

30 March 2018

Emergency Food – Freeze Dried

Some of the main brands of freeze-dried emergency food currently available are:

1. Fuel Your Preparation (pouches and tins)
2. Summit to Eat (pouches)
3. Extreme Food (pouches)
4. Expedition Foods (pouches)
5. Be Well/Adventure Nutrition Pack & Go (pouches and tubs)
6. LYO Expedition (pouches)
7. Drytech Real Turmat (pouches)

1. Fuel Your Preparation - <https://www.fuelyourpreparation.com>

Fuel Your Preparation freeze dried meals come in single serving pouches as well as in large multi serving tins, typically 600g to 1000g. Life span for pouches is generally 7 years and for tins 25 years.

Manufacturer: European Freeze Dry Ltd. (<https://www.europeanfreezedry.com>)

Address: 45 Roman Way, Preston, Lancaster PR2 5BD, UK.

Phone: +44 (0) 1772 654441

Email: joanne@europeanfreezedry.com

Based in Preston Lancashire, with subsidiary facilities in Denmark, European Freeze Dry Ltd., claim to be the leading European producer/supplier of freeze-dried foods. They manufacture several brands.

The full range of **Fuel Your Preparation** is summarised below, Table 1.1 covering pouches, Table 1.2 showing tins.



Table 1.1

| POUCHES | Net Pouch weight dry product | Cost GBP* | Serves | Add hot water | kcal per serving | Cost GBP per 2000 kcal |
|--------------|------------------------------|-----------|--------|---------------|------------------|------------------------|
| Meals | | | | | | |

| | | | | | | |
|----------------------------------|------|------|---|-------|-----|-------|
| Breakfasts (2) | | | | | | |
| Scrambled Eggs with Cheese | 70g | 5.25 | 1 | 227ml | 410 | 25.61 |
| Morning Oats with Raspberry | 70g | 4.50 | 1 | 180ml | 346 | 26.01 |
| | | | | | | |
| Mains (12) | | | | | | |
| Pasta Bolognaise | 100g | 5.25 | 1 | 280ml | 545 | 19.27 |
| Beef and Potato Stew | 118g | 5.25 | 1 | 360ml | 602 | 17.44 |
| Chilli Con Carne | 100g | 5.25 | 1 | NG** | 519 | 20.23 |
| Chicken Tikka with Rice | 100g | 5.25 | 1 | 275ml | 447 | 23.49 |
| Chicken Fajita with Rice | 100g | 5.25 | 1 | 275ml | 499 | 21.04 |
| Sweet and Sour Chicken with Rice | 100g | 5.25 | 1 | NG** | 429 | 24.48 |
| Chicken Fried Rice | 100g | 5.25 | 1 | 275ml | 497 | 21.13 |
| Salmon and Broccoli Pasta | 100g | 5.25 | 1 | 235ml | 515 | 20.39 |
| Macaroni Cheese | 100g | 5.25 | 1 | 155ml | 539 | 19.48 |
| Vegetable Fried Rice | 100g | 5.25 | 1 | NG** | 523 | 20.08 |
| Vegetable Tikka with Rice | 100g | 5.25 | 1 | NG** | 543 | 19.34 |
| Vegetable Chilli with Rice | 100g | 5.25 | 1 | 275ml | 437 | 24.03 |
| | | | | | | |
| Desserts (3) | | | | | | |
| Custard Apple Crunch | 70g | 4.50 | 1 | 160ml | 360 | 25.00 |
| Chocolate Mouse Granola Cherry | 70g | 4.50 | 1 | 100ml | 300 | 30.00 |
| Rice Pudding with Strawberry | 70g | 4.50 | 1 | 90ml | 328 | 27.44 |

Notes:

* GBP = Great Britain Pounds at 30 March 2018

** NG = not given

Table 1.2

| TINS | Size | Cost of Tin GBP * | Servings | Serving size (dry product) | kcal per serving ** | Cost GBP per serving | Cost GBP per 2000 kcal |
|----------------------|------|-------------------|----------|----------------------------|---------------------|----------------------|------------------------|
| Meat | | | | | | | |
| Cooked Minced Beef | 800g | 38.50 | 24 | 33g | 162 | 1.60 | 19.75 |
| Cooked Diced Chicken | 600g | 33.25 | 24 | 24g | 123 | 1.39 | 22.60 |
| | | | | | | | |
| Carbs | | | | | | | |
| White Rice | 600g | 26.69 | 20 | 30g | 126 | 1.34 | 21.27 |
| | | | | | | | |
| Veg | | | | | | | |
| Sweetcorn | 500g | 19.69 | 25 | 20g | 76 | 0.79 | 20.79 |
| Peas | 600g | 19.69 | 30 | 20g | 62 | 0.66 | 21.29 |
| Sliced Green Beans | 200g | 19.69 | 20 | 10g | | 0.99 | |
| | | | | | | | |
| Meals | | | | | | | |

| | | | | | | | |
|----------------------------------|-------|-------|----|------|-----|------|-------|
| Breakfast | | | | | | | |
| Scrambled Egg | 600g | 32.00 | 8 | 75g | 381 | 4.00 | 21.00 |
| Scrambled Eggs with Cheese | 800g | 32.00 | 8 | 100g | 586 | 4.00 | 13.65 |
| Morning Oats with Raspberry | 1260g | 26.69 | 18 | 70g | 310 | 1.48 | 9.55 |
| | | | | | | | |
| Main Meal | | | | | | | |
| Chilli con Carne | 800g | 38.50 | 8 | 100g | 519 | 4.81 | 18.54 |
| Sweet and Sour Chicken with Rice | 800g | 38.50 | 8 | 100g | 463 | 4.81 | 20.78 |
| Vegetable Fried Rice | 700g | 32.00 | 7 | 100g | 523 | 4.57 | 17.48 |
| Vegetable Tikka with Rice | 800g | 35.00 | 8 | 100g | 543 | 4.38 | 16.13 |
| Chicken Tikka with Rice | 800g | 35.00 | 8 | 100g | 546 | 4.38 | 16.04 |
| Chicken Fajita with Rice | 800g | 35.00 | 8 | 100g | 499 | 4.38 | 17.56 |
| Beef and Potato Stew | 600g | 32.00 | 6 | 100g | 527 | 5.33 | 20.23 |
| Macaroni Cheese | 1000g | 32.00 | 10 | 100g | 539 | 3.20 | 11.87 |
| Vegetable Chilli with Rice | 700g | 32.00 | 7 | 100g | 513 | 4.57 | 17.82 |
| Salmon and Broccoli Pasta | 800g | 32.00 | 8 | 100g | 545 | 4.00 | 14.68 |
| Chicken Fried Rice | 800g | 35.00 | 8 | 100g | 510 | 4.38 | 17.18 |
| Pasta Bolognese | 800g | 32.00 | 8 | 100g | 545 | 4.00 | 14.68 |
| | | | | | | | |
| Dessert | | | | | | | |
| Custard Apple Crunch | 980g | 25.50 | 14 | 70g | 360 | 1.82 | 10.11 |
| Chocolate Mouse Granola Cherry | 1050g | 25.50 | 15 | 70g | 300 | 1.70 | 11.33 |
| Rice Pudding with Strawberry | 1400g | 26.69 | 20 | 70g | 330 | 1.34 | 8.12 |
| | | | | | | | |

Notes:

* Cost in Great Britain Pounds (GBP) at 30 March 2018

** I would exercise some caution with their nutritional values tables. For example for their Chilli con Carne tin they quote the same kcal value for a 70g pouch as 100g dry serving. Maybe a 70g pouch is a typo because if you look at the pouch itself it says 100g dry, which would make the kcal values match. However, their values per 100g versus values per tin often do not make sense.

2. Summit To Eat - <https://www.summittoeat.com>

Summit To Eat are freeze dried single meal pouches, with a guaranteed 7+ year lifespan, marketed primarily for outdoor activities such as camping, hiking etc., and for expeditions. However, shelf life for fruit and cheese products is only 2 years.

Manufacturer: European Freeze Dry Ltd. (<https://www.europeanfreezedry.com>)

The full range is summarised in Table 2.1 below.



Table2.1

| POUCHES | Net Pouch weight dry product | Cost GBP* | Serves | Add hot water | kcal per serving | Cost GBP per 2000 kcal |
|--------------------------------|------------------------------|-----------|--------|---------------|------------------|------------------------|
| Breakfasts (2) | | | | | | |
| Scrambled Eggs with Cheese | 80g | 5.50 | 1 | 260ml | 469 | 23.45 |
| Morning Oats with Raspberry | 91g | 4.50 | 1 | 225ml | 449 | 20.05 |
| Mains (8) | | | | | | |
| Chicken Tikka with Rice | 126g | 5.50 | 1 | 350ml | 688 | 15.99 |
| Chicken Fajita with Rice | 128g | 5.50 | 1 | 275ml | 639 | 17.21 |
| Beef and Potato Stew | 118g | 5.50 | 1 | 360ml | 622 | 17.69 |
| Macaroni Cheese | 112g | 5.50 | 1 | 175ml | 603 | 18.24 |
| Vegetable Chilli with Rice | 136g | 5.50 | 1 | 350ml | 698 | 15.76 |
| Salmon and Broccoli Pasta | 117g | 5.50 | 1 | 280ml | 638 | 17.24 |
| Chicken Fried Rice | 121g | 5.50 | 1 | 350ml | 617 | 17.83 |
| Pasta Bolognese | 136g | 5.50 | 1 | 360ml | 742 | 14.83 |
| Desserts (3) | | | | | | |
| Custard Apple Crunch | 87g | 4.50 | 1 | 220ml | 447 | 20.13 |
| Chocolate Mouse Granola Cherry | 97g | 4.50 | 1 | 145ml | 416 | 21.64 |
| Rice Pudding with Strawberry | 86g | 4.50 | 1 | 155ml | 404 | 22.28 |

Notes:

* GBP = Great Britain Pounds at 30 March 2018

Comment: Look to be exactly the same foods as Fuel Your Preparation.

3. Extreme Food - <http://www.extreme-food.eu>

Address: Lowbrook Barn, Lancaster Road, Lancaster LA2 6AL

Phone: +44 (0) 1524 822084

Email:

Supply nutritionally balanced freeze-dried meals in pouches for camping, expeditions etc. quoting a recommended shelf life of 3 years. Each pouch carries 500kcal of nutrition. They do not sell their product online directly. Their range is summarised in Table 3.1 below:



Table 3.1

| POUCHES | Net Pouch weight dry product | Cost GBP* | Serves | Add water | kcal per serving | Cost GBP per 2000 kcal |
|-------------------------------|------------------------------|-----------|--------|-----------|------------------|------------------------|
| Meals | | | | | | |
| Breakfasts (3) | | | | | | |
| Fruit Muesli | 103g | 5.35 | 1 | 300ml | 500 | 21.40 |
| Porridge and Maple Syrup | 103g | 5.35 | 1 | 300ml | 500 | 21.40 |
| Porridge and Strawberries | 103g | 5.35 | 1 | 300ml | 500 | 21.40 |
| | | | | | | |
| Main Meals (11) | | | | | | |
| Spaghetti Carbonara | 100g | 5.90 | 1 | 300ml | 500 | 23.60 |
| Moroccan Chicken Couscous | 100g | 5.90 | 1 | 300ml | 500 | 23.60 |
| Beef Curry and Rice | 103g | 5.90 | 1 | 300ml | 500 | 23.60 |
| Chicken Tikka Masala and Rice | 102g | 5.90 | 1 | 300ml | 500 | 23.60 |
| Vegetarian Korma | 102g | 5.90 | 1 | 300ml | 500 | 23.60 |
| Spaghetti Bolognese | 103g | 5.90 | 1 | 300ml | 500 | 23.60 |
| Beef Shepard's Pie | 102g | 5.90 | 1 | 300ml | 500 | 23.60 |
| Vegetarian Cottage Pie | 102g | 5.90 | 1 | 300ml | 500 | 23.60 |
| Mild Chicken Korma | 102g | 5.90 | 1 | 300ml | 500 | 23.60 |
| Chilli Con Carne | 102g | 5.90 | 1 | 300ml | 500 | 23.60 |
| Chicken and Pesto Pasta | 102g | 5.90 | 1 | 300ml | 500 | 23.60 |
| | | | | | | |
| Desserts (3) | | | | | | |
| Apple and Custard | 105g | 5.90 | 1 | 300ml | 500 | 23.60 |
| Rice Pudding and Cinnamon | 105g | 5.90 | 1 | 300ml | 500 | 23.60 |
| Chocolate Chip Pudding | 105g | 5.90 | 1 | 300ml | 500 | 23.60 |

Notes:

* GBP = Cost in Great Britain Pounds at 30 March 2018, from reseller www.evacq8.com. Extreme foods do not sell directly online.

4. Expedition Foods - <https://www.expeditionfoods.com>

Address: Unit 5, West Dock Avenue, Hull HU3 4JR

Phone: +44 (0) 1482 642738

Email: info@expeditionfoods.com

Established 1995, Expedition Foods supplies freeze dried foods to explorers, sailors, campers etc. internationally. Their meals come in 3 sizes, 450kcal (Regular Serving), 800kcal (High Energy Serving) and 1000kcal (Extreme Energy and Regular Meal for Two). They sell their own brand directly online. Their freeze-dried brand is quoted as 5 year shelf life. The pouches come with oxygen absorbers which must be removed before re-hydration (are they not nitrogen packed?).



Table 4.1 below summarises Expedition Foods base (450 kcal Regular Serving) offering.

Table 4.1

| POUCHES – 450kcal Regular Serving | Net Pouch weight dry product | Cost GBP* | Servings | Add water | kcal per serving | Cost GBP per 2000 kcal |
|--|------------------------------|-----------|----------|-----------|------------------|------------------------|
| Breakfasts (4) | | | | | | |
| Hot Cereal Start with Mango | 105g | 5.69 | 1 | 210ml | 450 | 25.29 |
| Granola with Raspberries | 106g | 5.69 | 1 | 80ml | 451 | 25.23 |
| Porridge with Sultanas | 105g | 5.69 | 1 | 260ml | 467 | 24.37 |
| Scrambled Egg, Potato and Peppers | 96g | 5.69 | 1 | 180ml | 454 | 25.07 |
| | | | | | | |
| Main Meals (15) | | | | | | |
| Chicken Tikka with Rice | 79g | 5.69 | 1 | 250ml | 456 | 24.96 |
| Sweet and Sour Chicken with Rice | 98g | 5.69 | 1 | 235ml | 458 | 24.85 |
| Spaghetti Bolognese | 90g | 5.69 | 1 | 250ml | 455 | 25.01 |
| Beef and Potato Hotpot | 84g | 5.69 | 1 | 200ml | 457 | 24.90 |
| Mediterranean Vegetable Pasta | 78g | 5.69 | 1 | 160ml | 457 | 24.90 |
| Fish and Potato in Parsley Sauce | 81g | 5.69 | 1 | 175ml | 456 | 24.96 |

| | | | | | | |
|------------------------------------|------|------|---|-------|-----|-------|
| Chicken Rice with Vegetables | 100g | 5.69 | 1 | 180ml | 457 | 24.90 |
| Asian Noodles with Chicken | 97g | 5.69 | 1 | 215ml | 453 | 25.12 |
| Vegetable Tikka with Rice | 83g | 5.69 | 1 | 265ml | 456 | 24.96 |
| Chilli Con Carnie with Rice | 88g | 5.69 | 1 | 230ml | 459 | 24.79 |
| Spaghetti Carbonara | 88g | 5.69 | 1 | 195ml | 455 | 25.01 |
| Chicken Korma with Rice | 85g | 5.69 | 1 | 215ml | 457 | 24.90 |
| Thai Green Chicken Curry with Rice | 96g | 5.69 | 1 | 260ml | 450 | 25.29 |
| Macaroni and Cheese | 100g | 5.69 | 1 | 166ml | 447 | 25.46 |
| Beef Stroganoff with Rice | 76g | 5.69 | 1 | 345ml | 451 | 25.23 |
| | | | | | | |
| Desserts (3) | | | | | | |
| Chocolate Chip Biscuit Pudding | 100g | 6.49 | 1 | 130ml | 416 | 31.20 |
| Custard with Mixed Beries | 90g | 6.49 | 1 | 202ml | 456 | 28.47 |
| Custard with Apple | 90g | 6.49 | 1 | 204ml | 455 | 28.53 |
| | | | | | | |

Notes:

* Cost in Great Britain Pounds (GBP) at 30 March 2018

5. Be-Well (Adventure Nutrition) Pack & Go - <http://www.be-well.co.uk>

Address: Unit 20-21 King Street Industrial Estate, Langtoft, Market Deeping, Peterborough PE6 9NF

Phone: +44 (0) 1778 560868

Email: info@be-well.co.uk

Be-Well is a UK company specialising in the design and manufacture of specialist nutritional products for sports, the military and expeditions. They also manufacture health supplements.

Their freeze-dried expedition brands are designed and manufactured for Adventure Nutrition (located at the same address). The range includes the single serving 600kcal **Pack n Go** range, a large 180g serving **BeWell Expedition Food** range (used and endorsed by Sir Ranulph Fiennes) and the lightweight high energy 800kcal **Extreme Adventure Food** range.

These full ranges can be purchased at www.bewellexpeditionfoods.com. The website also sells the Pack n Go range in 125g per pouches, Ultra Fuel Liquid Food (liquid food with added vitamins and minerals and containing high energy fats), Ready to Eat wet meal pouches, and self heating ready to eat wet meals.



Table 5.1 below summarises the 600kcal Pack n Go range.

Table 5.1

| POUCHES – 600kcal Pak n Go Range | Net Pouch weight dry product | Cost GBP* | Servings | Add water | kcal per serving | Cost per 2000 kcal |
|---|------------------------------|-----------|----------|-----------|------------------|--------------------|
| Breakfasts (4) | | | | | | |
| Hot Cereal Start | 147g | 5.39 | 1 | 350ml | 600 | 17.97 |
| Porridge and Strawberries | 128g | 5.39 | 1 | 350ml | 600 | 17.97 |
| Porridge and Sultanas | 131g | 5.39 | 1 | 350ml | 600 | 17.97 |
| Muesli with Fruit | 146g | 5.39 | 1 | 300ml | 600 | 17.97 |
| Mains (16) | | | | | | |
| Beef Curry with Rice | 152g | 5.39 | 1 | 400ml | 600 | 17.97 |
| Beef Shepherds Pie | 145g | 5.39 | 1 | 400ml | 600 | 17.97 |
| Beef Stroganoff | 156g | 5.39 | 1 | 400ml | 600 | 17.97 |
| Chicken Pesto Pasta | 155g | 5.39 | 1 | 400ml | 600 | 17.97 |
| Chicken Tikka Masala | 154g | 5.39 | 1 | 400ml | 600 | 17.97 |
| Chicken Vegetable Pasta | 145g | 5.39 | 1 | 400ml | 600 | 17.97 |
| Chilli Con Carnie | 153g | 5.39 | 1 | 400ml | 600 | 17.97 |
| Mild Chicken Korma | 156g | 5.39 | 1 | 400ml | 600 | 17.97 |
| Oriental Chicken and Rice | 158g | 5.39 | 1 | 400ml | 600 | 17.97 |
| Spaghetti Bolognese | 160g | 5.39 | 1 | 400ml | 600 | 17.97 |
| (V) Bean and Vegetable Curry | 158g | 5.39 | 1 | 400ml | 600 | 17.97 |
| (V) Vegetarian Chilli Con Carnie | 155g | 5.39 | 1 | 400ml | 600 | 17.97 |
| (V) Vegetarian Korma | 153g | 5.39 | 1 | 400ml | 600 | 17.97 |
| (V) Vegetarian Shepherds Pie | 153g | 5.39 | 1 | 400ml | 600 | 17.97 |
| (V) Vegetarian Thai Rice | 158g | 5.39 | 1 | 400ml | 600 | 17.97 |
| (V) Vegetarian Tikka Masala | 155g | 5.39 | 1 | 400ml | 600 | 17.97 |
| Desserts (6) | | | | | | |
| Chocolate Chip Dessert | 140g | 5.39 | 1 | 350ml | 600 | 17.97 |
| Cinnamon Rice Pudding | 141g | 5.39 | 1 | 350ml | 600 | 17.97 |
| Custard with Apple | 137g | 5.39 | 1 | 350ml | 600 | 17.97 |
| Mixed Fruit Custard | 147g | 5.39 | 1 | 400ml | 600 | 17.97 |
| Papaya and Pineapple Dessert | 156g | 5.39 | 1 | 400ml | 600 | 17.97 |
| Strawberries with Custard | 156g | 5.39 | 1 | 400ml | 600 | 17.97 |

Notes:

* Cost in Great Britain Pounds (GBP) at 30 March 2018

Be-well also sells “bulk” 2kg tubs of freeze-dried food. From the image they appear to be plastic containers with screw on lids. No information is given on lifespan. Tubs available are summarised in Table 5.2 below.



Table 5.2

| TUBS – 2000g | Size | Cost GBP * | Servings | Serving size (dry product) | kcal per serving ** | Cost per serving GBP | Cost per 2000 kcal |
|-----------------------------|-------|------------|----------|----------------------------|---------------------|----------------------|--------------------|
| Breakfasts (3) | | | | | | | |
| Fruit Muesli | 2000g | 64.99 | 16 | 125g | 513 | 4.06 | 15.83 |
| Hot Cereal Breakfast | 2000g | 64.99 | 16 | 125g | 510 | 4.06 | 15.92 |
| Porridge with Strawberries | 2000g | 64.99 | 16 | 125g | 586 | 4.06 | 13.86 |
| Mains (8) | | | | | | | |
| Boeuf Stroganof | 2000g | 64.99 | 16 | 125g | 483 | 4.06 | 16.81 |
| Chicken and Vegetable Pasta | 2000g | 64.99 | 16 | 125g | 517 | 4.06 | 15.71 |
| Chicken Pesto Pasta | 2000g | 64.99 | 16 | 125g | 487 | 4.06 | 16.67 |
| Mexican Chilli Con Carnie | 2000g | 64.99 | 16 | 125g | 488 | 4.06 | 16.64 |
| Mild Chicken Korma | 2000g | 64.99 | 16 | 125g | 480 | 4.06 | 16.92 |
| Spaghetti Bolognaise | 2000g | 64.99 | 16 | 125g | 469 | 4.06 | 17.31 |
| (V) Vegetarian Thai Rice | 2000g | 64.99 | 16 | 125g | 484 | 4.06 | 16.78 |
| (V) Vegetarian Tikka | 2000g | 64.99 | 16 | 125g | 484 | 4.06 | 16.78 |
| | | | | | | | |

Notes:

* Cost in Great Britain Ponds (GBP) at 30 March 2018

6. LYO Expedition - <https://lyofood.com>

Address: Lyofood GmbH, Barbarastrasse 44A, 50996 Koln, Germany

Phone: +49 (0) 221 98549537

Email: info@lyofood.com

Lyofood (previously part of Lyovit) are a German company producing “optimally balanced” nutritional freeze-dried food from “100% natural and fresh ingredients” and “without preservatives or artificial additives”. Their food is cooked before freeze drying. They market their food under the brand name **LYO Expedition**.

They have ISO certified facilities and laboratories (? in Poland). They claim a long shelf life (3 years) as each pouch is hermetically sealed and contains an oxygen absorber. They market their product as suitable for both long term emergency food storage and use by campers, sailors, hikers, climbers and expeditions.

They sell directly online from their own website (in Euros). They offer free postage to the UK for orders over Euro 225. They also offer “Big Packs” of some meals (500g re-hydrated per serving rather than 370g). Their full range is illustrated in Table 6.1 below.

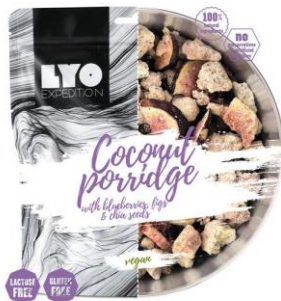


Table 6.1

| POUCHES | Net Pouch weight dry product | Cost Euro* | Servings | Add water | kcal per serving | Cost Euro per 2000 kcal | Cost GBP per 2000 kcal |
|-----------------------------------|------------------------------|------------|----------|-----------|------------------|-------------------------|------------------------|
| Breakfasts (2) | | | | | | | |
| Coconut Porridge with Blueberries | 100g | 5.90 | 1 | 200ml | 518 | 22.78 | 19.94 |
| Millet Porridge with Raspberries | ? | ? | 1 | ? | ? | ? | ? |
| Soups (5) | | | | | | | |
| Cream of Broccoli and Spinach | 37g | 5.20 | 1 | 333ml | 123 | 84.55 | 74.40 |
| Cream of Leek and Onion | 37g | 5.20 | 1 | 333ml | 123 | 84.55 | 74.40 |
| Cream of Mushroom | 37g | 5.60 | 1 | 333ml | 139 | 80.58 | 70.91 |
| Cream of Tomato and Pepper | 37g | 5.60 | 1 | 333ml | 135 | 82.96 | 73.01 |
| Goulash Soup | 80g | 7.80 | 1 | 420ml | 310 | 50.32 | 44.28 |
| Mains (12) | | | | | | | |
| Barley Lentil Risotto | 110g | 8.80 | 1 | 390ml | 433 | 40.64 | 35.76 |
| Beef Stroganoff | 113g | 8.90 | 1 | 257ml | 432 | 41.20 | 36.26 |

| | | | | | | | |
|---------------------------|------|------|---|-------|-----|--------|-------|
| Bigos (Polish Sauerkraut) | 80g | 8.80 | 1 | 420ml | 316 | 55.70 | 48.75 |
| Chicken Tikka Masala | 95g | 8.70 | 1 | 275ml | 560 | 31.07 | 27.34 |
| Farfalle with Gorgonzola | 98g | 7.50 | 1 | 272ml | 439 | 34.17 | 30.07 |
| Five Spice Chicken | 82g | 7.50 | 1 | 288ml | 316 | 47.47 | 41.77 |
| Mexican Dish | 94g | 8.50 | 1 | 276ml | 359 | 47.35 | 41.67 |
| Nettle Curry | 110g | 9.99 | 1 | 390ml | 530 | 37.70 | 33.18 |
| Penne al la Bolognese | 95g | 8.00 | 1 | 275ml | 384 | 41.67 | 36.67 |
| Pork Loin in Dill | 77g | 8.50 | 1 | 293ml | 316 | 53.80 | 47.34 |
| Pork Loin in Green Pepper | 79g | 8.50 | 1 | 291ml | 330 | 51.52 | 45.34 |
| Stew with Pearl Barley | 83g | 7.50 | 1 | 287ml | 334 | 44.91 | 39.52 |
| | | | | | | | |
| Fruit (6) | | | | | | | |
| Apple | 30g | 4.00 | 1 | ? | 112 | 71.43 | 62.86 |
| Banana | 30g | 3.50 | 1 | ? | 112 | 62.50 | 55.00 |
| Exotic Pleasure | 30g | 4.00 | 1 | ? | 112 | 71.43 | 62.86 |
| Fruity Dream | 30g | 4.50 | 1 | ? | 110 | 81.82 | 72.00 |
| Strawberry | 20g | 4.00 | 1 | ? | 71 | 112.68 | 99.16 |
| Wild Berry Mix | 30g | 5.00 | 1 | ? | 102 | 98.04 | 86.28 |
| | | | | | | | |

Notes:

* 1 Euro = 0.88 GBP

7. Drytech Real Turmat - <https://drytech.no/en/>

Address: Evjenvegen 130, Tromsø, Norway

Phone: +47 (0) 77 60 03 00

Email: post@drytech.no

Drytech, a Norwegian company produce a range of freeze-dried meals under the brand names REAL TURMAT and REAL FIELD MEAL with a stated shelf life of 5 years from the date of manufacture. Their range is show in Table7.1 below.



Table 7.1

| POUCHES – Real Turmat | Net Pouch weight dry product | Cost Krone* | Servings | Add water | kcal per serving | Cost Krone per 2000 kcal | Cost GBP per 2000 kcal |
|-----------------------------------|------------------------------|-------------|----------|-----------|------------------|--------------------------|------------------------|
| Breakfast (2) | | | | | | | |
| Chocolate Muesli | 114g | 65 | 1 | 236ml | 447 | 290.83 | 26.31 |
| Fruit Muesli | 113g | 65 | 1 | 237ml | 417 | 311.75 | 28.06 |
| Soup (2) | | | | | | | |
| Bidos (Reindeer) Soup | 54g | 59 | 1 | 316ml | 246 | 479.68 | 43.17 |
| Meat Soup | 55g | 59 | 1 | 315ml | 254 | 464.57 | 41.81 |
| Mains (17) | | | | | | | |
| Beef and Potato Stew | 108g | 110 | 1 | 392ml | 557 | 394.97 | 35.55 |
| Pasta Bolognese | 122g | 95 | 1 | 378ml | 525 | 361.91 | 32.57 |
| Reindeer Stew | 111g | 125 | 1 | 389ml | 578 | 432.53 | 38.93 |
| Chicken Curry | 132g | 95 | 1 | 368ml | 627 | 303.03 | 27.27 |
| Pilled Pork with Rice | 121g | 99 | 1 | 379ml | 547 | 361.97 | 32.58 |
| Chilli Con Carne | 133g | 95 | 1 | 367ml | 569 | 333.92 | 30.05 |
| Sweet and Sour Pork | 127g | 95 | 1 | 373ml | 592 | 320.95 | 28.89 |
| Beef Stew | 128g | 105 | 1 | 372ml | 603 | 348.26 | 31.34 |
| Kebab Stew | 138g | 95 | 1 | 362ml | 596 | 318.79 | 28.69 |
| Beef Stew with Broccoli | 120g | 110 | 1 | 380ml | 526 | 418.25 | 37.64 |
| Creamy Salmon with Pasta | 129g | 99 | 1 | 371ml | 601 | 329.45 | 29.65 |
| Lamb Stew | 100g | 99 | 1 | 400ml | 502 | 394.42 | 35.50 |
| Chicken Tikka Masala | 133g | 95 | 1 | 367ml | 579 | 328.15 | 29.53 |
| Cod in Curry Sauce | 96g | 99 | 1 | 404ml | 511 | 387.48 | 34.87 |
| Couscous with Lentils and Spinach | 121g | 95 | 1 | 379ml | 508 | 374.02 | 33.66 |
| Chicken with Lentils and Lime | 120g | 95 | 1 | 380ml | 527 | 360.53 | 32.45 |
| Creamy Pasta with Pork | 128g | 95 | 1 | 372ml | 646 | 294.12 | 26.47 |

Notes:

* Norwegian Krone = 0.09 GBP