



رمضان كريم

Ramadan

KAREEM

NASS FOODS SIGNS A CONTRACT WITH MOIC



We are present in.

- Carrefour Hypermarket
- Ramez Hypermarket
- Lulu Hypermarket
- Al Osra Market
- Al Tamimi Market
- Sultan Center
- Nesto Supermarket
- Lebanon Trade Center

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Ramadan KAREEM



Heritage Assorted Shredded Cheese



Meggle Spray Cream



Meggle Spray Cream



Pena Branca Frozen Chicken



اسواق رamez
Aswaq Ramez



Pena Branca Chicken Sausage 340 gm



Blondy Potato Fries 2.5 kg



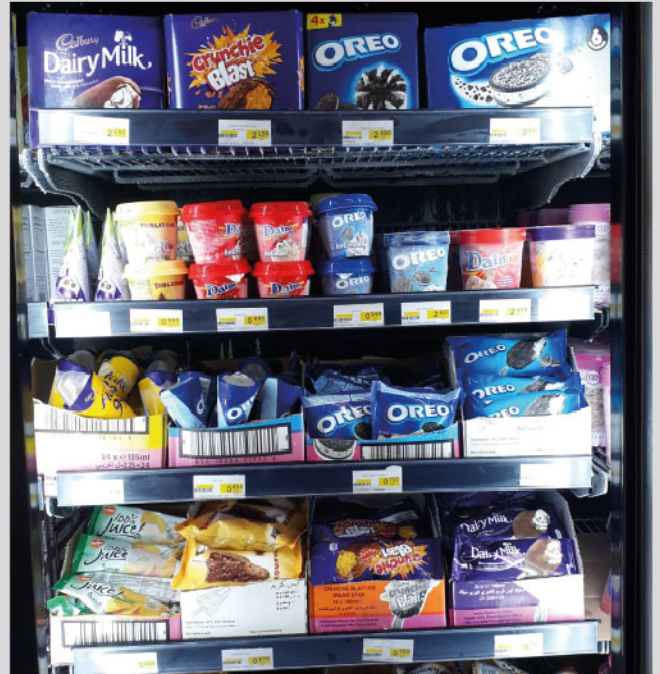
Assorted Vegetable 400 gm



أسواق التميمي tamimi markets



Assorted Cheese on the Deli Counter



Oreo, Daim, Flake, Cadbury, Tablerone Ice cream





Ramadan KAREEM



Monterey Jack Cheese



Temak Vine Leaves



Kitchen King Basmati Rice
20 kg

Kitchen King Rozana
Basmati Rice 20 kg

Kitchen King Bukhari
Gold Rice 20 kg





الأسرة alosra





STAY HEALTHY DURING RAMADAN

**Don't skip Suhoor
(pre-dawn meal)**

1

**Load up on
B complex
vitamins**

2

**Go slow
when you
break your fast**

3

**Don't overeat
during Iftar
(dinner)**

4

**Avoid eating
fried foods,
salty foods and
high-sugar foods**

5

**Drinking as much
water as possible
between Iftar
(dinner) and Suhoor
(pre-dawn meal)**

6

**Work out
(mildly)**

7



Nass Foods signs a contract with Ministry of Industry, Commerce & Tourism



In implementation of the directives of His Royal Highness Prince Salman bin Hamad Al Khalifa, Crown Prince, regarding providing adequate food stocks for a period of not less than six months, signing a storage and supply of food and consumer goods within the strategic inventory was signed today with Nass Food Company.





COVID-19

Training & Review - Basic Awareness COVID 19

What is COVID-19?

The COVID-19 is a new strain of Coronavirus that was recently discovered in China.

Main clinical symptoms



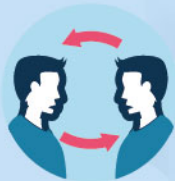
Fever

Shortness of breath

Cough

What are the ways of transmission of the virus?

- It can be transmitted from person to person by:
- Direct contact
- Droplets from sneezing, coughing, or talking
- The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing), and touching surfaces contaminated with the virus. The virus may survive on surfaces for several hours, but simple disinfectants can kill it.



Person-to-person



Respiratory droplets
Of infected person



Touching a surface
where virus landed
recently



Aerosol

What are the methods of prevention?

Wash your hands regularly and thoroughly using soap and water. Use alcohol-based sanitizers.

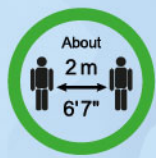
Clean and disinfect frequently used objects and surfaces such as door handles.

Cover your mouth and nose with a tissue when you sneeze or sneeze into the crook of your elbow when coughing or sneezing and dispose of used wipes properly.

Avoid contact with people experiencing a fever or suffering from a cough.

Refrain from shaking hands; opt for verbal greetings

Refrain from interacting with people or attending social gatherings



Keep Safe Distance
from Other People



Stay at Home
if Possible



Use Face Mask
or Respirator



Avoid Large
Crowds



Wearing Facemasks

- The use of a medical mask is advised if you have respiratory symptoms (coughing or sneezing) to protect others.
- If masks are worn, they must be used and disposed of properly to ensure their effectiveness and to avoid any increased risk of transmitting the virus.
- Face masks should be worn in all public places, malls, stores, and at the workplace.
- When disposing of face masks, do not touch the front of the mask and discard it into a designated waste receptacle.
- Always wash your hands with soap and water after discarding facemasks.
- The use of a mask alone is not enough to stop infections and must be combined with frequent hand washing, covering sneezes and coughs, and avoiding close contact with anyone with cold or flu-like symptoms (coughing, sneezing, fever).



Quarantine Instructions

If you experience the following symptoms related to the Coronavirus disease (COVID-19):

- Fever
- Cough
- Difficulty breathing
- And if you have travelled to one of the countries infected with the disease or have interacted with a person traveling from any of those locations, or interacted with an infected patient

Please follow these instructions:

- 1- Quarantine yourself at home, in a separate room
 - 2- Call 444
 - 3- Follow the instructions given by the medical team
 - 4- Avoid close contact with others
- As per the latest ministerial update with effect from 18th March 2020, the total quarantine period will be 28 days not 14 as previously instructed.
 - All those in quarantine should get tested 14 days from date of quarantine. Then after another 14 days be retested. If both tests results are negative, they may resume work.





Precautionary Measures to Prevent the Spread of COVID 19

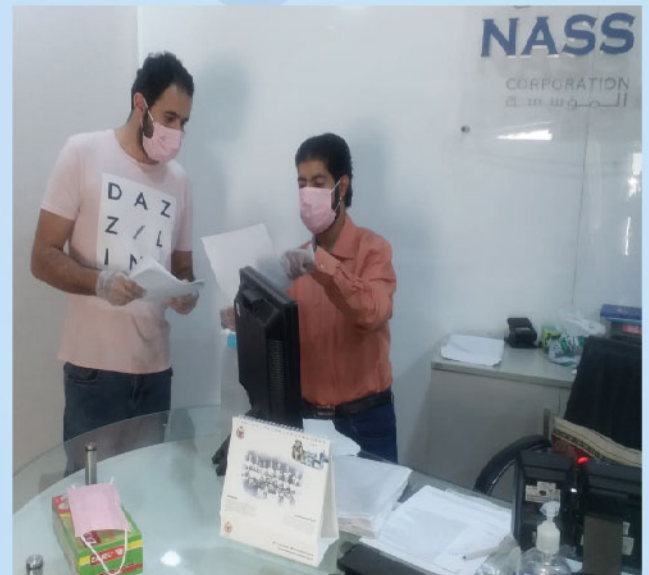
Stay Home!

If you experience the following symptoms related to the Coronavirus disease (COVID-19):

- Fever
- Cough
- Difficulty breathing

At work, employees will follow all precautionary measures set by Nass Foods, including but not limited to the following:

- Employees will submit to a temperature check every day on arrival.
- Employees will wear protective face masks provided by the company while on duty.
- Employees will wear plastic gloves provided by the company while on duty.
- Food Handlers & Delivery staff will always wear face masks and gloves while on duty, especially when handling food items and during delivery to customers.
- Delivery staff will pick up items from the warehouse in 3 shifts.
- Hand sanitizers and Anti-bacterial soap have been provided to all staff/vehicles and employees must follow hand sanitizing instructions posted up.
- Hand sanitizer is not enough to clean hands; thus water and soap must be used if hands are visibly dirty. Alcoholic sanitizer can be used as an addition after washing your hands thoroughly.
- All Nass Food warehouse premises will have restricted access until further notice. No outside visitors or unauthorized personnel will be allowed into food storage areas at this point of time.
- Service providers requiring access to office premises will be granted entrance only if wearing face masks, plastic gloves and submitting to a temperature check.





RECIPE OF THE WEEK

This easy Ramadan recipe of Corn Cheese Balls will be a perfect choice for your Iftar Snacks.



Ingredients:

1. Potato boiled - 1 big
2. Boiled corns - 2 tbsps.
3. Capsicum - 2 tbsps.
4. Coriander leaves
5. Mozzarella cheese - ½ cup
6. Chili Flakes - ½ tbsps.
7. Basil - ½ Tsp
8. Black pepper - ½ tbsps.
9. Salt - according to taste
10. Corn Flour - 2 tbsps.
11. Oil
12. Refined Flour (Maida) - 2 tbsps.
13. Breadcrumbs

How to Make

1. Put all ingredients in a bowl except refined flour and Mix well.
2. Apply oil on hands.
3. Take a small quantity of the mixture and give it the shape of the ball. Do the same for remaining mixture.
4. Now take refined flour and water to make a thin paste of it.
5. Dip the balls into the thin paste of refined flour and spread the bread crumbs.
6. Put in refrigerator for 30 minutes.
7. Put in hot oil and fry until it became brown.
8. Take out in a dish and serve with ketchup.

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