ALI100H2O

Nutritious by nature, essential by choice.

CATALOGUE

Staple Food

Food Aid

September 2026

www.ali100h2o.com



Illustrative image

STAPLE FOOD • INTRODUCTION

HUNGER IS A REALITY

Hunger deprives millions of their most basic right: access to safe, nutritious food.

What is hunger?

Hunger is the physiological sensation that signals the need for food to sustain vital activities. The term also describes malnutrition or food deprivation among populations, generally associated with poverty, conflict, political instability or adverse agricultural conditions. When prolonged, it can compromise the body's development and functioning. In extreme cases, it can lead to death by starvation.

Consequences of hunger

Lack of food can cause weight loss in adults and developmental problems in children, limiting learning and productive capacity. Malnutrition, associated with insufficient energy and protein, reduces the ability to fight infections and increases the risk of death. Throughout history, hunger has been a major cause of suffering and death, affecting millions across different societies. Hunger and malnutrition reveal serious difficulties in accessing sufficient food.

World hunger — historical context

The original document recalled a speech by then UN Secretary-General Ban Ki-moon about the difficulties African countries faced in achieving, by 2015, the Millennium Development Goals established in 2000. It highlighted rising food and gas prices as factors penalising less developed countries, particularly in Africa.

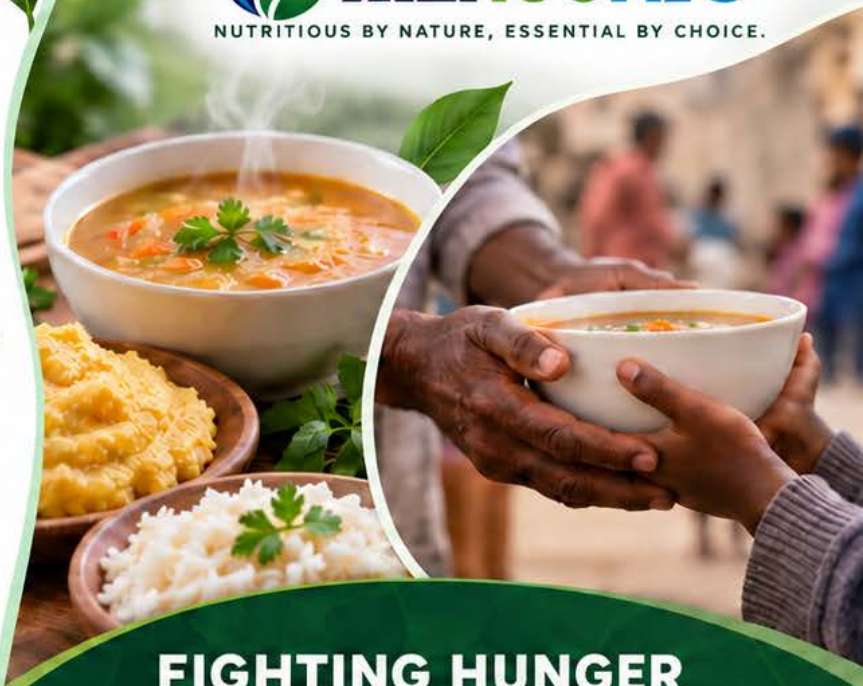
850 → 925 million

Increase in the number of people facing hunger reported in the original document for 2007.

Historical references reproduced from the original document; these are not current figures.

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NUTRITIOUS BY NATURE, ESSENTIAL BY CHOICE.



FIGHTING HUNGER

ALI100H2O exists to bring hope and nutrition where they are needed most.

Dairy Drink | Porridge | Polenta | Soup | Risotto/Rice | Flavoured Drink

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FIGHTING HUNGER

Hunger, destruction and poverty are problems that differ in nature, scale and evolution around the world, requiring solutions with varying scope, investment and content.

Fighting poverty helps combat hunger. In emergencies, food distribution provides an immediate response to the needs of affected populations.

As part of the "World Without Hunger" emergency programme, a Staple Food package is proposed for monthly distribution to families in need or affected by disasters.



Illustrative image

SPECIFIC OBJECTIVES

1. Immediately combat hunger, poverty and undernutrition among populations in need.
2. Provide immediate assistance to families in need or affected by disasters.
3. Ensure nutritional support for populations that need it.
4. Support healthy ageing by improving nutritional status.
5. Improve food conditions for populations in need.
6. Help improve the nutritional status of the populations supported.
7. Provide nutritional support suited to the metabolic needs of populations.
8. Include dehydrated foods, with appropriate preparation and storage, to help reduce the risk of contamination.
9. Help prevent health problems associated with malnutrition.

FOOD AID

More people.
More hope.
A better future.

- Natural disasters
- Families in need
- Refugees
- Conflicts of any kind

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vb.ali100h2o@gmail.com

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STAPLE FOOD

Dehydration Process



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FOOD DEHYDRATION

Discover the process. Understand the benefits.

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From the ingredient to your table



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01 PRESERVATION

Dehydration removes some of the water from food and reduces the water available for the growth of bacteria, yeasts and moulds. It is a widely used preservation method; safety depends on the process, packaging and storage conditions.

02 HOW IT WORKS

In thermal drying, water in solid or liquid foods evaporates, usually below boiling temperature. Air temperature, humidity and circulation are controlled. The air transfers heat to the food and carries the water vapour away.

03 NUTRITIONAL QUALITY

Nutrient retention depends on the food and drying conditions. Minerals such as selenium, potassium and magnesium are generally well preserved; vitamins, including vitamin A, may be lost. Structure and texture may also change.

04 LACTIC CULTURES

Lactic acid bacteria can be sensitive to heat. Their preservation requires specific, controlled processes, such as freeze-drying; survival depends on the strain and the conditions used.

05 STORAGE AND TRANSPORT

Many dehydrated foods can be stored without refrigeration before preparation, as indicated on the label. Appropriate packaging and a cool, dry place help preserve the product and can reduce logistics costs.

06 LESS WEIGHT

Removing water reduces weight and makes transport easier. A food containing 90% water could, in theory, weigh close to one tenth of its original weight if that water is removed. The result varies with residual moisture.

07 REHYDRATION

Adding water allows many dehydrated foods to be reconstituted. The speed and outcome depend on porosity, the drying method and preparation. The original volume and texture are not always fully restored.

Dairy Drink • Porridge • Polenta • Soup • Risotto/Rice • Flavoured Drink

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vb.ali100h2o@gmail.com

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OUR PRODUCTS

STAPLE FOOD



Dairy Drink



Porridge



Polenta



Soup



Risotto / Rice



Flavoured Drink

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STAPLE FOOD

Today's nutrition for a better tomorrow.

Benefits of our products

01 LESS WEIGHT AND VOLUME

Weight and volume reduced by around **90%,** taking up significantly less space during transport and storage.

02 NO REFRIGERATION REQUIRED

No refrigerated transport or storage is required. Transport and storage take place under normal conditions.

03 2-YEAR SHELF LIFE

All products have a shelf life of **2 years** from the date of manufacture.

04 CONTROLLED QUALITY

Consistent, controlled quality, with all the necessary nutritional values.

05 SIMPLE PREPARATION

Simply add water to the product and cook according to the preparation instructions.

06 INTERNATIONAL PRESENCE

Products already used in several countries.

07 LOW COST

A quality product offering excellent value for money.



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geral.ali100h2o@gmail.com
vb.ali100h2o@gmail.com

STAPLE FOOD

Practical nutrition for everyday life.

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Nutritious by nature, essential by choice.

4 people	3 meals per day per person	4 weeks	28 packets

PACKAGE CONTENTS

Corrugated cardboard box containing the following products:

DAIRY DRINK
- Chocolate
- Red berries

PORRIDGE
- Vanilla
- Coconut

RICE / RISOTTO
- Beef
- Chicken

POLENTA
- Beef
- Chicken

SOUP
- Chicken
- Beef

FLAVOURED DRINK
- Tangerine
- Passion fruit



INCLUDES 1 GRADUATED MEASURING CUP.

Allows you to measure the water needed to prepare the food, with or without cooking, making the process simpler for every family.



More convenience today. More time for what matters.

Good nutrition every day!

Together for simpler, more affordable meals.

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geral.ali100h2o@gmail.com
vb.ali100h2o@gmail.com

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STAPLE FOOD
FOOD SUPPORT

Solutions for a better tomorrow.







- Convenience
- Support in times of need
- Balanced nutrition
- More hope for the future

BREAKFAST

Porridge OR Dairy Drink



LUNCH

Soup + Rice + Flavoured Drink



DINNER

Soup + Polenta + Flavoured Drink



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vb.ali100h2o@gmail.com

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STAPLE FOOD

Before and after preparation • Quantities and yield.

Dehydrated product ➡ Prepared product

Dairy Drink



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Per person:	30 g ➡	150 g
4 people:	120 g ➡	600 g
1 kg:	≈ 33 servings	

Porridge



Illustrative images.

Per person:	45 g ➡	225 g
4 people:	180 g ➡	900 g
1 kg:	≈ 22 servings	

Polenta



Illustrative images.

Per person:	50 g ➡	300 g
4 people:	200 g ➡	1 200 g
1 kg:	20 servings	

Soup



Illustrative images.

Per person:	40 g ➡	400 g
4 people:	160 g ➡	1 600 g
1 kg:	25 servings	

Risotto / Rice



Illustrative images.

Per person:	60 g ➡	300 g
4 people:	240 g ➡	1 200 g
1 kg:	≈ 17 servings	

Flavoured Drink



Illustrative images.

Per person:	25 g ➡	275 g
4 people:	100 g ➡	1 100 g
1 kg:	40 servings	

Theoretical yield from 1 kg, calculated using the stated individual serving; approximate values.
Add water and prepare according to the instructions on the packaging.

Practical and versatile • Easy to prepare • Ready to serve

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Product preparation instructions

Staple Food • Dehydrated meals

Flavour. Convenience. Well-being every day.

DAIRY DRINK

Preparation for 120 g

Flavour and energy at any time.



1. Dissolve **120 g** of product in **0.5 litres** of hot, cold or chilled water, according to your preference.
2. Stir until completely dissolved.
3. Ready to serve.

SOUP

Preparation for 160 g

All the flavour of a convenient meal.



1. Dissolve **160 g** of the mixture in **1.5 litres** of warm water and mix well.
2. Bring to the boil over high heat.
3. Once boiling, reduce the heat and cook for **15 minutes**, stirring constantly.
4. Ready to serve.

POLENTA

Preparation for 200 g

Creamy and easy to prepare.



200 g = 4 servings • 50 g = 300 g prepared

1. Dissolve **200 g** of polenta in **1 litre** of water.
2. Heat until it comes to the boil.
3. Reduce the heat and cook for **5–10 minutes**, stirring constantly.
4. Ready to serve.

PORRIDGE

Preparation for 180 g

Tradition and nutrition in every spoonful.



1. Mix **180 g** of product with **0.36 litres** of cold water and stir well.
2. Add another **0.36 litres** of hot water and heat.
3. Once boiling, cook over low heat for **2 minutes**, stirring constantly.
4. Ready to serve.

FLAVOURED DRINK

Preparation for 100 g

Natural refreshment for your day.



1. Dissolve **100** g of product in **1 litre** of cold or chilled water, according to your preference.
2. Stir until completely dissolved.
3. Ready to serve.

RISOTTO / RICE

Preparation for 240 g

A complete meal, simple and delicious.



1. Bring **1 litre** of water to the boil.
2. Add **240 g** of product to the boiling water and mix well until fully dissolved.
3. Once it returns to the boil, cook over low heat for **20–25 minutes** with the lid on.
4. Ready to serve.

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Good food does you good.

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PEOPLE
FOOD
A HEALTHIER
FUTURE

OUR SUPPORT

STAPLE FOOD

With a minimum purchase of 10 containers

For each container holding 750 Staple Food packages, we offer:

200 COOKING POTS

To help prepare meals.



Pot similar to the one shown.

200 UTENSIL SETS

Each set contains:

- 4 dinner plates
- 4 soup plates
- 4 cups
- 4 eating spoons
- 2 cooking spoons
- 1 jug
- 1 soup ladle



Sets similar to those shown.

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Together for stronger communities.

ALI100H2O

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FEEDING PEOPLE
BUILDING
TOMORROWS

PROTECTION AND TRANSPORT

Boxes wrapped in shrink film. OPTIONAL

- Protection on impact with the ground when dropped from aircraft.
- Protection in flood-prone or flooded areas.
- Protection in very dusty areas.
- Easy ground transport.



More food for a better tomorrow.







Protection on impact with the ground when dropped from aircraft. | Protection in flood-prone or flooded areas. | Protection in very dusty areas. | Easy ground transport.

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STAPLE FOOD

THANK YOU

OFFICE

geral@ali100h2o.com

WhatsApp +351 931 750 597

VITOR BARATA

vb.ali100h2o@gmail.com

WhatsApp +351 915 432 038

www.ali100h2o.com

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