

Fo1



## FOOD Fresh food

# Key Facts:

- High in fibre, vitamins and minerals.
- Low calorie to weight ratio.
- Every meal needs to be cooked and prepared.
- High volume of food needed for every meal.
- Needs to be kept at the correct temperature to stay fresh.
- You can cook anything you want.





## FOOD Frozen food

# Key Facts:

- Easy to store in the cold of the Antarctic.
- High volume of food needed for every meal.
- Low calorie to weight ratio.
- Needs to be cooked from frozen for every meal.
- Stays fresh as long as it's frozen.
- Lots of tasty options.





Fo3

## FOOD

### Canned food

## Key Facts:

- Provides approximately 2000 calories per meal.
- Easy to heat and prepare.
- Easy to keep fresh as the food is sealed in cans.
- At least 3 tins per person per day (2000 calories per tin) for 6 people equal's 540 cans of food for the expedition.
- Total weight of 45kg per-person.
- Limited number of choices.





Fo4

## FOOD Expedition foods

## Key Facts:

- Limited number of tasty choices.
- Food must be re-hydrated using hot water or cold water.
- Provides 800 calories per meal.
- Total weight of 20kg per person.
- Food is de-hydrated and vacuum-packed so can be stored in any conditions.





Fo5

## FOOD Survival foods

# Key Facts:

- Very limited number of options.
- Food must be re-hydrated using hot or cold water.
- Provides 900 calories per meal.
- Total weight of 15kg per person.
- Food is de-hydrated and vacuum packed so can be stored in any condition.

