

Berries Package

- Content:** 3 x 200g Blackberries Freeze-Dried (in 2-liter tin)
 3 x 130g Strawberries Freeze-Dried (in 2-liter tin)
 3 x 150g Raspberries Freeze-Dried (in 2-liter tin)
 3 x 250g Blueberries Freeze-Dried (in 2-liter tin)
- Freshness Ratio:** 1 : 8 Blackberries Freeze-Dried
 1 : 10 Strawberries Freeze-Dried
 1 : 7 Raspberries Freeze-Dried
 1 : 7 Blueberries Freeze-Dried
- Texture:** Whole Fruits (Blackberries Freeze-Dried)
 5 - 7mm Slices (Strawberries Freeze-Dried)
 Whole Fruits (Raspberries Freeze-Dried)
 Whole Fruits (Blueberries Freeze-Dried)
- Storage:** If possible, cool and dry, without direct sunlight.
 A constant temperature of below 20° Celsius would be optimal.
- Once opened:** Close again with the enclosed plastic lid.
 Do not eat directly from the container (contamination), then the content of the opened tin will not go bad for several weeks.
 Avoid huge temperature range to prevent development of humidity in- and outside the tin.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (INDOSA pro-VAC)

Nutritional values per 100g:

Product	Energy KJ / kcal	Fat	th. Saturated fatty acids	Carbo- hydrates	thereof sugar	Protein	Salt	Dietary Fibres
Blackberries	1464 / 348	6,92g	0,42g	43,18g	43,18g	8,3g	0,03g	22,14g
Blueberries	1322 / 316	4,12g	0,25g	41,5g	41,5g	4,12g	0,02g	33,61g
Raspberries	1259 / 300	2,1g	0,07g	33,67g	33,59g	9,1g	0,02g	32,9g
Strawberries	1400 / 330	4,0g	0,3g	52,0g	51,0g	8,0g	0,02g	19,0g

Ingredients: 1/4 of each Blackberries-/Strawberries-/Raspberries-/Blueberries Freeze-Dried

Preparation/Consumption: As (dessert) supplement in emergency food or for direct consumption.