

UKRAINE ALTERNATIVE FOOD ASSISTANCE RATIONS (IN KIND)

1/ Short Brief on High Energy Biscuits:

High Energy Biscuits (HEB) are biscuits **high in energy and protein and supplemented with a premix of vitamins and minerals**. They are **ready to eat foods** intended for food assistance and use in emergencies for all the crisis affected population **especially for young children from 6 months to 23 months who need high level of nutrients in a small portion of food and Pregnant/nursing women who need more energy/Kcal**. The pregnant and nursing women need to have higher nutritional needs- with pregnant women requiring up to 350 additional kcal/day and breastfeeding women needing an additional 500kcal/day. Attached the specification if needed.

- Individual package of 100 grams or 50 grams
- Nutritional value: it shall contain the following **nutritional value per 100g dry matter:**
Energy: 450 kcal minimum
- 100 packs of 100 grams each or 200 packs of 50 grams each
- **Ready to eat directly or can be mixed with safe boiled/warm water to prepare a porridge for young children from 6 months to 23 months.**
- **In such evolving context we can recommend a minimum of 200gr per day per person = 900 Kcal/day/per person = 1KG per person for up to 5 days**

2/ Alternative Food Assistance rations:

No.	Commodity	Grams per person per day	KG per parcel for 30 days
1	Wheat Flour	300	9
2	Canned Peas or Beans	100	3
3	Canned Fish or Meat	150	4.5
4	Vegetable oil	60	1.8 (2 liters)
5	Iodized salt	3	0.09 minimum
6	Sugar	33	1
2,115 Kcal		646	19.39



No.	Commodity	Grams per person per day	KG per parcel per person for 5 days
1	High Energy Biscuit	300	1.5
2	Canned Beans or Peas	160	0.8
3	Canned Meat or Fish	100	0.5
2,103 Kcal		560	2.8

No.	Commodity	Grams per person per day	KG per parcel per person for 30 days
1	Buckwheat grain	300	9
2	Pasta Macaroni	100	3
3	Rice white Medium	100	3
4	Canned Meat or Fish	50	1.5
5	Vegetable oil (sunflower)	30	0.9
6	Iodized salt	3	0.09
2,135 Kcal		583	17.49

No.	Commodity	Grams per person per day	KG per parcel per person for 30 days
1	Pasta Macaroni	250	7.5
2	Rice white Medium	250	7.5
3	Canned meat or Canned Fish	50	1.5
4	Vegetable oil	30	0.9 = 1 liter
5	Iodized salt	3	0.09
2,203 Kcal		583	17.49



No.	Commodity	Grams per person per day	KG per parcel for 5 days
1	High Energy Biscuits	200	1
2	Canned Beef or Fish	105	0.525
3	Canned Beans or Peas	80	0.4
4	Vegetable oil	98	0.49 = half liter
	2,264 Kcal	483	2.415