember, this Pack is provided as a temporary measure until assistance arrives.

**AVOID FOOD POISONING-** Do not open more containers of perishable food than necessary for a meal. Any opened perishable food not eaten must be discarded immediately to avoid food poisoning.

A mix of food types has been supplied to cater for Vegetarian and other consumers.

**RETORT POUCH MEALS:** This assortment of pouched meals are preferably to be eaten cold. They have been developed as ready-to-eat meals. Tear along the notch at the top of the

packet. **PLASTIC SPOONS** are provided for the use of eating. The pouched meals can be heated, however, using the flameless heater pack enclosed.

**INSTANT NOODLES & SOUP POWDERS:** require the addition of water to make up these products. Cooking instructions are on the packet of the Instant Noodles. The Soup is to be mixed with 250mls of water. An empty container will be required to cook up these products, adding water as required. This has not been supplied in this Pack because of space constraints. The Instant Noodle block can be comfortably eaten in a 'biscuit' format, but not the flavoured sachet.

**POWDERED DRINKS:** Instant Coffee, Tea Bags, Chocolate Drink, Sports Drink Powder

**CHOC & MUESLI BARS:** are sustenance bars high in carbohydrates. Over time the choc bar may develop a light coloured white film on its surface. It is still safe to eat. By dissolving the choc bar in hot water a choc drink can be made.

**STORAGE: WE RECOMMEND THAT THIS PACK BE STORED IN A DRY AND STABLE ENVIRONMENT, WITH AN AMBIENT TEMPERATURE OF LESS THAN 20°C.**

**WARRANTY INFORMATION:**

Where possible, **PURCHASERS** of this Survival Pack are automatically placed on our Company database, noting your company/ individual name, address, telephone /email details and a contact person at the date of purchase. **THE FOOD COMPONENTS WILL HAVE TO BE REPLACED EVERY THREE YEARS. A USE-BY DATE IS STAMPED ON THE SLEEVE.** Where possible, **MULTI-PACK LTD WILL CONTACT THE PURCHASER PRIOR TO THE EXPIRY OF THESE ITEMS.**

**A SUPPLIER'S WARRANTY OF 18 MONTHS IS APPLIED TO THIS PACK. PLEASE NOTE CONDITIONS OF STORAGE.**

If for some reason, any item of these food products displays faulty packaging or spoilage on purchase, please contact:

**Customer Services**  
**MULTI-PACK LIMITED**  
**P O Box 48 030**  
**Silverstream, Upper Hutt**  
**New Zealand**

**Telephone: 0064 4 976 4814**  
**Email: [info@portionpackfoods.com](mailto:info@portionpackfoods.com)**

**LIST OF FOOD & NON-FOOD COMPONENTS IN THE**

# **READI-SAFE® SURVIVAL PACKS:**

## **COMPONENT LIST:**

**5 PERSON  
COMPLETE**

**2 PERSON  
COMPLETE**

## **FOOD ITEMS:**

### **Retort Pouch Meals (250g – 300g):**

**Assorted meals including:**

**Beef and Vegetables, BBQ Beef,  
Chicken Pasta & Vegetables, Bean Salad,  
Beef Teriyaki, Chicken Curry, Pasta  
Salad, Baked Beans, Chilli & Tuna Salad  
Sweet & Tangy Salmon Pasta,  
Vegetable Korma and others**

**10**

**5**

### **Sachet and Pouch products:**

**Instant Noodles**

**6**

**2**

**Muesli Bars**

**12**

**5**

**Choc Bars**

**3**

**1**

**Soup Powder**

**4**

**2**

**Coffee sachets**

**8**

**4**

**Tea Bags**

**8**

**4**

**Chocolate Drink Powder sachets**

**10**

**5**

**Sports Drink Powder sachets**

**10**

**5**

## **NON-FOOD/ HARDWARE ITEMS:**

**Flameless heater pack**

**2**

**1**

**Water purification tablets- sheet of 10**

**1**

**1**

**Light sticks**

**1**

**1**

**Essential first aid kit**

**1**

**1**

**Aluminium blanket**

**2**

**1**

**Plastic dessert spoons**

**5**

**2**

**Container to house pack**

**1**

**1**

# **THE USE OF THE FIRST AID KIT AND NON-FOOD ITEMS IN READI-SAFE® SURVIVAL PACKS:**

**FIRST AID KIT:** This kit provides essential First Aid components. To this purpose these items will provide temporary treatment until professional personnel and resources make contact. A First Aid Guide and CPR Instruction Card highlights treatment and offers suggestions to treat injuries.

**ALUMINIUM BLANKETS :** Included in the Pack are two (one in the 2 Person Pack) aluminium blankets. The purpose of these blankets is to provide warmth, especially for people that have gone into shock through sustaining an injury(s) or mental trauma. Rotate use of these blankets for more than one recipient and huddle close together to harbour body heat. Alternatively, wrap the blanket around a number of people in a circle. The aluminium blanket will also provide shelter from rain and wind if opened out along its seams. These seams will have to be cut or ripped if this option is used.

## **FLAMELESS HEATER PACK:**

1. Remove the clip and open the heater pack pouch, unfold the tops of the inner heater bags.
2. Insert the meal pouch inside the heater pack upright, between the two inner bags.
3. Tear open the tops of the unfolded inner heater bags.
4. Pour 50 ml water into each heater bag.
5. Fold down the tops of heater bags to the outside of the pouch and secure at the top of the pouch with the clip provided. Wait approximately 20 minutes.

Caution: The heater pads produce heat and steam so need to be used in a well ventilated area.

REMEMBER, heat from cooking will provide warmth. Wrap the aluminium blanket around as many people in a semi-circle near the stove while cooking is taking place.

**LIGHT STICKS** are provided with your Pack. These items will provide light for carrying out tasks, for reading or general illumination.

**WATER PURIFICATION TABLETS** (sheet of 10 puritabs) are enclosed to treat suspect water. One tablet will treat 1 litre of water if the water is left for a period of 10 minutes once a tablet has been added.