



Meals-Ready-To-Eat

Nutritious Long Shelf Life Meals for Security and Tactical Environments

Africor-Meals Ready to Eat

AFRICOR (RBM7, VCM & JHB Marketing)

Venda Clothing Manufacturers (Pty) Ltd (VCM) is an AFRICOR company that focuses on international markets and has supplied products to the most demanding purchasers for the past 24 years, initially with our focus on regional Protection & Emergency services, and then over the past decade to Military and Security organizations.

Our Meals-Ready-to-Eat (MRE's) are manufactured and packed to meet particular specifications, and confidentiality is strictly adhered to. For your peace of mind, we offer to sign a Non-Disclosure Agreement (NDA).

AFRICOR MRE's

An **MRE** is a self-contained, individual field ration in lightweight packaging originally bought by the United States military for its service members for use in combat or other field conditions where organized food facilities are not available. The MRE replaced the canned MCI, (Meal-Combat-Individual) rations, in 1981

MRE History and development

After repeated experiences dating from before World War II, US officials ultimately realized that simply providing a nutritionally balanced meal in the field was not adequate. Service members in various geographic regions and combat situations often required different subsets of ingredients for food to be considered palatable over long periods. Moreover, catering to individual tastes and preferences encourages service members to consume the whole ration and its nutrition. Most importantly, the use of specialized forces in extreme environments and the necessity of carrying increasingly heavy field loads while on foot during extended missions required significantly lighter alternatives to standard canned wet rations.



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Nutritional Composition

A key factor in the preparation of long-shelf-life foods is to ensure that the final products are truly edible, so that the consumer will enjoy the meals.

It has been shown in numerous studies that an active male of average size will consume around 17 500 kj per day. To ensure individuals are able to maintain high levels of performance, energy should be maintained by eating nutritious meals.

Should the individual not receive sufficient kj they will use reserves and for extended periods of time this could cause weight and energy loss.

Single meal MRE

Each meal provides approximately 1,200 Calories (1,200 kcal or 5,000 kJ). They are intended to be eaten for a maximum of 21 days (the assumption is that logistics units can provide fresh food rations by then), and have a shelf life of three years (depending on storage conditions).

Packaging requirements are strict. MREs must be able to withstand parachute drops from 380 meters, and non-parachute drops of 15meters. The packaging is required to maintain a minimum shelf life of three and a half years at 27 °C, nine months at 38 °C, and short durations from -51 °C to 49 ° must be sustainable.

Each MRE weighs 510 to 1240 grams depending on the menu. Since MREs contain water, they weigh more than freeze-dried meals providing equivalent calories but this format was found to be more convenient as the food did not require extended periods of heating to infuse the water back into the pack.

24 Hour pack MRE

The 24 hour pack is formulated to provide 3000 calories (3000 kcal or 14000 KJ) and follows the traditional breakfast, lunch and dinner formats with a range of meals, beverages and snacks to compliment the main entrees.

A typical pack would include porridge oats or granola for breakfast, tea or coffee, crackers cheese and biscuits. The main meal would have an entrée and a starch with a energy bar or fruit.

The evening meal could also include a soup, an entrée and a snack with tea and coffee to follow.



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MRE Users

MRE's are sold primarily to the military but over time significant markets have developed for individuals and companies alike, purchasing the items for personal use, tactical operations, and security personnel due to the convenience and delicious nutrition they offer.

Military

Military operations are a key user of the MRE with these packs favored for operations around the world. Given the menu development for African and Middle Eastern operations end users should be used to the type of food and the preparation style, a criticism of the current packs sourced internationally. There has been no compromise on the packing specifications and shelf life

Outdoor

The uses in the outdoor market are numerous. From the day fishing trip or the weekend away to the strenuous mountain climb, the MRE is ideal accompaniment for the outdoor enthusiast.

Packed with 14 000 kj the 24 hour pack will provide both ongoing sustenance and the range of options will ensure that meal fatigue will not occur. The snacks and beverages will provide that energy boost when needed during the day. The packaging is ideal for fitting into hiking packs, fishing bags or mountaineering rucksacks and packs can be vacuum sealed for extra slim fitting

A special range using the extreme cuisine branding is marketed through outdoor, sport and camping stores.

Disaster

Basic economy MRE's are ideal for disaster relief. In areas of floods and natural disasters, it is often not possible to erect kitchens or to cook. The meals are easily opened, heated and consumed. The flexibility in meal choice and their long shelf life allows for inexpensive meals to be stored by disaster relief agencies for extended periods of time that in the event of a disaster the meals can be quickly deployed.



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Our Food Quality

No expense has been spared in the selection of meat and vegetables and we prepare our meals using the same meat as is found in the leading premier supermarkets in South Africa. To achieve this we ensure our beef maintains the following standards.

- Strict supplier checks - We only use approved abattoirs and suppliers who comply with strict criteria relating to standards of hygiene, maintenance and ethics.
- Annual audits - Our abattoirs and suppliers undergo independent annual audits on hygiene and ethics.
- Stringent hygiene standards - Our suppliers perform constant checks on the temperature of raw materials, pH levels post slaughter, and micro-organism and bacteria counts of raw materials, and ensure traceability throughout processing.
- Animal welfare - A high priority and we do have regular audits at farms and abattoirs to ensure that the animals are treated as humanely as possible.
- Traceability and grades - No confusion about what meat you're eating, so we specify the grade of meat used in every product. Our meat is also traceable to the abattoir.
- Chicken feed - Our chickens feed on a diet that is free from animal by-products and consists only of grains and pulses.
- Matured for succulence - Our skinless breast fillets are matured on the bone for a minimum of 8 hours to ensure that the meat is tender and succulent. When we mature the breast fillets, the enzymes naturally present in the poultry meat, start breaking down the proteins and tenderize the meat so that you get juicy chicken breasts, every time.
- Air-chilled chicken - We air-chill our chickens, rather than water chill. Air chilling helps to maintain the natural juices and flavor of the chicken with no excess water absorption. This means you're only paying for chicken, and not water.
- Perfectly trimmed - We we are perfectionists when it comes to removing unwanted excess fat, skin and bone.
- Guaranteed freshness - We perform extensive microbial testing on the chicken we prepare for you, which means we guarantee its freshness and safety, every time.
- Our meals are prepared in accordance with strict ISO 2002, FFFSC 2010 guidelines with complete



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traceability, record keeping and exceptional standards of hygiene.

- The manufacturing facility has a SANAS approved in-house laboratory to ensure regular testing and all batches are sent for outside testing for and extra check for quality. All regulatory tests are also conducted to ensure all aspects of food pass the minimum levels. All food is approved by SA Bureau of Standards through the regulatory body NRCS and premises are approved and checked regularly.

Main Meal Choices	Weight	Packing
Braised Beef Stew, potatoes, beans, carrots and corn	250g	Pouch
Chicken stew, potatoes, carrots, beans and corn	250g	Pouch
Chicken curry, potato, carrots, beans and corn	250g	Pouch
Savory mince and vegetables	250g	Pouch
Spicy Beef curry, potatoes, carrots	250g	Pouch
Spicy Chicken, potatoes, carrots	250g	Pouch
Cooked Rice	150g	Pouch
Cooked Maize Pap	150g	Pouch
Tortilla Wraps 25cm (chapatti)	75g	Pouch



Mild Beef Curry



Chicken Curry



Chicken Casserole



Savory Mince



Spicy Chicken Beef Casserole



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Key Features of our MRE's



Key features

Shelf life

Our pack has been engineered for a long shelf life

- With cheese wedges 9 months
- Without Cheese 2 years
- Shelf-life of meals 3 years stored at 20 degrees out of direct sunlight
- Powder products 2 years
- Biscuits 2 years
- Snacks dried fruit 2 years

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Robust Packing

A key feature is the packs are engineered to withstand vigorous conditions when in the field

- MRE Meals are packed in a box for added strength and durability.
- Biscuits are vacuum sealed for strength, long shelf life and rigidity to avoid breakages.
- The outer pack is vacuum sealed to allow for rigidity and strength and to ensure the contents do not get wet. Vacuum sealing also improves the shelf life by removing a considerable amount of air in the packs.
- A 5 layer coextruded material is used in the pack for retail markets where the client may want to see the contents of the pack through the layer and on request the pack could be sealed in a foil laminate for extra shelf life and protection.

Cross contamination

The pack is engineered to ensure there are no smells that are allowed to permeate the contents of another item. As a result the fuel tablets are individually packed; tea and beverage packs are individually sealed.

Space

Packs are vacuum sealed to ensure packs use the least amount of space possible. They are also packed flat to ensure that 4 or 5 packs fit easily into a carry bag.



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10 HOUR MRE CONTENTS



	Day 1	Day 2	Day 3	Day 4	Day 5
Main Meal	Beef casserole Maize pap	Chicken curry Rice	Chicken casserole Rice	Savoury mince Tortilla	Spicy Chicken Pilaf
Beverage	Isotonic Drink Coffee Sachet Tea Sachet Coffee creamer	Isotonic Drink Coffee Sachet Tea Sachet Coffee creamer	Isotonic Drink Coffee Sachet Tea Sachet Coffee creamer	Isotonic Drink Coffee Sachet Tea Sachet Coffee creamer	Isotonic Drink Coffee Sachet Tea Sachet Coffee creamer
Snack	Sweets Raisins Biscuit 25g Cheese Spread Jam	Sweets Fruit Cubes Biscuit 25g Cheese Spread Jam	Sweets Peanuts Biscuit 25g Cheese Spread Jam	Sweets Raisins Biscuit 25g Cheese Spread Jam	Sweets Fruit Cubes Biscuit 25g Cheese Spread Jam
Utility	Fuel Tablets x3 Heating dish Spoon Matches	Fuel Tabletsx3 Heating dish Spoon Matches	Fuel Tablets x3 Heating Dish Spoon Matches	Fuel Tablets x4 Heating dish Spoon Matches	Fuel Tablets x3 Heating dish Spoon Matches

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24 HOUR MRE CONTENTS

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Porridge Oats 80g	Porridge Maize 80g	Muesli with milk mix 80g	Porridge Oats 80g	Porridge Maize 80g
Main Meal	Beef casserole Pap	Chicken curry Rice	Chicken casserole Rice	Savoury mince Wraps	Spicy Chicken Rice
Second Meal	Chicken Casserole Wrap	Beef Casserole Pap	Beef Curry Pap	Beef Casserole Pap	Savoury mince Wrap
Beverage	Isotonic Drink 2 x 50g Coffee x2 Tea Sachet 3 x Coffee /tea creamer 8g	Isotonic Drink 2x50g Coffee x2 Tea Sachet 3x Coffee /tea creamer 8g	Isotonic Drink 2x50g Coffee x2 Tea Sachet 3x Coffee/tea creamer 8g	Isotonic Drink 2x50g Coffee x2 Tea Sachet 3x Coffee /tea creamer 8g	Isotonic Drink 2 x 50g Coffeex2 Tea Sachet 3xCoffee/tea creamer 8g
Snack Pack	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Tomato Sauce	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Chutney	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Chutney	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Tomato sauce	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Tomato Sauce
Utility	Heating dish Fuel Tablets x 6 Bags for drinks Spoon,knife,fork Matches	Heating Dish Fuel Tablets Bags for drinks Spoon,knife,fork Matches	Heating Dish Fuel Tablets Bags for drinks Spoon,knife fork Matches	Heating Dish Fuel Tablets Bags for drinks Spoon,knife,fork Matches	Heating Dish Fuel Tablets Bags for drinks Spoon,knife,fork Matches

24 Hour Pack Clear Wrap



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24 Hours Deluxe Pack

	Day 1	Day 2	Day 3	Day 4	Day 5
Early Morning	Nescafe Cappuccino Premium Rusks	Nescafe Cappuccino Premium Rusks	Nescafe Cappuccino Premium Rusks	Nescafe Cappuccino Premium Rusks	Nescafe Cappuccino Premium Rusks
Breakfast	Milk 200ml Porridge Oats 100g	Milk 200ml Museli 150g	Milk 200ml Muesli mix 80g	Milk 200ml Porridge Oats 100g	Milk 200ml Museli150g
Main Meal	Beef casserole Pap Fruit Cup 75g	Chicken curry Rice Fruit cup 75g	Chicken casserole Rice Fruit cup 75g	Savoury mince Wraps Fruit Cup 75 g	Spicy Chicken Rice Fruit Cup 75g
Second Meal	Chicken Casserole Wrap Mushroom Soup 40g	Beef Casserole Pap Creamy Chicken soup 40g	Beef Curry Pap Mushroom Soup 40g	Beef Casserole Pap Creamy Chicken soup 40g	Savoury mince Wrap Chilli Beef soup 40g
Beverage	Shake 40g Isotonic Drink 2 x 50g Nescafe Coffee Tea Sachet 3 x mini milk 20ml	Shake 40g Isotonic Drink 2x50g Nescafe Coffee Tea Sachet 3x mini milk 20ml	Shake 40g Isotonic Drink 2x50g Nescafe Coffee Tea Sachet 3x Mini Milk 20ml	Shake 40g Isotonic Drink 2x50g Nescafe Coffee Tea Sachet 3x Mini Milk 20ml	Shake 40g Isotonic Drink 2 x 50g Nescafe Tea Sachet 3x Mini Milk 20ml
Snack Pack	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Marmalade Tomato Sauce	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Marmalade Chutney	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Marmalade Chutney	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Marmalade Tomato sauce	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Marmalade Tomato Sauce
Utility	Heating dish Fuel Tablets x 6 Bags for drinks Spoon,knife,fork Matches	Heating Dish Fuel Tablets Bags for drinks Spoon,knife,fork Matches	Heating Dish Fuel Tablets Bags for drinks Spoon,knife fork Matches	Heating Dish Fuel Tablets Bags for drinks Spoon,knife,fork Matches	Heating Dish Fuel Tablets Bags for drinks Spoon,knife,fork Matches

.....Taking your home comforts to the outdoors

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Additions

Mini Stove for Heating



Water Purifying Sachets



Extra meals and Starches



AFRICOR PROJECTS:

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