ALI100H2O

Nutritious by nature, essential by choice.

CATALOG

Staple Food

For a Healthier Pregnancy

September 2026

BALANCED NUTRITION

MATERNAL HEALTH

BABY DEVELOPMENT

www.ali100h2o.com



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STAPLE FOOD • INTRODUCTION

NUTRITION DURING PREGNANCY MAKES A DIFFERENCE

Balanced nutrition is essential for the mother's well-being and the baby's healthy development.

Why is it important?

During pregnancy, nutritional needs increase to support changes in the mother's body and the baby's growth.
A varied, safe and balanced diet helps provide the necessary energy, strengthen the immune system and promote everyday well-being.

Benefits for mother and baby

Proteins, vitamins, minerals, iron, calcium and adequate hydration contribute to the mother's health, help prevent nutritional deficiencies and support the baby's healthy development, from formation to birth.

Nutritional support during pregnancy

Practical and nutritious food solutions can help expectant mothers maintain regular and balanced meals, even with a busy routine.
Choosing quality foods makes it easier to adopt good nutritional habits throughout pregnancy.

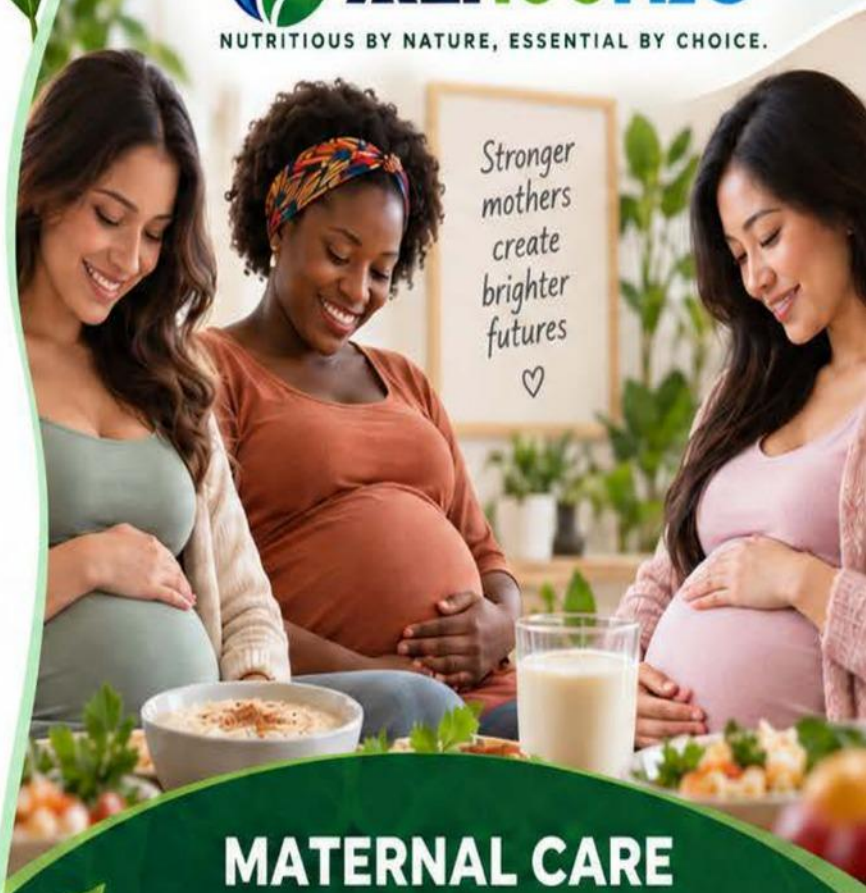
Energy
For the expectant mother's daily life.

Nutrition
For the health of mother and baby.

Development
For a healthier future.

Practical food solutions to support the future mother's routine.

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NUTRITIOUS BY NATURE, ESSENTIAL BY CHOICE.



MATERNAL CARE

ALI100H2O supports the nutrition of pregnant women with practical, nutritious solutions adapted to everyday life.

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

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Illustrative images

STAPLE FOOD • INTRODUCTION

NUTRITION TODAY, NEW LIVES TOMORROW

Adequate nutrition during pregnancy is essential for the mother's health and the baby's healthy development.

Malnutrition during pregnancy can increase the risk of complications, premature birth, low birth weight and health problems for the mother and baby. Access to nutritious, safe and easy-to-prepare foods is an effective way to support pregnant women, especially in vulnerable situations.

As part of the food support program, a staple food package is proposed for pregnant women, with quality foods that contribute to a healthier and safer pregnancy.

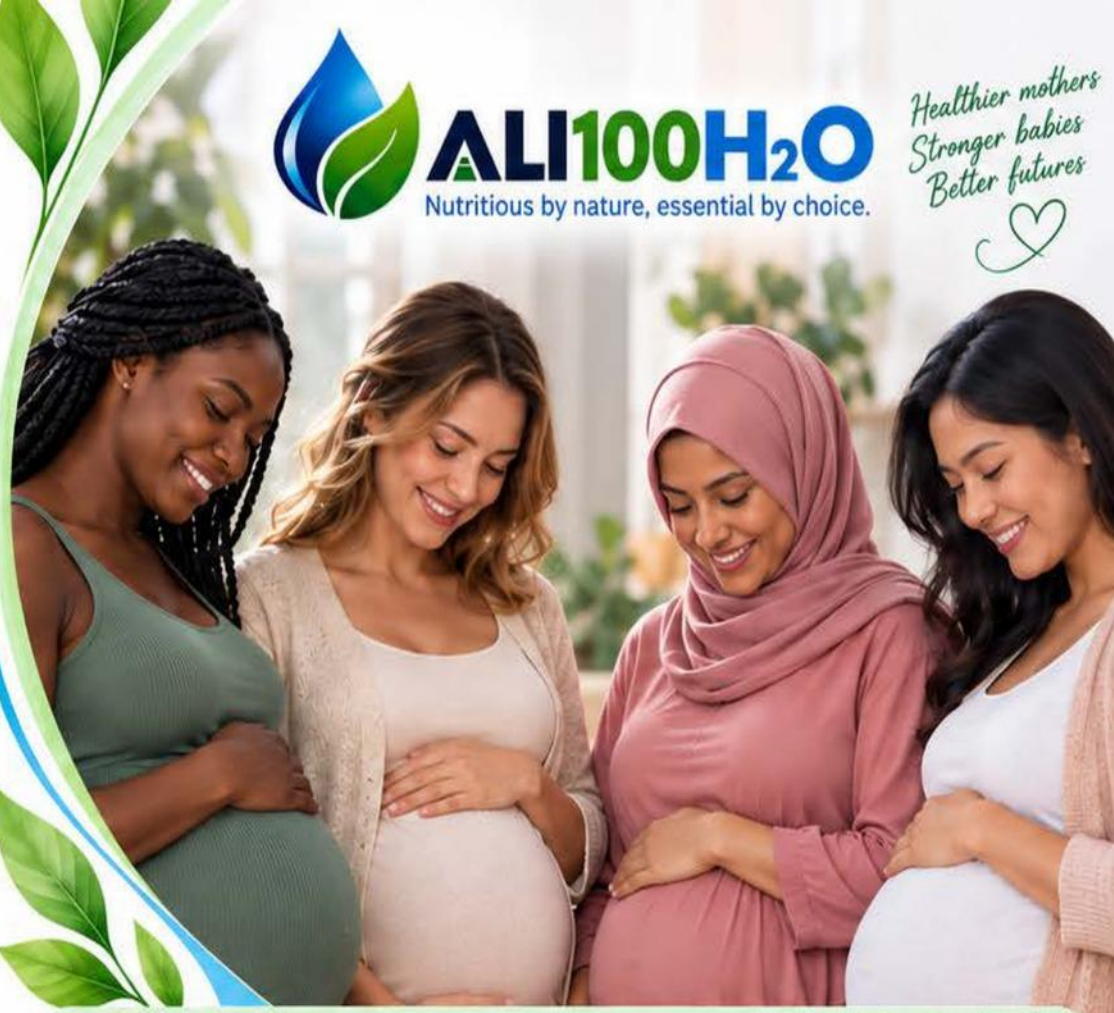
SPECIFIC OBJECTIVES

1. Ensure access to nutritious and safe foods for pregnant women in vulnerable situations.
2. Contribute to the mother's good nutritional status and the baby's healthy development.
3. Reduce the risk of anemia, vitamin and mineral deficiencies and other complications associated with malnutrition.
4. Promote healthy eating habits during pregnancy and postpartum.
5. Make meal preparation easier through practical, healthy and long-lasting foods.
6. Support the increased energy and nutritional needs of pregnant women.
7. Contribute to the mother's health and the baby's growth and development.
8. Provide versatile foods with simple preparation and proper preservation.
9. Promote equity in access to nutritious food, regardless of origin, social condition or geographic location.

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Healthier mothers
Stronger babies
Better futures



HELP NOURISH NEW LIVES

More nutrition. More health. More opportunities.

- Healthier pregnancy
- Adequate baby development
- Fewer complication risks
- More hope for the future

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STAPLE FOOD

Dehydration Process

Staple Food to support pregnant women



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STAPLE FOOD • ALI100H₂O

FOOD DEHYDRATION

Staple Food to support pregnant women

Understand the process. Understand the benefits.

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From ingredient to your table



Illustrative images

01 PRESERVATION

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

02 HOW IT WORKS

In thermal drying, the water in solid or liquid foods evaporates, generally below the boiling temperature. Temperature, humidity and air circulation are controlled. Air transfers heat to the food and transports water vapor to the outside.

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 suffer losses. Structure and texture may also change.

04 LACTIC CULTURES

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

05 STORAGE AND TRANSPORT

Many dehydrated foods can be stored without refrigeration before preparation, accorrding to the label. Proper packaging and a cool, dry place help preserve the product and can reduce logistics costs.

06 LESS WEIGHT

Removing water reduces weight and facilitates transport. A food with 90% water could, in theory, become close to one tenth of its initial weight if that water is removed. The result varies with residual moisture.

07 REHYDRATION

Adding water makes it possible to reconstitute many dehydrated foods. Speed and results depend on porosity, drying method and preparation. Original volume and texture are not always fully recovered.

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

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ALI100H2O

Balanced nutrition for the mother and for the baby.

Good nutrition brings great beginnings.

Today a healthier, stronger tomorrow for a brighter future.

OUR PRODUCTS

STAPLE FOOD FOR PREGNANT WOMEN



Milk Drink



Porridge



Cornmeal



Soup



Risotto / Rice



Flavored Drink

More nutrients for your health.

Support on your pregnancy journey.

Quality food for the baby's development.

Care today for a better tomorrow.

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Nutritious by nature, essential by choice.

STAPLE FOOD
SUPPORT PACKAGE
FOR PREGNANT WOMEN

Benefits of the Staple Food Support Package for Pregnant Women

Balanced nutrition today for a healthier pregnancy tomorrow.

01 LESS WEIGHT AND VOLUME

Reduced weight and volume, making transport, distribution and storage of the products easier.

02 NO REFRIGERATION NEEDED

No refrigeration required. Transport and storage can be carried out under normal conditions.

03 2-YEAR SHELF LIFE

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

04 CONTROLLED QUALITY

Consistent and controlled quality, with important nutrients for a balanced diet during pregnancy.

05 SIMPLE PREPARATION

Just add water and prepare according to the instructions, making daily consumption practical and easy.

06 NUTRITION FOR MOTHER AND BABY

Food solutions designed to support maternal well-being and the baby's healthy development.

07 EVERYDAY SUPPORT

Ideal for food support programs, offering practicality, accessibility and confidence to pregnant women.



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STAPLE FOOD

to support pregnant women

Practical and balanced nutrition for pregnancy and everyday life.

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Nutritive by nature, essential by choice.

4	3	4	28
pregnant women	meals per day per pregnant woman	weeks	packs

BOX CONTENTS

Corrugated cardboard box with the following products:

DAIRY DRINK
- Vanilla
- Red berries

NUTRITIOUS PORRIDGE
- Vanilla
- Cereals

RICE / RISOTTO
- Chicken
- Meat

POLENTA
- Chicken
- Meat

SOUP
- Vegetables and chicken
- Vegetables and meat

FLAVORED DRINK
- Tangerine
- Passion fruit



INCLUDES 1 GRADUATED MEASURING CUP

It makes food preparation simple, practical and safe, helping to ensure ideal portions for proper nutrition during pregnancy.



Together for healthier generations.

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Nourishing by nature, essential by choice.

STAPLE FOOD

SUPPORT FOR PREGNANT WOMEN

Solutions for a better tomorrow.







- Practicality in everyday life
- Balanced nutrition for you and your baby
- Maternal well-being
- Contributes to the baby's healthy development
- More hope for the future

BREAKFAST

Nutritious porridge



OR

Fortified dairy drink



Energy for a healthier day

LUNCH

Nutritious soup + Rice enriched with vegetables + Flavored drink with vitamins



Nutrients for you and your baby

DINNER

Nutritious soup + Nutrient-rich polenta + Flavored drink with vitamins



Light, balanced meals for a peaceful night

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ALI100H2O
Balanced nutrition for mother and baby.

Staple Food Support Package for Pregnant Women

Balanced nutrition today,
more health for mother and baby tomorrow.

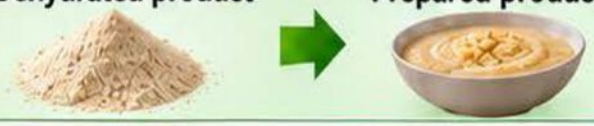


Caring today is nourishing the future.

Balanced nutrition for a healthier pregnancy.

Essential nutrients | More safety | Practical and versatile | Support for 4 pregnant women

Dehydrated product → **Prepared product**



Dairy Drink
(Natural, Strawberry or Vanilla)



Rich in protein, calcium and vitamins.

Per person:	30 g ➡	200 ml
For 4 people:	120 g ➡	800 ml
1 kg:	≈ 33 servings	

Porridge
(Oats, Corn and Fruits)



Source of energy, fiber and essential nutrients.

Per person:	45 g ➡	250 g
For 4 people:	180 g ➡	1 000 g
1 kg:	≈ 22 servings	

Polenta
(Traditional)



Quality energy, light and nutritious.

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

Soup
(Vegetables with Chicken or Beef)



Tasty, nutritious and easy to prepare.

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

Risotto / Rice
(Vegetables and Chicken)



Complete, tasty and balanced meal.

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

Flavored Drink
(Orange or Passion Fruit)



Refreshing, rich in vitamins and minerals.

Per person:	25 g ➡	250 ml
For 4 people:	100 g ➡	1 000 ml
1 kg:	40 servings	

Practical, long-lasting food | Supports the health of mother and baby | **Package for 4 pregnant women** More support. More health. More future. | Quality and safety in every meal

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Together for a better tomorrow.

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ALI100H2O
Nutritious by nature, essential by choice.

Nutrition that cares for two lives.

Staple Food
to Support Pregnant Women

Product Preparation Method

Dehydrated meals. Practical, nutritious and safe.



- For the mother and the baby
- Rich in essential nutrients
- Practical and quick to prepare
- Ideal for 4 pregnant women

MILK DRINK
Preparation for 120 g



Source of protein, calcium and vitamins. Contributes to the baby's development.

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

PORRIDGE
Preparation for 180 g



Rich in fiber, vitamins and minerals. Helps maintain energy and well-being during pregnancy.

1. Mix **180 g** of the product in **0.36 liters** of cold water and stir well.
2. Place over heat and cook on low heat for **2 minutes**, stirring constantly.
3. Ready to serve.

POLENTA
Preparation for 200 g



Source of energy, with B-complex vitamins.
A light, creamy and nutritious meal.

1. Dissolve **200 g** of polenta in **1 liter** of water.
2. Bring to a boil.
3. Reduce the heat and cook for **5–10 minutes**, stirring constantly.
4. Ready to serve.

SOUP
Preparation for 160 g



Tasty, nutritious and rich in vitamins and minerals. Ideal for a balanced diet.

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

RISOTTO / RICE
Preparation for 240 g



A complete, tasty meal rich in nutrients. Contributes to a balanced diet during pregnancy.

1. Bring **1 liter** of water to a boil.
2. Add **240 g** of the product and mix well until evenly combined.
3. When it boils again, cook on low heat for **20–25 minutes** with the pot covered.
4. Ready to serve.

FLAVORED DRINK
Preparation for 100 g



Refreshing, rich in vitamins and minerals. Helps maintain the mother's hydration and well-being.

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

Practical and reliable nutrition | Contributes to the health of the mother and baby | Staple Food for 4 pregnant women
More support. More health. More future. | Quality and safety in every meal

Together for a better tomorrow.

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ALI100H2O

Nutrition by nature, essential by choice.

Healthier mothers today, a stronger future!



STAPLE FOOD

SUPPORT FOR PREGNANT WOMEN

With a minimum purchase of 10 containers

Nutrition in every new life.

For each container with 750 staple food packages, we offer:

200 POTS

To help prepare the meals in the staple food packages.



Pot similar to the one shown.

200 UTENSIL SETS

Each set consists of:

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



Sets similar to those shown.

Solutions for a better tomorrow.

- Support for mother and baby's health
- Balanced nutrition
- More equality and inclusion
- More hope for the future

Together for stronger communities.

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Nutrition by nature, essential by choice.

NOURISHING PREGNANCIES BUILDING BRIGHTER TOMORROWS

PROTECTION AND TRANSPORT

Staple Food for Pregnant Women

OPTIONAL

- Protection against ground impact during air transport.
- Protection in flood-prone or flooded areas.
- Protection in areas with high dust levels.
- Easier handling during ground transportation.



More nutrition for a better tomorrow.







Protection against ground impact during air transport.

Protection in flood-prone or flooded areas.

Protection in areas with high dust levels.

Easier handling during ground transportation.

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THANK YOU

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