

From *Farmers,*  
to *Customers*



## About Us

First Choice Foods Limited, a renowned private agricultural based potato processing industry situated in Sudhhodhan-04, Mainahiya, Rupandehi, Nepal. It aims to produce - premium quality French fries and other potato related frozen snacks.

With our state-of-the-art facilities, cutting-edge technology, and a team of passionate experts, we are committed to setting new standards of taste, quality, and sustainability in the food industry.



Savor the *Taste*,  
Trust the Tradition!

## Why Choose Us?

### Premium Potato-Based Products:

We, First Choice Foods Limited, pride ourselves on producing a diverse range of premium potato-based products, mainly French fries and other potato related frozen snacks.

### Sustainable Practices

We prioritize sustainable farming and friendly environment for processing practices, ensuring the health of our ecosystems and the well-being of future generations.

### Seed Multiplication Program

We not only maintain the quality of the potatoes used but also ensure that only high quality seeds are used for cultivation. To uphold our standards, we invest in our own seed multiplication program in mid(1000-1500 masl) and high hills of Nepal.

### Dedicated Potato Production Program

With over 5000+ dedicated farmers across Nepal—from Terai(150-250 masl) to high hills(2000-2500 masl)—we ensure a consistent supply of high-quality potatoes for First Choice Foods through our own potato production program.

### Hygiene

We uphold strict hygiene standards at every stage, from sourcing to packaging, with rigorous sanitation protocols and regular quality checks to ensure clean, safe, and high-quality food production



### Qualified for International Standards

We adhere to strict quality standards and have implemented comprehensive quality control measures throughout our processes. We have obtained Global Standards for Food Safety (BRCS Food Issue 9) certification, ensuring the highest level of food safety and compliance.



## Mission

Enhance well-being of Nepalese farm families through production and industrialization of processing potatoes within sustainable and competitive potato value chain, delivering highest quality, safe, and healthy products to our customers.

## Vision

Commercialization of various frozen potato products that meet the highest export standards and delight customer worldwide.



\*masl -meter above sea level



# French Fries



www.fcffoods.com

## PRODUCT INFORMATION

Product Description	Himalayan Crisp Straight Cut 9MM	
Item 1		
Pack	2.5 kg	1 kg
Case	5 x 2.5 kg	10 x 1 kg

Product Description	Himalayan Crisp Shoestring 6mm	
Item 2		
Pack	2.5 kg	
Case	5 x 2.5 kg	

Product Description	Hamro Fries 9MM	
Item 3		
Pack	2.5 kg	1 kg
Case	5 x 2.5 kg	10 x 1kg

Nutrition Facts	Serving Size 100gm
Calories	144.7
Fat(g)	3.5
Cholesterol(mg)	0
Sodium(mg)	58.9
Carbohydrate(g)	25.1
Dietary Fiber(g)	1.06
Sugar(g)	0.60
Protein(g)	3.2

Ingredients	Frozen Potatoes(95%), and Edible Vegetable Oil(Refined Palmolein Oil)
-------------	---

Shelf Life	18 months when stored at -18°C or below.
------------	--



### Preparation Method: Bake(AIR FRYER)

Preheat the air fryer to 200°C. Spread FCF french fries on a single layer on frying tray and air fry for approximately 12-15 minutes till light golden color. Shake couple of times in between.

When using smaller quantity, reduce the cooking time. For best cooking result when cooking frozen items, follow the recommended time and temperature.



Allergen Declaration : Non-Allergen

### Preparation Method: Deep Fry

-  Step -1 Preheat the oil in the pan (max. temperature upto 180°C).
-  Step -2 Take the product from the freezer. Fry directly - Do not thaw.
-  Step -3 Put the desired quantity gently in hot oil and deep fry for 3 minutes.
-  Step -4 Seal & keep the remaining product in the freezer.

## Quality

Maintaining high quality is of the utmost importance to us. Here are some of the ways we ensure that our products are of highest quality.



### Good Manufacturing Practice

We adhere to stringent Good Manufacturing Practices (GMP) at all times to ensure our products are manufactured in a clean, safe, and hygienic environment.



### Robust Quality Control System

We implement a comprehensive quality control system to routinely test raw materials, in-process products, and finished goods, ensuring compliance with safety and quality standards.



### Food Safety Program

We have an established and effective food safety program in place to prevent contamination and ensure that our products are safe for consumption.



### High Quality Ingredients

By sourcing only the highest quality potatoes, we ensure exceptional taste, texture, and nutritional value in every product, consistently meeting the most rigorous quality standards.



## Our Operational Excellence

Having strong infrastructure is essential for the success of our business. Here are some key elements of our infrastructure.



### Equipments

First Choice Foods is a leading French fry company equipped with state-of-the-art European technology machines. By utilizing cutting-edge European equipment, FCF delivers premium French fries with optimal taste, texture, and crispiness, meeting international standards.



### Research & Innovation

At First Choice Foods, innovation drives our commitment to quality and excellence. Our dedicated R&D team continuously works to enhance potato seed technology, improve crop yield, and develop superior potato varieties with better disease resistance and nutritional value. Our investment in research extends beyond raw materials; we constantly refine our production techniques to optimize texture, taste, and shelf life.



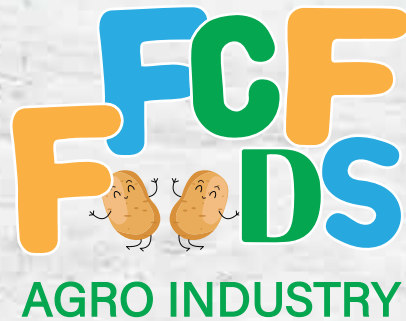
### Distribution Network

We maintain an efficient distribution system to ensure timely and cost-effective delivery of our products. Through a well-established network of branches and distribution partners, we effectively supply retail outlets and other points of sale.



### Supply Chain Management

We operate a well-managed supply chain that enables the timely and cost-effective sourcing of high-quality ingredients and materials, ensuring consistency and excellence in our products.



From Nature's Bounty to  
*Your Plate*, We Craft  
*Flavors* That Innovate!

## FIRST CHOICE FOODS LIMITED

 Shuddhodhan-04, Mainahiya, Rupandehi, Nepal

 +977 9802847524 , +977 9802847500

 [www.fcffoods.com](http://www.fcffoods.com)

 [info@fcffoods.com](mailto:info@fcffoods.com)  
[laxmipaudel@fcffoods.com](mailto:laxmipaudel@fcffoods.com)