The Core Meal

PRODUCT SHEET
FOR ORGANISATIONS AND FUNDERS · NOVEMBER 2026

READY TO EAT · MADE IN INDIA

A full meal for the people you feed, where nobody can cook.

The Core Meal needs no cooking, no water and no fridge. Two bars and a savoury crunch, designed together as one nutritious meal, at a price people can afford, so the people you feed eat properly when there is no time or place to cook. We are a social enterprise: people who buy the meal for themselves help pay for meals for people who can't.

WHERE IT FITS

At your desk · On the go · Night shifts · Travel and treks · Hostels and campuses · Remote worksites · Hospitals · Relief and outreach



One meal, two bars and a savoury crunch, from our August 2026 pilot batch.

Eaten by hand, standing up, anywhere a kitchen can't run. Nothing to heat, mix or wash up.

Designed to give about a third of what an adult needs in a day.

ENERGY	PROTEIN	PLUS
around **640** kcal	about **23** g	**24** vitamins and minerals

Per meal, as designed. Formulated against WHO/FAO and ICMR-NIN 2024 reference values. The full nutrition table is on every pack.

PRICE

₹229 a meal

GST included, for small orders. Ask us for a quote on larger ones.

FEEDING PEOPLE? TASTE IT FIRST

We can arrange a tasting from our first commercial run. Write to **partnerships@thecoremeal.com** with how many people, where, and how often, and we reply with prices, quantities and timing. Ask us about rates for organisations feeding people in need.



THE MEAL, IN FACTS

One meal	**Two bars (70 g each) and one savoury crunch (22.6 g)**, about 163 g, in one sealed pack.
Flavours	Spanish Tomato, Peri Peri, Pudina Chutney. The bars are the same in each; the crunch carries the flavour.
Ingredients	Plant-based and 100% vegetarian: oats, dates, seeds, pea and rice protein in the bars; corn, jowar and rice in the crunch; added vitamins and minerals.
Allergens	No wheat, dairy, soy, nuts or peanuts in the recipe.
Preparation	**None.** Open and eat.
Storage and shelf life	Every pack has **at least six months** of shelf life from the day it's made, with no fridge or cold chain.
Licence	**FSSAI Central licence 11226998000678.** Made at an FSSAI-licensed manufacturing facility in India.

Paying for meals others eat? Companies, foundations and individuals can buy meals delivered to an organisation that feeds people. Ask us about special rates for meals bought for others. If that organisation needs a case for its own funder or board, we can help write it.

Proper nutrition shouldn't be hard to get. Anyone, anywhere, eating something they like that is complete, at a price they can afford, and free where they can't pay.

That is what we are building toward. This meal is the first step.

partnerships@thecoremeal.com · TheCoreMeal.com