CLAIMS

1. A method for inserting a capsule with a substance into a disposable cup, comprising: filling the capsule with the substance to a brim, while a rim of a circular opening of the capsule is left uncovered with the substance, and while the capsule is held with the circular opening up; and bringing the disposable cup down onto the capsule until a bottom of the disposable cup is pressed onto the rim of the capsule thus forming a closed volume for storing the substance therein, while the orientation of the cup is such that its circular opening is down, while an inner diameter of the cup at the bottom equals an outer diameter of the rim of capsule, and while a diameter of the cup at its rim is larger than the inner diameter of the cup at the bottom.

2. The method according to claim 1, wherein the cup further includes a cylindrical space formed by the bottom of the cup and side walls of the cup extending beyond the bottom of the cup in a direction opposite the circular opening of the cup, wherein the cylindrical space ends in a second circular opening, and wherein an inner height and diameter of the cylindrical space equal a height of the capsule and the outer diameter of the capsule, respectively.

3. The method according to claim 1 or 2, wherein the capsule is made of a material impermeable to oxygen and humidity, whereby the substance is impermeably contained in an impermeable volume defined by the capsule in the disposable cup and a capsule in another cup the disposable cup is inserted therein, wherein the other cup has an identical shape to that of the disposable cup and has another capsule mounted at its bottom.

4. The method according to claim 1 or 2, the method further including: tightly attaching the capsule to the bottom by soldering and/or gluing, thereby storing the substance in the closed volume from release, until the capsule is removed for the purpose of using the substance.

5. The method according to claim 1 or 2, the method further including: flaring outwards, by a cylindrical wall of the capsule, at the second side to form a circular ring (annulus), wherein an external diameter of the ring is slightly larger than the inner diameter of the cup at the proximal side, thus forming the closed volume as the capsule is inserted by pressure into the disposable cup until the ring is adjacent to the bottom,

thereby storing the substance in the closed volume from release, until the capsule is removed for the purpose of using the substance.

6. The method according to claim 1 or 2, the method further including: keeping a freshness and aroma of the substance for an extended period of time, by means comprising packing two or more disposable cups arranged in a stack, wherein each disposable cup including the substance covered with the capsule.

7. The method according to claim 1 or 2, wherein the capsule further includes a handle for removing the capsule from the cup, wherein the handle is attached to the capsule at its first end and reaches the distal side of the rim at its second end.

8. The method according to claim 7, wherein the handle comprises a hollowed out structure for adding additional substances such as sugar, to the substance contained at the bottom.

9. The method according to claim 1 or 2, wherein the substance is made of dry and/or solid, and/or powder, and/or liquid, and/or gel materials, and/or flavors.

10. The method according to claim 1 or 2, wherein the capsule further includes means for separating the capsule into two or more volumes.

11. The method according to claim 10, wherein a total height including the means for separating the capsule is equal to or smaller than the depth of the cylindrical space.

12. The method according to claim 10 or 11, wherein each volume is fully or partially covered with a liquid-permeable permanent cover or with a removable temporary cover.

13. A system comprising a stack of a plurality of disposable cups and a plurality of capsules with a substance inserted into the disposable cups, wherein each capsule with a substance inserted into a disposable cup is a product of the method of Claim 1.

14. A system comprising a stack of a plurality of disposable cups and a plurality of capsules with a substance inserted into the disposable cups, wherein each capsule with a substance inserted into a disposable cup is a product of the method of Claim 2.

15. A system comprising a stack of a plurality of disposable cups and a plurality of capsules with a substance inserted into the disposable cups, wherein each capsule with a substance inserted into a disposable cup is a product of the method of Claim 3.

16. A system comprising a stack of a plurality of disposable cups and a plurality of capsules with a substance inserted into the disposable cups, wherein each capsule with a substance inserted into a disposable cup is a product of the method of Claim 4.

17. A system comprising a stack of a plurality of disposable cups and a plurality of capsules with a substance inserted into the disposable cups, wherein each capsule with a substance inserted into a disposable cup is a product of the method of Claim 5.

18. A system comprising a stack of a plurality of disposable cups and a plurality of capsules with a substance inserted into the disposable cups, wherein each capsule with a substance inserted into a disposable cup is a product of the method of Claim 6.

19. A system comprising a stack of a plurality of disposable cups and a plurality of capsules with a substance inserted into the disposable cups, wherein each capsule with a substance inserted into a disposable cup is a product of the method of Claim 7.

20. A system comprising a stack of a plurality of disposable cups and a plurality of capsules with a substance inserted into the disposable cups, wherein each capsule with a substance inserted into a disposable cup is a product of the method of Claim 8.