



**Food products for all emergencies- Denrées pour toutes urgences**

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## Action Meals

Action Meals Self-Heating Meals offer a whole new concept to "instant" hot food and is the answer to having a hot meal, away from home or base, without needing any heating or cooking equipment!

With a heating time of only 12 minutes, Action Meals is ideal for use in any wilderness activities and as an important part of an emergency preparedness kit. Or take a Action Meals meal to work or the office or when working outdoors as a warm alternative to lunchtime sandwiches.

Each Action Meals Self-Heating Meal contains a delicious and wholesome 265g cooked meal in a pouch, and a flameless ration heater. Products self-life up-to 10 years.



## Emergency and Military use

Action Meals Self-Heating Meals have been tested and evaluated by the Contract Policing Branch of the Royal Canadian Mounted Police and were subsequently recommended for use in the field for RCMP officers and volunteers. Ref: SARScene Summer 1988, Volume 8, Number 2

Action Meals Self-Heating Meals have been used by the Canadian Coast Guard in a number of situations including the Ice Storm of 1998 in Eastern Canada and during the Peggy's Cove Swissair disaster. Ref: First Responder October 1998 Volume 8, Number 3

Action Meals Self-Heating Meals were used by utility crews (Hydro/Bell) and emergency responders during the Canadian Ice Storm of '98. Ref: Emergency Preparedness Digest April-June 1998

In Canada, already over 65 Fire Departments, the Ontario Provincial Police (Tactical/SAR), the Canadian Coast Guard, a number of RCMP detachments, many individual police forces, Search and Rescue Groups, Parks Canada Wardens, Natural Resources Ministries (forest fire divisions), utilities such as Hydro are some of our satisfied users.

Action Meals Self-Heating Meals were used by rescue crews during the Iranian Earthquake relief in late 2003 and Haiti Earthquake in 2010.





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## ***Beef and Vegetable Stew***

You can enjoy a Action Meal Self-Heating Beef and Vegetable Stew any time, any place...

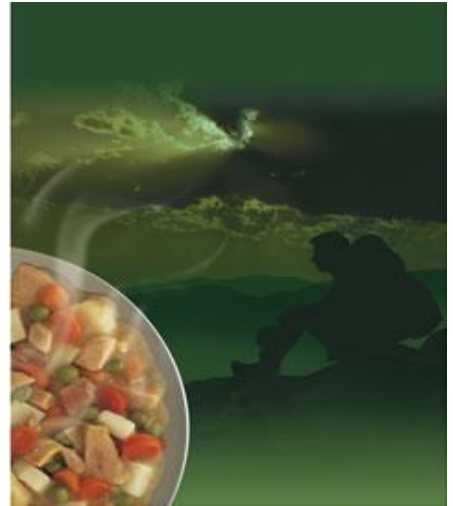
This ready to eat meal is a hearty mixture of beef, potatoes, carrots and green peas in a tasty sauce.

It provides the energy needed to get you through the day with each 265 g (9.3 oz) serving containing 263 calories (1100 kJ) of Energy, 21 grams of protein, 11 grams of fat, and 20 grams of carbohydrates.

Whether you're in the middle of a crisis situation, acting as an Emergency Respondent, or simply spending some leisure time in the wild - this easy to make, hot stew will keep you well fed and energized.

Only 12 minutes to make - No need for a stove, fire, matches, water, or utensils. We even provide salt, pepper and a serviette!

Beef and Vegetable Stew ingredients: Beef, water, potatoes (may contain sulfites), carrots, green peas, onions, tomato paste, green peppers, canola oil, salt, modified corn starch, spices, onion powder, caramel.



## ***Chicken and Vegetable Stew***

You can enjoy a Action Meals Self-Heating Chicken Stew any time, any place...

This ready to eat meal is a mouth watering mixture of chicken, potatoes, carrots, peas and spices in a gourmet sauce.

It provides the energy needed to get you through the day with each 265 g (9.3 oz) serving containing 302 calories (1260 kJ) of Energy, 27 grams of protein, 10 grams of fat, and 26 grams of carbohydrates.

Whether you're on vacation in the wild, involved in a disaster condition, or working as an Emergency Respondent - this easy to make, hot casserole will help start your morning off right. Only 12 minutes to make - No need for a stove, fire, matches, or water

**Ingredients: Water, chicken, potatoes (may contain sulfites), carrots, green peas, corn starch, dehydrated onions, salt, wheat flour, canola oil, spices, spice extracts.**

For more Info & Price Quote, Please Contact:

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