

Ration Packs I Have Come Across

Introduction

This article is not a history of army ration packs but simply the writer's experience with them. You will undoubtedly have your own stories and recollections. There are several sites on the internet where you can read more, particularly the US site where that author has done a lot of research. (see Ref 1)

Another interesting document is Reference 2 for an official view.

1965 – 1970

When I left Senior Scouts to join the CMF in 1965, it was very exciting with so many new experiences that the mind had trouble keeping up... steel on the heel and toe of boots, gaiters, polishing brass, 37 pat webbing, the SLR, Owen gun and M60. One of the new experiences was ration packs.

Nobody back then considered that you needed a lesson on ration packs in your recruit course (they do now! No kidding!), so on my first annual camp in FNQ we were given our radio batteries and rations, loaded onto trucks (US Studebakers) and sent into the jungle.

Well, by about 1300 hrs I was feeling a bit hungry but weren't open it until instructed to (Boy, was I green!). Of course no one did, so, I opened and ate it anyway. Doesn't seem a big deal now but it was then. It had an instruction sheet which gave adequate guidance in what to eat and when. (Picture 1, 2)

Hardly a menu to create excitement. The cereal block, which persisted even into the 1970s was hard, dry and unappetising. I never did get the time to try soaking it in water/milk to see if it got any better. The breakfast tins defied heating in the can unless to burnt the bottom layer of food. To put it into a mess tin and heat it that way took too long and then you had to wash the mess tin, a sometimes huge embuggerance.

Lunch was fine cold except for the camp pie which was a challenge to improve on. Later on when they added flavour satchels like curry powder, or you had Tabasco, you could make it taste better.

Dinner was always enjoyable. As soon as the harbour was in place and the clearing patrols back, you could then work on some gourmet delight so long as it included corned beef and completed with biscuits and cheese or perhaps the rice which they added a bit later.

Sometimes they supplemented them with the hard tack biscuits. These came in a 5 gallon tin and each packet was 10 biscuits wrapped in a waxed paper. From what I can read, they were better than the WWII biscuits but only just. I remember them as being hard and crunchy but better than the ones in the ration pack which tasted like cardboard.

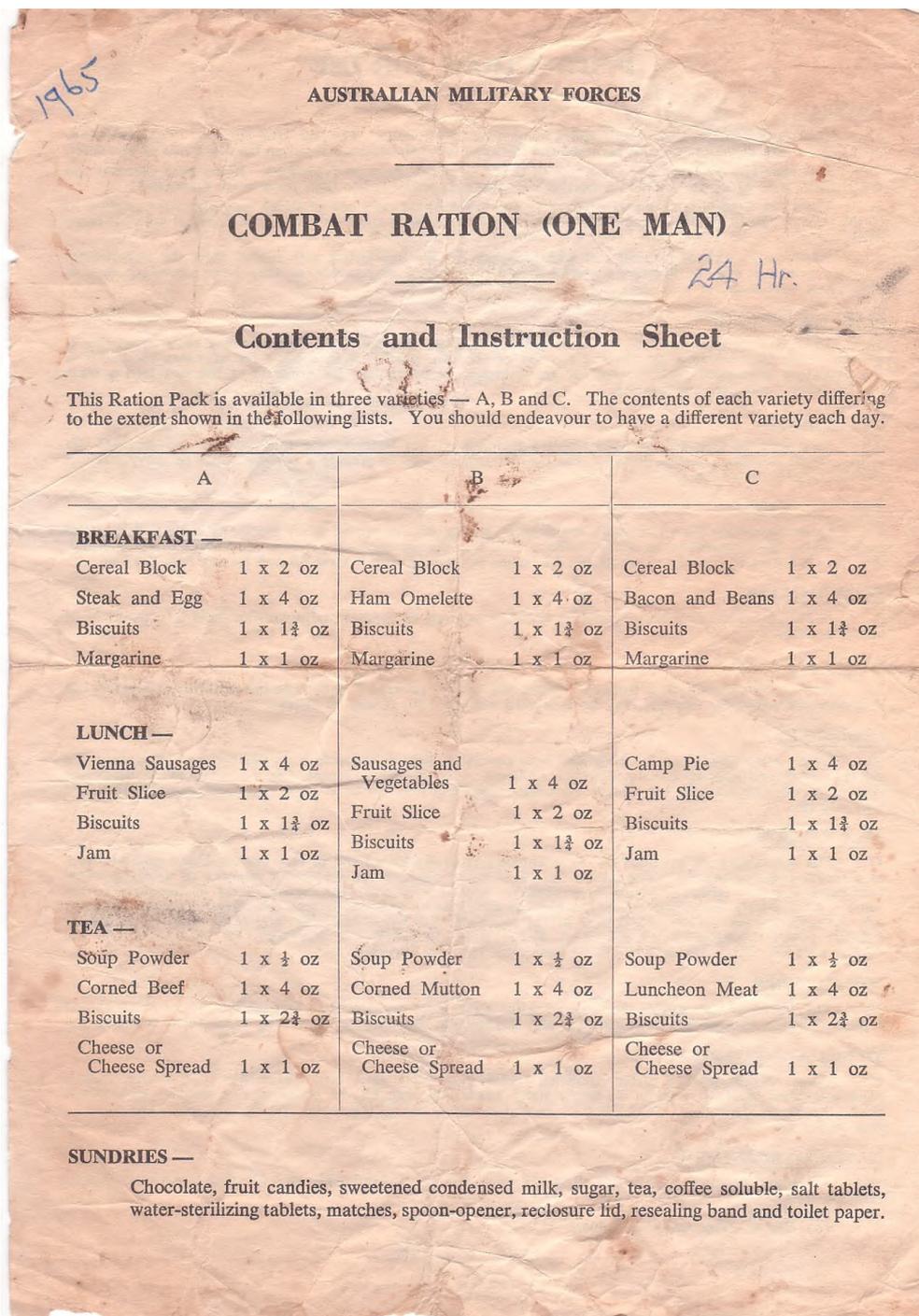
Salt tablets, blue and white water sterilizing tablet packs and the little piece of cardboard that had 6 or 8 matches in it, all completed the food for a soldier. The chocolate was always popular. I learnt how to use the can opener.

Another memory is the toilet paper. It was that shiny stuff (waxed?) and often, never enough. The old stories about using a leaf could be true.

Later, with Vietnam under way, more improved ration packs were issued. One variety had a can of tuna in oil. Mostly we ate cold meals and so everyone ate the tuna cold. That was not good! Before moving out of a harbour position, we would dig a hole and bury the rubbish. There were so many

unopened tins of tuna! I discovered that if mixed the beef soup satchel, the tuna was quite palatable and so I would collect the tins and always ate well. Even today, I like canned tuna with beef stock cubes.

Before moving to PNG, we acted as enemy for a Battalion going to Vietnam and we sat in various locations in the jungle (complete with black pyjamas, .303 and blanks) waiting to be discovered. This gave us a lot of time to experiment with the packs that you would not normally get. I made rice pudding with the tube of condensed milk, cordial by dissolving those square hard lollies in water (usually overnight), every way possible with soup powder and chocolate drinks by scraping the chocolate into flakes. Even so, they became monotonous. In those days, it was common for most of us to carry a bottle of rum or whiskey. This livened up the coffee of a morning or evening. Wouldn't happen today! You would be hung, drawn and quartered.



Picture 1 – Combat Ration One Man circa 1965

INSTRUCTIONS FOR USE

GENERAL

1. Each pack contains three meals and a number of sundry items. The jam, fruit slice and soup powder are provided in several varieties. The commodities intended for each meal are listed on the other side of this sheet.
2. It is generally desirable that the whole of the food in this pack be consumed. If the pack contains too much food, it is better to consume a portion of each commodity rather than leave some untouched.
3. There are a number of pieces of litter in each ration pack, any one of which may give your position to the enemy. Keep all litter from foods consumed between meals and, after each meal, bury it with all other litter.
4. Some items, such as a small can with reclosure lid, the plastic bag with rubber band, the intermediate tin-plate container and the fibreboard carton should be retained, if possible, as they have secondary uses as waterproof containers.

MAIN COMPONENTS

5. The main components may be consumed hot or cold, although some will be much more appetizing if heated. This may be done by piercing the top of the can, placing it in a mess tin of water so that it is three-quarters submerged and heating for ten minutes, or by tipping the contents of the can into a mess tin or other container, and heating.

SOUPS/SAUCE

6. Soup may be prepared by adding half a pannikin of hot water to the soup powder and stirring. By using a much smaller quantity of water, the powder can be used to prepare a savoury sauce or gravy. It can also be used to flavour a stew.

INSTANT COFFEE

7. Unless water has been previously sterilized by boiling or the use of water sterilizing tablets, it must be boiled during the preparation of instant coffee. If it has already been sterilized, it need only be warmed and, if a fire cannot be lit, water can sometimes be heated by placing it in a mess tin and leaving it in the sun.

FRUIT CANDIES

8. A pleasant drink may be prepared by crushing one roll of candies and dissolving them in a pannikin of drinking water.

CONDENSED MILK

9. After a few months in a tropical climate, the condensed milk may become brownish in appearance, but it is none the worse for this and may be consumed without fear of any ill effects.

CHOCOLATE

10. Under some conditions the chocolate may develop a light-coloured film on the surface. It is none the worse for this and may be consumed with confidence. A chocolate beverage may be prepared by dissolving portion of the chocolate in hot water and adding milk and sugar to taste. The chocolate may also be flaked onto biscuits.

SALT TABLETS

11. The salt tablets are intended for those engaged in strenuous activity in very hot conditions and who are, as a result, sweating heavily. The tablets should be taken dissolved in a plentiful quantity of drinking water (not more than two tablets to a full water bottle). Break up or crush the tablets before adding them to the water. Alternatively the tablets can be crushed and sprinkled on the food though this already contains sufficient salt for most tastes. **THE TABLETS MUST NEVER BE SWALLOWED WHOLE. DO NOT TAKE EXTRA SALT UNLESS YOU HAVE A PLENTIFUL SUPPLY OF WATER. IT IS HARMFUL TO TAKE EXTRA SALT WITHOUT ALSO TAKING EXTRA WATER.**

SPOON-OPENER

12. The spoon-opener should be cleaned after each meal and sterilized frequently. To sterilize, thread a piece of string through the hole provided and suspend the spoon-opener in boiling water for a few minutes.

STERILIZING TABLETS

13. These contain WHITE water sterilizing tablets and BLUE taste removing tablets. To sterilize water, place a crushed WHITE tablet in an empty water bottle and then fill the bottle to the shoulder with water. Shake the bottle vigorously. Wait 30 minutes and then add the BLUE tablet and shake again. The water is then fit for use.

WATER STERILIZATION

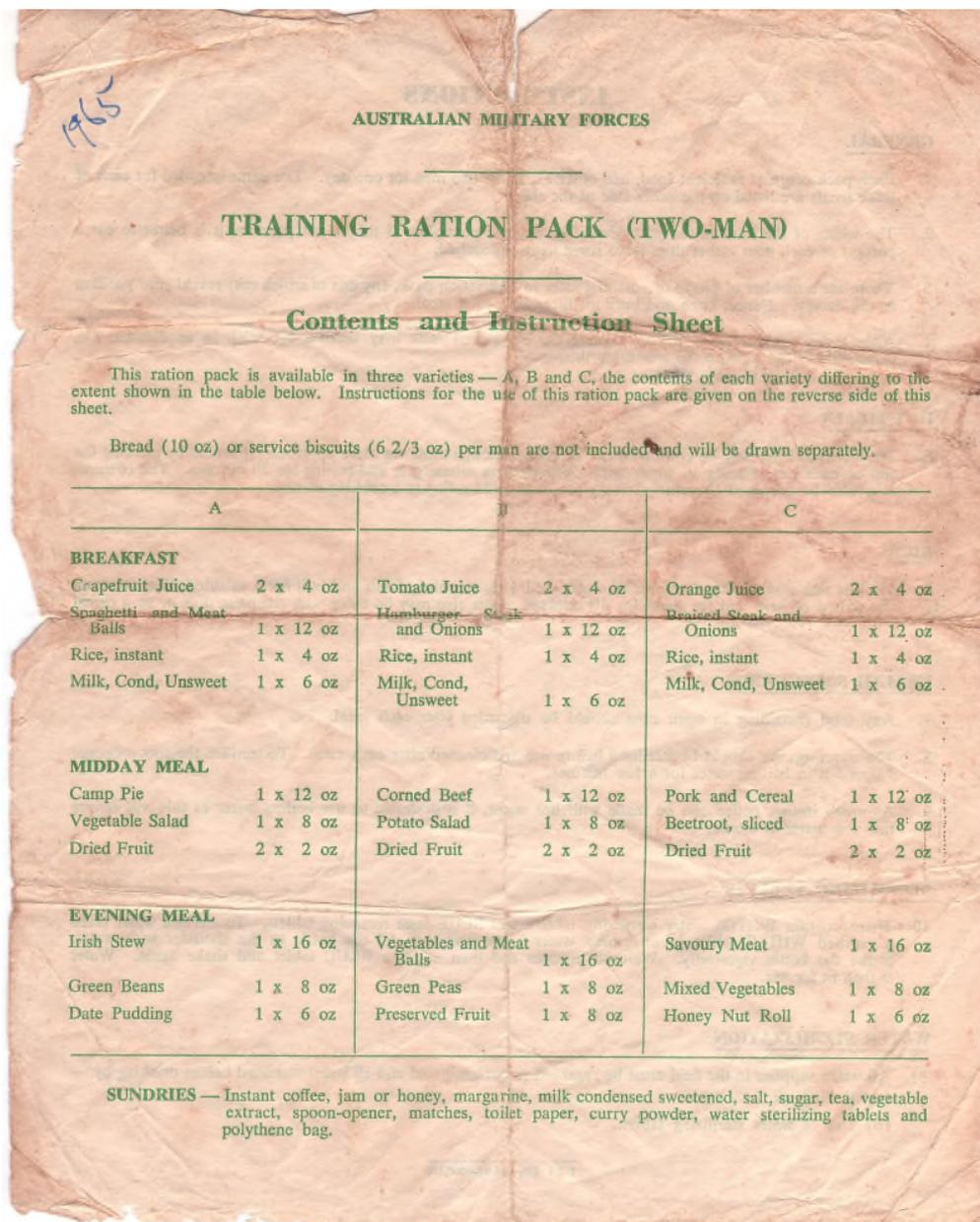
14. All water supplies in the field must be regarded as contaminated and all water sterilized before drinking by—
 - (a) Boiling, or
 - (b) Use of water sterilizing tablets.

Picture 2 – Combat Ration One Man Instruction Sheet

Training Ration Pack 2 Man (Picture 3)

I encountered these in the late 1960s. The menu was more varied than the CR1M and in theory, it was a good idea as the doctrine then was that each section had 10 men and you were in pairs eg, 2 scouts, 2 in the gun group, 2 scouts etc. To carry these packs, we would divide up the items between the section. That worked fine but failed when you weren't all together for the meal or someone moved elsewhere and took the components with him. We only had these for one camp and were never seen again.

Notice that they still included the corned beef for lunch with some imagination being used for the other meals. I could never quite get used to eating the rice for breakfast though. I wonder who decided that was when it should be consumed. Dessert was introduced. The pack still assumed that you liked beef. Were there any vegetarians in those days?



Picture 3 – Training Ration Pack

CR10M – Combat Ration 10 Man (Picture 4, 5)

Along came the 10 man packs. These were probably an answer to the prayers of any WO Caterer. It must have simplified their meal preparation because to feed 100 soldiers you just needed 10 of these boxes, opened a couple of hundred cans (they had industrial openers), tipped it all into a big tub, heated it up and spooned it into mess tins as you filed past.

We had several names for this type of meal (and the cooks) none of which can be printed here. The metal tins that contained the condiments came in handy though and later, in the 80s and 90s, these were replaced by plastic ones. My pantry still has a good number of the plastic ones.

You will notice that the main meal items hadn't improved all that much still.

AUSTRALIAN ARMY			
COMBAT RATION (TEN MAN)			
CONTENTS AND INSTRUCTION SHEET			
This Ration Pack is available in four menus — A, B, C and D, the contents of each menu differing to the extent shown in the lists below. Bread, biscuits or rice are not included and are issued separately			
A	B	C	D
BREAKFAST			
Mince and Spaghetti	4 x 454 g cans	Meat and Beans	4 x 454 g cans
Milk Cond Unsweet	1 x 410 g can	Milk Cond Unsweet	1 x 410 g can
Butter Concentrate	1 x 170 g can	Butter Concentrate	1 x 170 g can
Vegetable Extract	2 x 28 g cans	Vegetable Extract	2 x 28 g cans
Sugar	2 x 140 g pkts	Sugar	2 x 140 g pkts
Salt	4 x 7 g pkts	Salt	4 x 7 g pkts
Coffee, Soluble	2 x 28 g pkts	Coffee, Soluble	2 x 28 g pkts
LUNCH			
Beef Noodle Soup Powder	1 x 227 g can	Tomato Soup Powder	1 x 227 g can
Chopped Pork & Cereal	4 x 340 g cans	Luncheon Meat	4 x 340 g cans
Potatoes	2 x 454 g cans	Potatoes	2 x 454 g cans
Peas Green	2 x 454 g cans	Peas Green	2 x 454 g cans
Tomato Sauce	1 x 227 g can	Tomato Sauce	1 x 227 g can
Sugar	2 x 140 g pkts	Sugar	2 x 140 g pkts
Tea	3 x 18 g pkts	Tea	3 x 18 g pkts
Salt	4 x 7 g pkts	Salt	4 x 7 g pkts
TEA			
Braised Steak	4 x 454 g cans	Beef & Kidney	4 x 454 g cans
Potatoes	2 x 454 g cans	Potatoes	2 x 454 g cans
Tomatoes	2 x 454 g cans	Sweet Corn	2 x 454 g cans
Fruit Pudding	4 x 454 g cans	Fruit Salad	4 x 454 g cans
Jam	2 x 255 g cans	Jam	2 x 255 g cans
Butter Concentrate	1 x 170 g can	Butter Concentrate	1 x 170 g can
Milk Cond Unsweet	1 x 410 g can	Milk Cond Unsweet	1 x 410 g can
Salt	4 x 7 g pkts	Salt	4 x 7 g pkts
Sugar	2 x 140 g pkts	Sugar	2 x 140 g pkts
Tea	3 x 18 g pkts	Tea	3 x 18 g pkts
Beef & Veg Curry	4 x 454 g cans	Chicken Ndle Soup Pdr	1 x 227 g can
Milk Cond Unsweet	1 x 410 g can	Corned Beef	4 x 340 g cans
Butter Concentrate	1 x 170 g can	Potatoes	2 x 454 g cans
Vegetable Extract	2 x 28 g cans	Beans Green	2 x 454 g cans
Sugar	2 x 140 g pkts	Tomato Sauce	1 x 227 g can
Salt	4 x 7 g pkts	Sugar	2 x 140 g pkts
Coffee, Soluble	2 x 28 g pkts	Tea	3 x 18 g pkts
Steak & Kidney	4 x 454 g cans	Salt	4 x 7 g pkts
Milk Cond Unsweet	1 x 410 g can	Steak & Tomato Puree	4 x 454 g cans
Butter Concentrate	1 x 170 g can	Potatoes	2 x 454 g cans
Vegetable Extract	2 x 28 g cans	Carrots	2 x 454 g cans
Sugar	2 x 140 g pkts	Peaches	4 x 454 g cans
Salt	4 x 7 g pkts	Jam	2 x 255 g cans
Coffee, Soluble	2 x 28 g pkts	Butter Concentrate	1 x 170 g can
Pea & Ham Soup Pdr	1 x 227 g can	Milk Cond Unsweet	1 x 410 g can
Camp Pie	4 x 340 g cans	Salt	4 x 7 g pkts
Potatoes	2 x 454 g cans	Sugar	2 x 140 g pkts
Beans Green	2 x 454 g cans	Tea	3 x 18 g pkts
Tomato Sauce	1 x 227 g can	Beef & Veg Stew	4 x 454 g cans
Sugar	2 x 140 g pkts	Potatoes	2 x 454 g cans
Tea	3 x 18 g pkts	Red Kidney Beans	2 x 454 g cans
Salt	4 x 7 g pkts	Fruit Pudding	4 x 454 g cans
Jam	2 x 255 g cans	Jam	2 x 255 g cans
Butter Concentrate	1 x 170 g can	Butter Concentrate	1 x 170 g can
Milk Cond Unsweet	1 x 410 g can	Milk Cond Unsweet	1 x 410 g can
Salt	4 x 7 g pkts	Salt	4 x 7 g pkts
Sugar	2 x 140 g pkts	Sugar	2 x 140 g pkts
Tea	3 x 18 g pkts	Tea	3 x 18 g pkts

SUNDRIES — Matches — 4 books; Can Openers — 2; Toilet Paper — 2 x 25 sheets; Curry Powder — 2 pkts; Reclosure Lids — 4

Picture 4 – Combat Ration Ten Man

INSTRUCTIONS FOR USE

GENERAL

1. The components of the pack are in two trays, each tray containing rations for five men for one day. Where training or operational conditions require trays of five rations to be issued separately, it will be found that one tray contains the only can of tomato sauce and the other contains the only can of soup powder.
2. The total pack contains sufficient food for 10 men for one day, or five men for two days. Bread, biscuits or rice (or a proportion of each) are additional and will be drawn separately.
3. The contents of the pack are listed overleaf. Jam is provided in several different varieties.

HOT MEALS

4. Main meal components may be consumed hot or cold, although most are more appetizing if heated by piercing the top of each can, placing in water until three-quarters submerged, and boiling for 20 minutes. The contents may also be prepared by removal from the cans and heating in a cooking utensil.
5. The corned beef and luncheon meat may be cut into thick slices and fried, using a little butter concentrate. Alternatively, they may be prepared as follows:
 - a. Dip a thick slice of meat into crumbed biscuits.
 - b. Moisten the crumbed meat with milk.
 - c. Dip the meat into the remaining crumbed biscuits and coat evenly.
 - d. Shallow fry using a small amount of butter concentrate.

SOUPS and STEWS

6. Thoroughly mix the soup powder with $\frac{1}{2}$ pint of cold water. Add a further 3 pints and bring the whole to the boil*. Boil for 5 minutes. The mixture should be stirred during boiling to prevent burning. If available, vegetable water should be used as part of the water. By adding vegetable water to selected meats and vegetables, a tasty stew can be made.

CURRY POWDER

7. Further variety may be provided by sprinkling curry powder, to taste, on the rice and/or meat component during preparation, and mixing thoroughly. To ensure thorough mixing when curry powder is added to the meat component, it may be necessary to add a little water.

JAM SAUCE

8. This may be made by mixing together equal parts of jam and boiling water. It may be added to the fruit pudding.

VEGETABLE EXTRACT

9. The vegetable extract may be used as spread on bread/biscuits, as a flavouring to some of the meat dishes or added to soup/vegetable water.

COFFEE SOLUBLE

10. Water for preparation of this drink should be boiled and then allowed to cool slightly before adding coffee.

HEALTH SAFEGUARDS

11. More cans should not be opened than are necessary for a meal, and any food that remains in an open meat can, must be discarded, not kept for another main meal.
12. The reclosure lids are provided for use with milk and tomato sauce containers.
13. ALL water supplies in the field must be regarded as contaminated and must be sterilized before consumption by —
 - a. boiling, or
 - b. use of water sterilizing tablets or powder.

Boiled/sterilized water must be used with instant beverages if the possibility of infection is to be avoided.

*. The small mess tin (pan set messing S59) holds exactly one pint of water.

Picture 5 - Combat Ration Ten Man Instruction Sheet

1970 – 1975

I moved to PNGVR in 1970 ending up in Madang. We would get the usual ration packs and for some reason I didn't keep any of the menu sheets. There were still 3 meal tins, a tin of cheese, tinned fruits, chocolate, rice and condiments. On bivouacs and camps you could always supplement these with local vegetables and usually make up a reasonable meal.

In those days, I recall that the Q system was anal about accounting for rations with much paperwork involved and making Ration States correlate with the Roll Books. Some creative accounting was occasionally necessary.

PR1M (Patrol Ration One Man, though they weren't called that then)

Then, the Patrol Ration Pack appeared. This was more interesting. A much larger bag of rice and a tin of fish and/or corned beef. They were obviously designed for PNG use. The menu instructions were in English on one side and Pigin on the other, simple and to the point. (Pictures 5 and 6)

Supplemented by kau kau, taro etc, they were a good pack given some time at last light to prepare it. Boiling the kau kau with the curry powder and then squeezing some butter over it was delicious.

The Menu/Instruction sheet was much simplified. (Picture 6 and 7)

One interesting thing occurred while in the DJ (Dense Jungle) out from Finschhafen. One of the soldiers came up to me with his biscuit packet. On it was written a name and address in Melbourne! I told him I would attend to that and wrote to the address. When I went on leave next, I went to Melbourne and met her but alas, nothing came of it. She told me her Aunty worked in the Brockoff Biscuit factory and she wrote her address on it just for fun. An interesting way to meet people.

AUSTRALIAN MILITARY FORCES

PATROL RATION PACK

1. This ration is produced in four varieties as shown by the figures A B C or D on the polythene bag containing each ration.
2. The ration contains pre-cooked rice, biscuits, canned meat, curry powder, chocolate, sugar, coffee, tea, salt, matches, spoon-opener, toilet paper and a rubber band. Two types of the ration contain a dried mixed vegetable block and a tube of sweetened condensed milk. The other two types of the ration contain butter concentrate and fruit candies.
3. In each pack there is sufficient food for one day for one man on normal patrol activities.
4. Each pack, whether A B C or D is a complete ration and you could live on it alone for long periods. However, whenever there is fresh fruit available it should be used to supplement the ration.
5. If the ration contains too much food it is better to use a portion of each item rather than leave some items untouched.
6. After breakfast or lunch the unused items should be replaced in the polythene bag which should be fastened with the rubber band.
7. Water is required for the preparation of rice and the mixed vegetable block, as well as for tea and coffee. This important fact should not be overlooked.
8. The salt should not be used unless there is ample water available.

Picture 6 – PR1M Instructions for Use

KAIKAI BELONG PATROL

ARMI BILONG AUSTRALIA

1. Dispela skel i gat rais i kuk pinis, biskit, tin mit, kari paura, chocolate, suga, kopi, ti, sol, mashis, optin na spun, hap pepa, na wanpela liklik gumi bilong pasim samting. Long sampela karamap i gat sayor i drai pinis na susu wantaim. Long arapela i gat bata na loli.

2. Insait long olgera karamap i gat kaikai inap long wanpela man long wanpela de.

3. Maski yu stap long bus longpela taim, dispela kaikai em i ken inap long yu. Sapos yu ken painim, yu ken helpim dispela kaikai long sampela prut, olsem banana, melon samting. Em i gutpela.

4. Sapos yu no hangre tumas, i moa gut yu kaikai hap long olgera samting insait long karamap. I no gut yu kaikai rais na mit tasol, na arapela samting yu larim i stap. Kaikai hap long olgera samting.

5. Sapos yu kaikai pinis na hap kaikai i stap, putim dispela kaikai insait long bek na pasim long liklik gumi.

6. Yu no ken kaikai nating rais na sayor, na ti na kopi. Yu mas putim wara wantaim. Lukaut gut olgera taim yu holim sampela wara.

7. Yu no ken kaikai sol, sapos i no gat wara. Nogut yu traut.

Picture 7 – PR1M Instructions for Use

1980 – Present

Ration Packs settled down to steady improvement. I have included some examples of their evolution which you might find interesting. (Pictures 8, 9, 10)

AUSTRALIAN ARMY				
COMBAT RATION (ONE MAN)				
CONTENTS AND INSTRUCTION SHEET				
This Ration Pack is available in five menus - A, B, C, D and E. The contents of each menu differing to the extent shown in the following lists. You should endeavour to have a different menu each day.				
A	B	C	D	E
Han & Egg 1 x 110 g	Bacon & Beans 1 x 110 g	Luncheon Meat Type II 1 x 110 g	Sausages & Veggies 1 x 110 g	Beef & Egg 1 x 110 g
Jam, Plum 1 x 26 g	Jam, Raspberry 1 x 26 g	Jam, Apricot 1 x 26 g	Jam, Blackberry 1 x 26 g	Jam, Peach 1 x 26 g
Curry Powder 1 x 3.5 g	Curry Powder 1 x 3.5 g	Curry Powder 1 x 3.5 g	Soup Pdr, Beef 1 x 6.5 g	Soup Pdr, Chicken 1 x 6.5 g
Beef & Veggies 1 x 227 g	Corned Beef Hash 1 x 225 g	Beef with Gravy 1 x 225 g	Luncheon Meat Type I 1 x 227 g	Corned Beef 1 x 227 g
Rice Freeze Dried 1 x 55 g	Rice Freeze Dried 1 x 55 g	Potato & Onion Dehy 1 x 50 g	Potato & Onion Dehy 1 x 50 g	Potato & Onion Dehy 1 x 50 g
Peaches 1 x 140 g	Peaches 1 x 140 g	Pears 1 x 140 g	Two Fruits 1 x 140 g	Two Fruits 1 x 140 g
Candy, Butterscotch 1 x 50 g	Candy, Fruit Drops 1 x 40 g	Candy, Fruit Drops 1 x 40 g	Candy, Fruit Drops 1 x 40 g	Candy, Butterscotch 1 x 50 g
Cereal Block 1 x 56 g	Biscuit, Jam Sandwich 1 x 85 g	Cereal Block 1 x 56 g	Biscuit, Jam Sandwich 1 x 85 g	Cereal Block 1 x 56 g
Biscuits, Shortbread 1 x 85 g	Muesli Bar 1 x 32 g	Biscuits, Shortbread 1 x 85 g	Muesli Bar 1 x 32 g	Biscuits, Gingernut 1 x 85 g
Fruit Juice Powder - Orange 1 x 14 g	Fruit Juice Powder - Lemon 1 x 14 g	Fruit Juice Powder - Lime 1 x 14 g	Fruit Juice Powder - Orange 1 x 14 g	Fruit Juice Powder - Lemon 1 x 14 g
The following items are common to all menus:				
Biscuits Survival 1 x 42 g	Sugar 12 x 7 gms	Elastic Band 1 x Nos		
Cheese 1 x 47 g	Tea Bags 2 x Nos	Toilet Paper 1 x 10 sheets		
Chocolate 1 x 50 g	Instant Coffee 2 x 3.5 g	Pad Scouring with Soap 1 x Nos		
Chewing Gum 1 x 4 pellets	Salt 1 x 7 g	Plastic Sundries Bag 1 x Nos		
Butter Concentrate 1 x 28 g	Matches 1 x box			
Sweetened Condensed Milk 1 x 71 g	Can Opener 1 x Nos			

Picture 8 – CRIM Menu circa 1980's

COMBAT RATION (ONE MAN)

CONTENTS AND INSTRUCTION SHEET

This Ration Pack is available in five menus — A, B, C, D and E. The contents of each menu differing to the extent shown in the following lists. You should endeavour to have a different menu each day.

A	B	C	D	E
Ham & Egg 1 x 150 g	Bacon & Beans 1 x 150 g	Baked Beans 1 x 225 g	Sausages & Veggies 1 x 150 g	Beef & Egg 1 x 150 g
Jam, Plum 1 x 26 g	Jam, Raspberry 1 x 26 g	Jam, Apricot 1 x 26 g	Jam, Blackberry 1 x 26 g	Jam, Peach 1 x 26 g
Curry Powder 1 x 3.5 g	Curry Powder 1 x 3.5 g	Curry Powder 1 x 3.5 g	Soup Pdr, Beef 1 x 10 g	Soup Pdr, Chicken 1 x 10 g
Beef & Veggies 1 x 227 g	Lamb & Veggies Rosemary 1 x 225 g	Beef with Gravy 1 x 225 g	Beef with Tortellini 1 x 225 g	Chicken and Veggies 1 x 225 g
Rice Freeze Dried 1 x 55 g	Rice Freeze Dried 1 x 55 g	Noodles 1 x 50 g	Potato & Onion Deliy 1 x 50 g	Noodles 1 x 50 g
Peaches 1 x 140 g	Peaches 1 x 140 g	Pears 1 x 140 g	Two Fruits 1 x 140 g	Two Fruits 1 x 140 g
Candy, Sweet & Sour 1 x 42 g	Candy, Fruit Drops 1 x 40 g	Candy, Fruit Drops 1 x 40 g	Candy, Fruit Drops 1 x 40 g	Candy, Sweet and Sour 1 x 42 g
Cereal Block 1 x 56 g	Biscuit, Jam Sandwich 1 x 85 g	Cereal Block 1 x 56 g	Biscuit, Jam Sandwich 1 x 85 g	Muesli Bar 2 x 32 g
Biscuits, Shortbread 1 x 85 g	Muesli Bar 2 x 32 g	Biscuits, Shortbread 1 x 85 g	Muesli Bar 2 x 32 g	Biscuits, Gingerol 1 x 85 g
Fruit Juice Powder 1 x 10 g	Fruit Juice Powder-Lemon, and 1 x 10 g	Fruit Juice Powder-Lime, and 1 x 10 g	Fruit Juice Powder-Orange, and 1 x 10 g	Fruit Juice Powder-Orange/Mango 1 x 10 g
Orange, and 1 x 10 g	Apple 1 x 10 g	Orange/Mango 1 x 10 g	Apple 1 x 10 g	Lemon, and 1 x 10 g
Chewing Gum 1 x 10 pellet	Chewing Gum 1 x 4 pellet	Chewing Gum 1 x 10 pellet	Chewing Gum 1 x 4 pellet	Orange/Mango 1 x 10 g
Soup Pdr Mushroom 1 x 10 g	Soup Pdr Tomato 1 x 10 g	Soup Pdr Pea & Ham 1 x 10 g		Chewing Gum 1 x 4 pellet

The following items are common to all menus:

Biscuits Survival 1 x 42 g	Sugar 12 x 7 g	Elastic Band 1 x No
Cheese 1 x 47 g	Tea Bags 2 x Nos	Toilet Paper 1 x 10 sheets
Chocolate 1 x 50 g	Instant Coffee 2 x 3.5 g	Pad Scouring with Soap 1 x No
Sweetened Condensed Milk 1 x 71 g	Salt 1 x 7 g	Plastic Sundries Bag 1 x No
	Matches 1 x box	
	Can Opener 1 x No	

Picture 9 – CR1M 1989

COMBAT RATION (ONE MAN)

CONTENTS AND INSTRUCTION SHEET

The Ration Pack is available in five menus – A, B, C, D and E. The contents of each menu differ to the extent shown in the following lists. You should try to have a different menu each day.

A		B		C		D		E	
Beef Minced with Spaghetti	1 x 135 g	Spaghetti and Meatballs	1 x 130 g	Sausages, Tom. & Onions	1 x 130 g	Sausages and Vegetables	1 x 130 g	Baked Beans	1 x 225 g
Jam, Peach	1 x 26 g	Jam, Plum	1 x 26 g	Jam, Raspberry	1 x 26 g	Jam, Apricot	1 x 26 g	Jam, Blackberry	1 x 26 g
Beef and Vegetables	1 x 225 g	Lamb and Veggies Rosemary	1 x 225 g	Tomato Sauce Tubed	1 x 25 g	Tomato Sauce Tubed	1 x 25 g	Chicken, Pasta & Vegetables	1 x 225 g
Rice Freeze Dried	1 x 55 g	Rice Freeze Dried	1 x 55 g	Beef with Gravy	1 x 225 g	Beef with Tortellini	1 x 225 g	Potato and Onion Powder	1 x 50 g
Peaches	1 x 140 g	Peaches	1 x 140 g	Noodles, Chicken	1 x 50 g	Noodles, Beef	1 x 50 g	Two Fruits	1 x 140 g
Biscuits, Anzac	1 x 85 g	Biscuits, Gingernut	1 x 85 g	Pears	1 x 140 g	Two Fruits	1 x 140 g	Biscuits, Shortbread	1 x 70 g
Beverage Base Powder-Orange and Lime	1 x 12 g 1 x 12 g	Beverage Base Powder-Lemon and Tropical	1 x 12 g 1 x 12 g	Biscuits, Shortbread	1 x 70 g	Biscuits, Shortbread	1 x 70 g	Beverage Base Powder-Lemon and Tropical	1 x 12 g 1 x 12 g
Soup Powder, French Onion	1 x 10 g	Soup Powder, Pea & Ham	1 x 10 g	Beverage Base Powder-Lime and Orange	1 x 12 g 1 x 12 g	Beverage Base Powder-Orange and Tropical	1 x 12 g 1 x 12 g	Soup Powder, Tomato	1 x 10 g
Chilli Sauce	1 x 10 g	Chilli Sauce	1 x 10 g	Soup Powder, Beef	1 x 10 g	Soup Powder, Chicken	1 x 10 g	Chilli Sauce	1 x 10 g
Soya Sauce	1 x 10 g	Soya Sauce	1 x 10 g	Mustard	1 x 3.5 g	Mustard	1 x 3.5 g	Muesli Bar-Three Fruits	1 x 32 g
Muesli Bar-Three Fruits	1 x 32 g	Muesli Bar-Apricot & Coconut	1 x 32 g	Muesli Bar-Forest Fruits	1 x 32 g	Muesli Bar-Tropical Fruits	1 x 32 g	Forest Fruits	1 x 32 g
Apricot & Coconut	1 x 32 g	Tropical Fruits	1 x 32 g	Apricot	1 x 32 g	Forest Fruits	1 x 32 g		
The following items are common to all menus:									
Biscuits Survival	1 x 42 g	Vegetable Extract	1 x 15 g	Matches, Waterproof	1 x box				
Cheese	1 x 56 g	Pepper	1 x 2 g pkt	Curry Powder	1 x 3.5 g				
Chocolate	1 x 50 g pkt	Chocolate Drink Powder	1 x 20 g	Can Opener	1 x Nos				
Sweetened Condensed Milk	1 x 85 g pkt	Sugar	12 x 7 g	Band, Rubber	2 x Nos				
Chewing Gum	1 x 4 pellet	Tea Bags	2 x Nos	Toilet Paper	1 x 10 sheets				
Candy Chocolate	1 x 60 g	Instant Coffee	2 x 3.5 g	Pad Scouring with Soap	1 x Nos				
Candy Hard	2 x 30 g	Salt	1 x 7 g	Bag Plastic, Inner Sundry	1 x Nos				

Picture 10 – CR1M 1996

CR5M Combat Ration Five Man (Picture 11)

The writer has only seen or used these packs in static situations, eg, a unit firing on the range, having a central preparation area. It would appear to be unsuitable for any serious combat situation.

It contains an improved menu far superior to the old 10 man pack.

AUSTRALIAN DEFENCE FORCE

PACKED 2008/2009 Phase 1

COMBAT RATION (FIVE MAN)

CONTENTS AND INSTRUCTION SHEET

This Ration Pack is available in the five menus shown below.

Occasionally, due to unavoidable circumstances, items may be substituted.

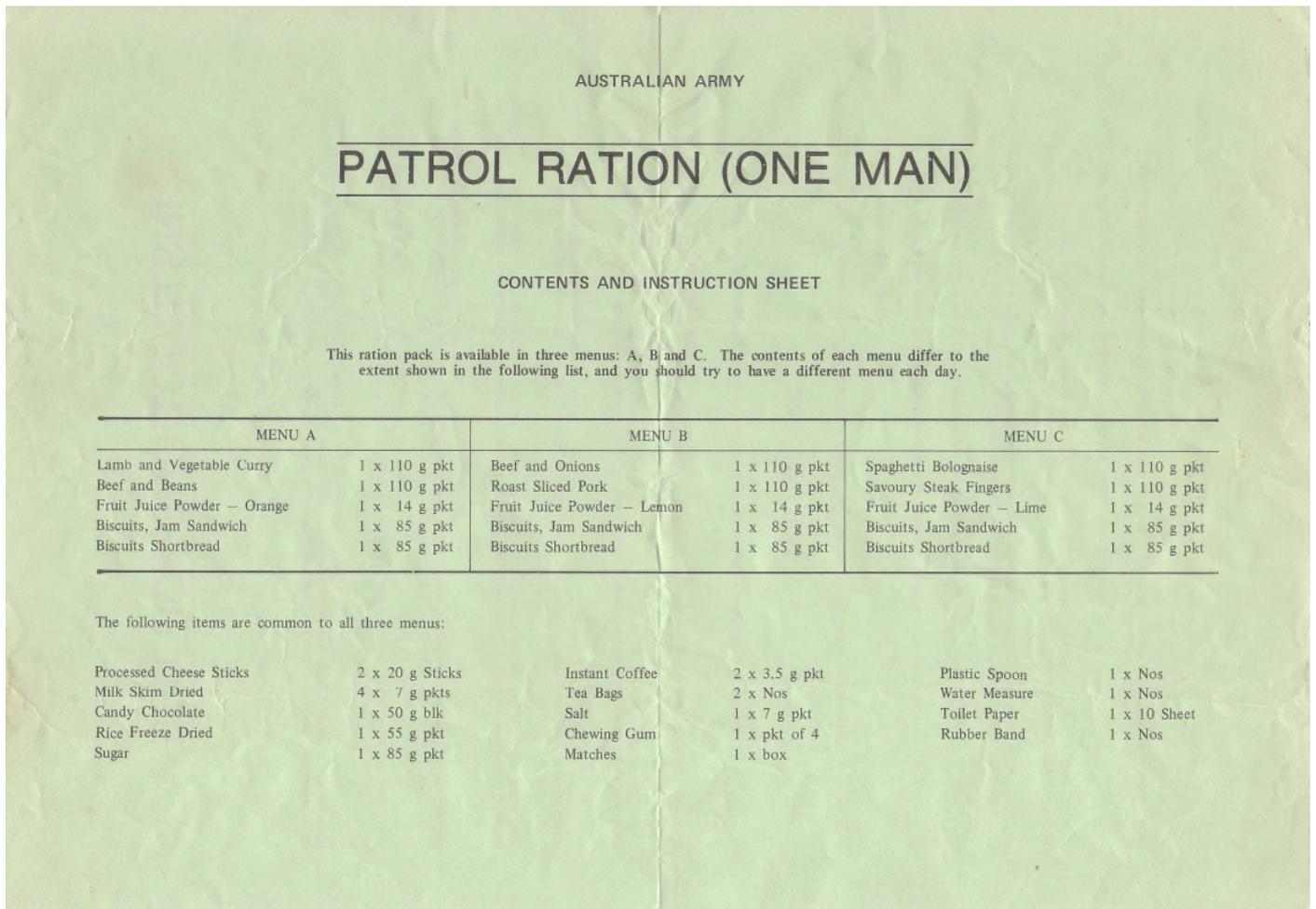
A		B		C		D		E	
Beef, Mince, with Spag	2 x 500g	Beef, Mince, Sav with Veg	2 x 500g	Beef & Pasta	2 x 500g	Beef & Blackbean	2 x 500g	Chicken Curry	2 x 500g
Lamb & Rosemary	2 x 500g	Chicken Curry	2 x 500g	Chicken BBQ	2 x 500g	Chicken BBQ	2 x 500g	Chicken BBQ	2 x 500g
Baked Beans	2 x 500g	Baked Beans	2 x 500g	Baked Beans	2 x 500g	Baked Beans	2 x 500g	Baked Beans	2 x 500g
Beverage Powder, Sport - - Orange	5 X 70g	Beverage Powder, Sport - - Tropical	5 X 70g	Beverage Powder, Sport - - Mixed Berry	5 X 70g	Beverage Powder, Sport - - Raspberry	5 X 70g	Beverage Powder, Sport - - Tropical	5 X 70g
Biscuit - Shrewsbury	5 x 47g	Biscuit - Krispies	5 x 51g	Biscuit - Krispies	5 x 35g	Biscuit - Scotch Finger	5 x 47g	Biscuit - Shrewsbury	5 x 35g
Fruit, Diced, Two Fruits	5 x 140g	Fruit, Diced, Peaches	5 x 140g	Fruit, Diced, Pears	5 x 140g	Fruit, Diced, Two Fruits	5 x 140g	Fruit, Diced, Peaches	5 x 140g
Fruit Spread - Raspberry	1 x 85g	Fruit Spread - Raspberry	1 x 85g	Fruit Spread - Blackcurrent	1 x 85g	Fruit Spread - Marmalade	1 x 85g	Fruit Spread - Marmalade	1 x 85g
Fruit Spread - Marmalade	1 x 85g	Fruit Spread - Blackcurrent	1 x 85g	Fruit Spread - Plum	1 x 85g	Fruit Spread - Raspberry	1 x 85g	Fruit Spread - Plum	1 x 85g
Pudding, Fruit	1 x 350g	Pudding, Chocolate	1 x 350g	Pudding, Fruit	1 x 350g	Pudding, Golden	1 x 350g	Pudding, Chocolate	1 x 350g
Soup Powder, Chicken	5 x 30g	Soup Powder, Beef	5 x 30g	Soup Powder, Sav Veg	5 x 30g	Soup Powder, Chicken	5 x 30g	Soup Powder, Tomato	5 x 30g
Additional food items common to all CR5M menus					Non-food items common to all CR5M menus				
Bev, Chocolate, Pwdr	5 x 40g	Salt	5 x 2g	Rice	1 x 450g	Can Opener	2 only	Directions for Butter Concentrate To reconstitute the contents, first beat into a smooth paste, then add an amount of water or milk equivalent to one-sixth of the volume of butter and continue beating until the liquid is fully absorbed.	
Bev, Coffee, Instant	10 x 3.5g	Pepper, Black	5 x 2g	Potatoes, Sliced	1 x 500g	Container, with lid	4 only		
Beverage, Tea Bags	10 x 2.5g	Curry Powder	5 x 3.5g	Peas Green	1 x 250g	Matches	2 x Box		
Sugar	5 x 34g	Sauce, Tomato Ketchup	3 x 15g	Carrots Sliced	1 x 250g	Pads, Scouring with Soap	2 only		
Milk, Con, Sweetened	5 x 85g	Sauce, Sweet Chill	3 x 10g	Corn, Sweet, Whole Kernel	1 x 250g	Rubber Bands	3 only		
Butter Concentrate	2 x 85g	Sauce, Soy	3 x 10g	MB - Apricot & Coconut	5 x 32g	Spoons, Dessert	5 only		
Cheese, Cheddar	5 x 56g	Biscuit - Crispbread	5 x 34g	MB - Tropical Fruits	5 x 32g	Toilet Paper, 10 Sheets	5 x Pkt		
Chocolate Ration	5 x 50g	Vegetable Extract	1 x 85g	MB - Forest Fruits	5 x 32g	Menu Sheet			
Confectionery Cream	5 x 85g	Chewing gum 4 pellet	5 x pkt	Skittles	5 x ?				

Picture 11 – Combat Ration Five Man

PR1M Dehydrated version

This pack made it lighter to carry more rations but it required much more water and unless you had access to that, it was a bit counterproductive. In their day, they had what appeared to be a good menu which was easy to prepare - boil the water and tip it in up to a clever little mark, let it sit for 15 mins and eat it with the supplied spoon.

They were quite edible but did play havoc with the writer's tummy after a few days. The Instruction Sheet suggests that, in an emergency, you can eat the meal dry! You can only imagine what that would be like. (Pictures 12, 13)



Picture 12 - PR1M Dehydrated version

INSTRUCTIONS FOR USE

1. Each pack contains sufficient food for one day for a man engaged on normal patrolling activities.
2. No mess gear is required to prepare and eat this ration. Meals may be prepared, heated and eaten from the pouches in which they are packed. A spare pouch is provided in case one of the meal pouches is damaged and for heating water for hot drinks. A plastic spoon is included for eating from the pouch and stirring hot drinks.
3. The main meals have been cooked before being freeze dried. Hence, they can be prepared by the addition of water and application of heat.
4. There is a water measuring pouch in each pack and, when filled to one quarter of an inch from the top, will contain sufficient water to rehydrate one meal.
5. With the exception of rice, coffee, tea and salt, all the edible items in the pack may, in an emergency, be eaten without any preparation. It is quite safe to drink sterilized water, or any drink made from it, at the same time.
6. It is suggested that the two main meal components be used for breakfast and the evening meal, and that the cheese sticks and sweet biscuits be used for a mid-day snack.
7. If very short of water, do not consume the main meals or the cheese sticks. Your need for water will be less if you consume only the biscuits, sweets and loaf sugar.
8. It is most important to ensure that all water is sterilized before it is consumed. This can be done by boiling the water, or by the use of water sterilizing tablets.
9. All litter should be saved, and later burnt, so that only a small amount of aluminium foil remains.

SIMPLE DIRECTIONS

- (a) Open the meal pouch by carefully cutting or tearing from the notches at the top of the pouch.
- (b) Remove the paper insert.
- (c) Fold about one half of an inch of the top opened edge inward to prevent it catching fire.
- (d) Flatten the bottom of the pouch so it will stand upright of its own accord.
- (e) Place the correct amount of water in the measuring pouch and add this to the meal pouch. Stir well at first and then at intervals with the plastic spoon. After about five minutes the meal is ready to eat cold.
- (f) If the meal is to be heated, add the correct quantity of water; then using half a burning hexamine tablet, heat the meal for five minutes, stirring at intervals to prevent sticking and burning.
- (g) Rice is prepared according to the instructions on the rice pouch.
- (h) After a meal has been prepared it should be eaten as soon as possible, and not carried for consumption later.

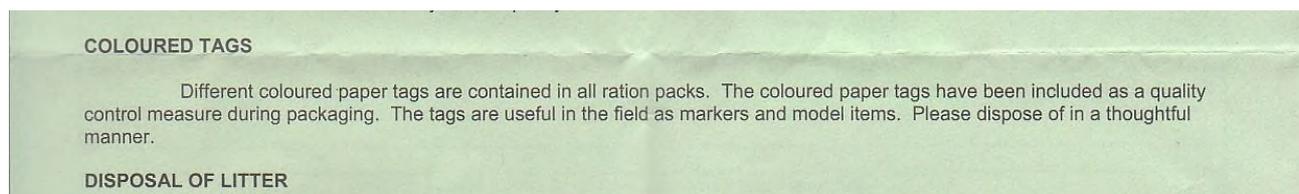
Picture 13 – PR1M dehydrated version Instruction Sheet

The Current Ration Pack

I am sure the diggers of WWII would be very envious of the rations issued today not to mention showering us with scorn compared with what they were forced to eat! Anyone who complains about CRPs being boring or dull is just too hard to please. They read like something from business class on QANTAS... Lamb with rosemary, Beef and Black bean, Chicken BBQ, Beef Teriyaki and the list goes on. Note that the modern soldier cannot be without his/her vegemite! When overseas, it must be like a piece of home.

It seems they have responded to the suggestions of soldiers (Isn't that a new concept) particularly with the additional items that are so necessary to munch on during the day or when sitting interminably in some remote location. An interesting point – there is still one tin left in the pack, the canned fruit. This requires a can opener and so, the can opener remains. Some have suggested this is because of tradition, but I can imagine the bean-counters wanting to save money and get rid of it. The writer still derives a certain something in opening the pack and seeing that wonderful little tool. I taught my wife to use it and, for the past 30 years, it is the only opener we have had in the kitchen!

The other thing that was always a point for debate is the small coloured patch of paper found in the condiments pack. We always wondered what it was and why the Army, in its wisdom, put it in there. They must have got tired of enquiries coming in because the reason featured in the Instruction Sheet sometime in the mid 2000s. The official reason is that it is a quality control measure during packaging, however, you can use it as markers or model items, presumably in an Orders Group. Isn't initiative great? (Picture 14)



Picture 14 – Coloured Tags

Ration pack items are no longer in green packaging. They are now a tan colour to suit the current areas of operation (AO's). The writer has always thought that if the enemy are close enough to see the packaging on your ration pack, then you are in serious trouble! Also note the number of pages included in the pack. Only three have been shown due to space. Once again, it provides reading material and even additional toilet paper!

The last word on these rations. Almost every item is manufactured in NZ. Isn't that sad! We can't even produce our own ration packs. The writer can only recall one or two items still made by that fellow Bell in Melbourne, who used to make so much for the packs.

AUSTRALIAN DEFENCE FORCE – COMBAT RATIONS ONE MAN

MENU SHEET

FOOD ALLERGIES: This ration pack does **NOT** cater for consumers with any food allergy or special dietary requirements. You should read the **Menu, Information and Ingredients Sheets** before consumption. If you have any doubt about the contents, you should not consume the ration pack.

MENU A		MENU B		MENU C		MENU D	
Beef BBQ	1 x 250g	Braised Beef with Gravy	1 x 250g	Beef & Blackbean	1 x 250g	Beef & Pasta	1 x 250g
Lamb with Rosemary	1 x 250g	Chicken Pasta with Vegetables	1 x 250g	Curried Sausages & Vegetables	1 x 250g	Chicken BBQ	1 x 250g
Pea & Ham Soup	1 x 30g	Butternut Pumpkin & Ham Soup	1 x 30g	Pea & Ham Soup	1 x 30g	Butternut Pumpkin & Ham Soup	1 x 30g
Sports Drink Powder, Tropical	1 x 70g	Sports Drink Powder, Orange	1 x 70g	Sports Drink Powder, Lemon & Lime	1 x 70g	Sports Drink Powder, Mixed Berry	1 x 70g
Biscuit Jam Sandwich	1 x 48g	Biscuit, Plain Sweet	1 x 35g	Biscuit, Plain Sweet	1 x 35g	Biscuit Jam Sandwich	1 x 48g
Biscuit, Crispbread	1 x 34g	Biscuit, Cream Cracker	1 x 35g	Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g
Fruitaake Bar	1 x 75g	All Fruit Bar, Mixed Fruit	2 x 20g	Fruitaake Bar	1 x 75g	All Fruit Bar, Mixed Fruit	2 x 20g
Fruit Jam, Plum	1 x 25g	Fruit Jam, strawberry	1 x 25g	Fruit Jam, Marmalade	1 x 25g	Fruit Jam, Strawberry	1 x 25g
Diced Two Fruits in Syrup	1 x 140g	Diced Two Fruits in Syrup	1 x 140g	Diced Peaches in Syrup	1 x 140g	Diced Peas in Syrup	1 x 140g
Cereal Bar various	1 x 50g	Cereal Bar various	2 x 50g	Cereal Bar various	1 x 50g	Cereal Bar various	2 x 50g
Muesli, Fruityful with Skim Milk	1 x 100g			Muesli, Natural with Skim Milk	1 x 100g		
Tuna & Oven Dried Tomato	1 x 85g	Noodles, Instant, Curry Flavour	1 x 40g	Noodles, Instant, Beef Flavour	1 x 40g	Tuna & French Dressing	1 x 85g
Lifesavers® Candy	1 x 34g	Werther's® Cream Candy	1 x 50g	Lifesavers® Candy	1 x 34g	Werther's® Cream Candy	1 x 50g

MENU E		MENU F		MENU G		MENU H	
Beef Minced Savoury with Vegetables	1 x 250g	Beef Teriyaki	1 x 250g	Braised Beef with Gravy	1 x 250g	Lamb with Vegetables & Rosemary	1 x 250g
Lamb Vindaloo	1 x 250g	Chilli Tuna & Pasta	1 x 250g	Chicken Italiano	1 x 250g	Sausages & Vegetables	1 x 250g
Pea & Ham Soup	1 x 30g	Butternut Pumpkin & Ham Soup	1 x 30g	Pea & Ham Soup	1 x 30g	Butternut Pumpkin & Ham Soup	1 x 30g
Sports Drink Powder, Grape	1 x 70g	Sports Drink Powder, Tropical	1 x 70g	Sports Drink Powder, Lemon & Lime	1 x 70g	Sports Drink Powder, Mixed Berry	1 x 70g
Biscuit Jam Sandwich	1 x 48g	Biscuit, Plain Sweet	1 x 35g	Biscuit, Plain Sweet	1 x 35g	Biscuit Jam Sandwich	1 x 48g
Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g	Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g
Fruitaake Bar	1 x 75g	All Fruit Bar, Raspberry	2 x 20g	Fruitaake Bar	1 x 75g	All Fruit Bar, Raspberry	2 x 20g
Fruit Jam, Plum	1 x 25g	Fruit Jam Strawberry	1 x 25g	Fruit Jam, Marmalade	1 x 25g	Fruit Jam Plum	1 x 25g
Diced Two Fruits in Syrup	1 x 140g	Diced Peaches in Syrup	1 x 140g	Diced Peas in Syrup	1 x 140g	Diced Two Fruits in Syrup	1 x 140g
Cereal Bar various	1 x 50g	Cereal Bar various	1 x 50g	Cereal Bar various	2 x 50g	Muesli, Fruityful with Skim Milk	1 x 100g
Muesli, Fruityful with Skim Milk	1 x 100g	Muesli, Natural with Skim Milk	1 x 100g			Tuna & Oven Dried Tomato	1 x 85g
Noodles, Instant, Beef Flavour	1 x 40g	Tuna & Lime / Black Pepper	1 x 85g	Noodles, Instant, Curry Flavour	1 x 40g	Noodles, Instant, Curry Flavour	1 x 40g
Lifesavers® Candy	1 x 34g	Werther's® Cream Candy	1 x 50g	Lifesavers® Candy	1 x 34g	Werther's® Cream Candy	1 x 50g

Picture 15 - CR1M – Page 1

ADDITIONAL ITEMS COMMON TO ALL MENUS

Chocolate Drink	1 x 40g	Concentrated Yeast Extract	1 x 15g	Beef Steak Bar	1 x 25g	Pads, Scouring, Soaped	1
Instant Coffee	2 x 3.5g	Tomato Ketchup	1 x 15g	Rubber Band, Size 32	3	Paper, Toilet, 10 Sheets	1
Tea Bags	2 x 2.5g	Pepper, Black	1 x 2g	Bag, Plastic, Self Closure	1	Menu Sheet	1
Sugar, White	4 x 7g	Salt	1 x 2g	Opener, Can, Hand	1	Ingredient Sheet	1
Chocolate Ration	2 x 50g	Sweetened Condensed Milk	1 x 85g	Matches, Safety, Vial	1	Information Sheet	1
Candy Chocolate	1 x 55g	Chewing Gum, Sugar free	2 x Pkts	Bag, Plastic, Inner	1		
Processed Cheddar Cheese	1 x 56g	Chocolate Spread (Nut Free)	1 x 50g	Spoon Plastic	1		

INGREDIENT LIST - COMBAT RATION ONE MAN - PACKED 2012/ 2013

FOOD ALLERGIES: This ration pack does **NOT** cater for consumers with any food allergy or special dietary requirements. You should read the **Information, Menu and Ingredients Sheets** before consumption. Ingredients containing allergens are emboldened for ease of identification. If you have any doubt about the contents, you should not consume the ration pack. This Ingredient list is correct at the time of printing and may differ slightly from the ingredient list on the product label.

Beef BBQ	Braised Beef and Gravy	Beef & Blackbean	Beef & Pasta
Beef, BBQ Sauce(Water, Sugar, Salt, Garlic, Fermented Soybean Paste)(Contains Wheat), Honey, Soy Sauce,(Contain Wheat), Malt Syrup, Modified Corn Starch, Spices, Food Add(260), Colours(150a, 129), Carrot, Capsicum, Onions, Corn, Modified Maize Starch (1412), Vitamins (Thiamine, Ascorbic Acid, Niacin, and Riboflavin).	Beef, Water, Tomato Puree, Modified Maize Starch, Salt, Hydrolysed Vegetable Protein (Contains Soy), Onion Powder, Emulsifier (481), Sugar, Vitamins (Thiamine, Ascorbic Acid, Niacin, and Riboflavin), Garlic Powder, White Pepper, Nutmeg, Colour (150d).	Beef, Black Bean Sauce (Water, Soy Sauce, Fermented Black Beans, Sugar, Soybean Oil, Salt, Colour (150a), Modified Corn Starch, Stabiliser (415)), Capsicum, Onion, Modified Maize Starches (1412), Celery, Blackbean Beans, Sugar, Vitamins (Ascorbic Acid, Niacin, Thiamine, Riboflavin).	Beef, Water, Pasta (Durum Wheat), Tomato Puree, Carrot, Onion, Celery, Modified Maize Starches (1412), Hydrolysed Vegetable Protein (Contains Soy), Herbs and Spices, Salt, Onion Powder, Garlic Powder, Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)
Lamb with Rosemary	Chicken Pasta & Vegetables	Curried Sausages & Vegetables	Chicken BBQ
Lamb, Water, Carrot, Celery, Tomato Puree, Onion, Modified Maize Starches (1412), Sugar, Emulsifier (481), Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin), Salt, Colour (150d), Rosemary, White Pepper.	Chicken, Stock (Water, Marine Salt, Rice Flour, Sugar, Natural Vegetables Flavours, Yeast Extract, Vegetable Protein Extract, Dehydrated Vegetables (Onion, Chilli), Flavour Enhancers (627, 631), Vegetable Oil (Canola)) Pasta (Wheat), Carrot, Corn, Celery, Modified Maize Starch (1412), Onion, Sugar, Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin), Ground White Pepper, Mixed Herbs, Ground Rosemary.	Stock (Water, Marine Salt, Natural Vegetable Flavours, Sugar, Rice Flour, Yeast Extract, Maltodextrin , Dehydrated Vegetables (Onion, Garlic), Soy Powder, Vegetable Oil (Canola), Flavour Enhancers (627, 631), Caramel Colour (150ai)), Potato, Sausages (Ovine, Bovine, Water, Wheat Flour, Seasoning (Milk Powder, Salt, Wheat Products, Hydrolysed Vegetable Protein, Flavour, Sugar, Dextrose , Yeast Extract, Vegetable Oil (Canola)), Salt, Carrot, Onion, Modified Maize Starch (1422), Coconut Milk powder, Hydrolysed Vegetable Protein (contains Soy), Canola Oil, Curry Powder, Herbs and Spices, Garlic Powder, Onion Powder, Ginger Powder, Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin).	Chicken, BBQ Sauce (Sugar, Water, Salt, Garlic, Fermented Soybean Paste, Honey, Soy Sauce, Malt Syrup, Modified Corn Starch, Spices, Food Acid (260), Colour (129, 150a)), Capsicum, Carrot, Onion, Corn, Modified Maize Starch (1412), Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin).

Picture 16 - CR1M – Page 2

AUSTRALIAN DEFENCE FORCE – COMBAT RATION ONE MAN**INFORMATION FOR USERS****FOOD ALLERGIES**

This ration pack has **NOT** been catered for consumers with any food allergy or special dietary requirements. You should read the **Information, Menu and Ingredients Sheets** before consumption. If you have any doubt about the contents, you should not consume the ration pack.

GENERAL

The CR1M consists of two main meals, a number of snack components and sundry items. It is suggested that the two main components be used for breakfast and evening meals. The CR1M has been designed to ensure that you receive adequate nutritional sustenance for one day; therefore, it is desirable that all food in the pack is eaten.

To heat the retort pouch for consumption, place one unopened retort pouch into a cup canteen. Fill the cup canteen with water and place on your hexamine stove. Using two (2) hexamine tablets, one at a time, boil the contents for 10-15 minutes. Carefully remove the pouch from the water and open up the pouch for consumption. The remaining water is safe to be used to prepare your beverages.

After a few months in a tropical climate the condensed milk may become thicker and brownish in appearance, but it is safe to eat and may be consumed without fear of any ill effects.

Chocolate may develop a light coloured film (fat bloom) on the surface. It is still safe to eat.

Concentrated Yeast Extract may be used as a spread on biscuits, as flavouring to some of the meat dishes or added to noodles.

Nutrition information is available on the pack labels. Further nutrition and shelf life information is available from Combat Ration Fleet Technical Advisors.

Due to unavoidable circumstances, items may be substituted.

WATER STERILISATION

All water supplies must be regarded as contaminated unless medically cleared. If the water is dirty or cloudy, first filter using the Millbank Individual Filter. Once filtered, add the water sterilisation tablets and follow the directions on the tablets package. Wait 5 minutes and shake well, wait an additional 30 minutes so bacteria are killed before drinking or using to prepare food or beverage. Water may also be sterilised by boiling for a minimum of 5 minutes.

AVOID FOOD POISONING

Do not open more containers of food than are necessary for a meal. Any unconsumed portion of opened food that is wet or has been added with liquid must be disposed of (see disposal of litter paragraph)

AVOID DEHYDRATION

It is essential that you drink plenty of water. Heat and exercise cause dehydration and loss of thirst. You should drink plenty of water if you are sweating heavily, even if you don't feel thirsty. Drink enough water to keep your urine clear.

SALT INTAKE

Extra salt may be needed if working hard in hot environments / or during periods of heat acclimatisation when your salt losses are much greater. When required the extra salt should be taken dissolved in drinking water (not more than one (1) sachet for seven (7) litres of water), or sprinkled on food.

Do not take extra salt unless you drink plenty of water. It is harmful to take extra salt without extra water.

DISPOSAL OF LITTER

There is packaging litter in each CR1M, which may give intelligence to the enemy if discarded. Dispose all litter in a thoughtful manner with consideration for the environment.

IMPROVEMENTS

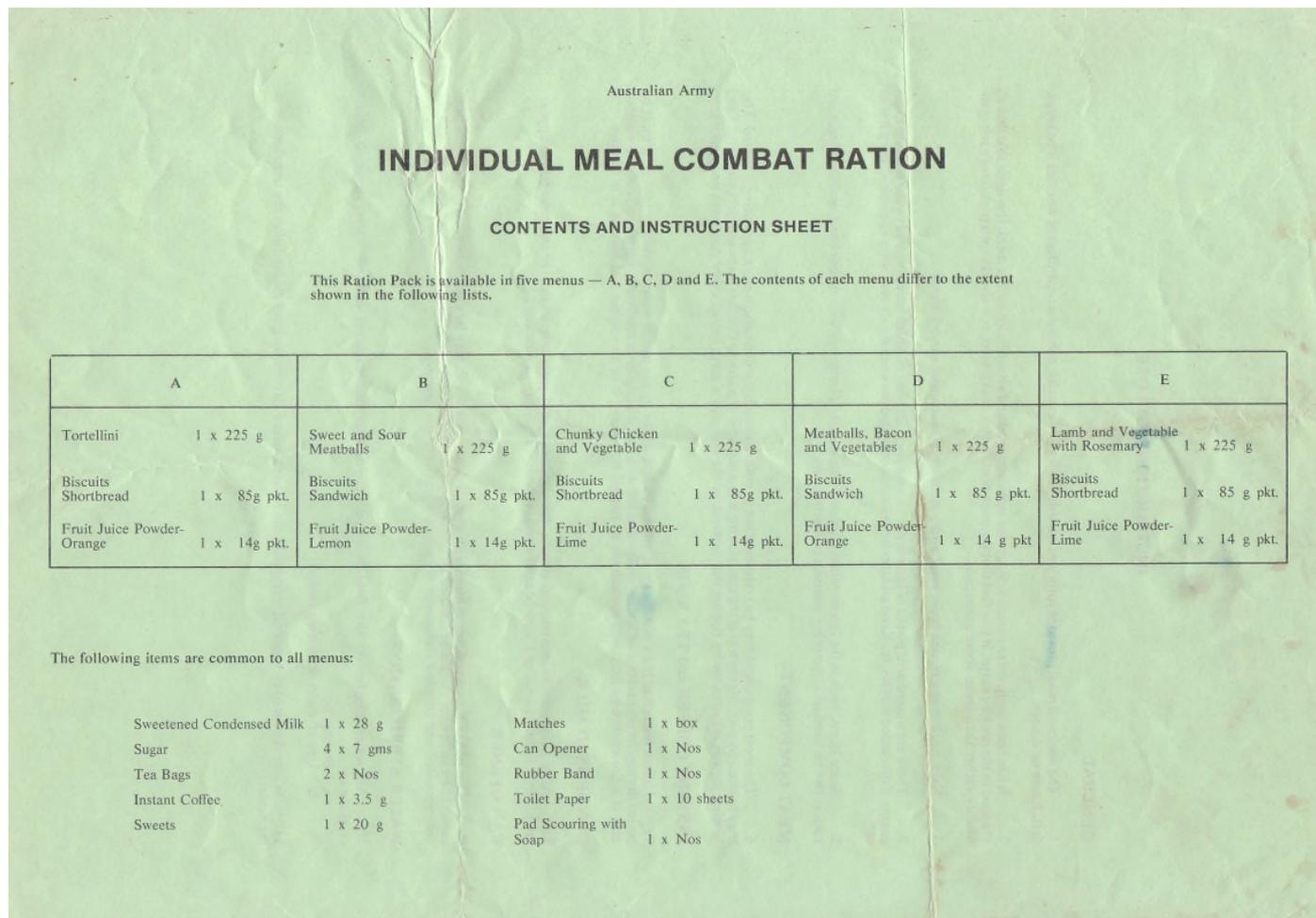
Any feedback or suggestion regarding improvements to ration packs should be directed to:

Combat Rations Section
Technical Cell
Health Systems Program Office
Defence Materiel Organisation
GPO BOX 519J
MELBOURNE VIC 3001

Or email to:
crp.feedback@defence.gov.au

Individual meals (Picture 18)

The writer has seen individual meal packs but not tried them. To the best of my knowledge, they are not all that common.



Picture 18 – Individual Meal Combat Ration

Army Cadet Ration Packs (Picture 19)

A couple of years ago, an army cadet ate a ration pack when he had an allergy to peanuts. This proved to be fatal. They were immediately withdrawn (from cadet use) and temporarily replaced with something made up of off-the-shelf products. It was highly unsatisfactory and not popular.

Eventually it evolved to using a commercially available product which comprised items common to the ADF packs. It is the writer's opinion that they are still unsuitable for a couple of reasons. Firstly, they contain one less meal than the ADF pack. Cadets, being growing, ravenous teenagers, are entitled to a little more food in an Army Mess for this reason (so I'm told). Translated, this means they can go back and get seconds whereas a soldier cannot (except for vegetables!)

Secondly, the pack contains two packs of instant noodles. When you look at the nutritional information, you can see that these are extremely high in salt (2278 mg). According to the UK Food Standards, the daily intake of salt should be 2300 mg! So, when they eat 2 of these plus another 500 mg or so from other items, they are overdosing! The vegemite alone has 500 mg. Healthy for a teenager? Junk food might have less. In an ADF pack, it would be justified because of exertion or climatic reasons but not for a cadet.

HUNGERBUSTER COMBO HOT MEAL ARMY CADET PACK

CHICKEN WITH PASTA & VEGETABLES

www.portionpackfoods.com

SUGGESTED MEAL PLAN

Dinner

1 x 300g Chicken with Pasta & Vegetables Meal
1 x 85g Instant Noodles

Snacks for consumption during the day

2 x 15g Fruit Grains
2 x 50g Muesli Bars
2 x 55g Candy Confectionery

Lunch

1 x 85g Instant Noodles
2 x 35g Crackers
1 x 15g Yeast Spread
2 x 13g Jam

Other Components

1 x Salt, 2 x Sugar
1 x 10g Chocolate Drink
1 x 16g Sports Drink
1 x 85g Sweetened Condensed Milk
1 x packet tissues, 1 x scouring pad, 1 x vial matches, 1x plastic spoon

Breakfast

1 x 100g Muesli Cereal with Skim Milk Powder (just add water)
1 x 120g Diced Pears and Peaches in Juice or Diced Peaches in Juice

Heating Instructions for Retort Pouch Meals

Place Meal Pouch in boiling water for about 6 minutes. You can eat the food cold but we recommend hot for maximum enjoyment. Lift the meal pouch out of the water (use left over water to heat your noodles or make a brew), then pull open the bottom gusset so the pouch can stand. Alternative ways of heating the pouch is to leave the retort meal in the direct sun for 20 minutes or keep the pouch close to your body during activity. Tear the top of the pouch open at the indent mark provided. Eat & enjoy.

INGREDIENT, NUTRITIONAL AND ALLERGEN LIST

Chicken with Pasta and Vegetables Ingredients	Chicken with Pasta and Vegetables Nutritional Profile	Chicken with Pasta and Vegetables Allergens																																																															
Chicken (48%), Stock (Water, Marine Salt, Rice Flour, Sugar, Natural Vegetable Flavours, Yeast Extract, Vegetable Protein Extract, Dehydrated Vegetables (Onion, Chilli), Flavour Enhancers (E627, E631), Vegetable Oil (Canola), Pasta (8%), Carrot (7%), Corn (5%), Celery (5%), Modified Maize Starch (E1412), Onion (1%), Sugar, Salt, Ground White Pepper, Mixed Herbs, Ground Rosemary	<table border="1"> <thead> <tr> <th></th> <th>Per serve</th> <th>Per 100g</th> </tr> </thead> <tbody> <tr> <td>Energy</td> <td>1,080kJ</td> <td>360kJ</td> </tr> <tr> <td>Protein</td> <td>31.2g</td> <td>10.4g</td> </tr> <tr> <td>Total Fat</td> <td>5.5g</td> <td>1.86g</td> </tr> <tr> <td>Saturated Fat</td> <td>1.8g</td> <td>0.6g</td> </tr> <tr> <td>Carbohydrate</td> <td>20.9g</td> <td>6.96g</td> </tr> <tr> <td>Total Sugars</td> <td>2.6g</td> <td>0.87g</td> </tr> <tr> <td>Sodium</td> <td>720mg</td> <td>240mg</td> </tr> </tbody> </table>		Per serve	Per 100g	Energy	1,080kJ	360kJ	Protein	31.2g	10.4g	Total Fat	5.5g	1.86g	Saturated Fat	1.8g	0.6g	Carbohydrate	20.9g	6.96g	Total Sugars	2.6g	0.87g	Sodium	720mg	240mg	Contains Wheat and Sulphites																																							
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Picture 19 – Army Cadet Ration Pack Menu

Hot meals

Hexamine is still around. Remember it used to be a box of 8 square tablets? Then, it went to a half box of 4 circular tablets, still fitting two boxes into a folded stove. Now, we are back to square tablets but only half-box size. They are still the same and often difficult to light though the new container of matches has several long-burning ones, presumable for use in windy conditions. Another soldier idea? (Pictures 20, 21)



Picture 20 – Hexamine Tablets



Picture 21 – Latest matches

You all recall the Pan, Set, Messing, or dixies? When I joined we were issued with the WWII version – high sides, two steel containers with wire handles fitting inside of each other. Then, with Vietnam, they evolved to being made of aluminium, only half as high but still fitting inside each other. These sat very neatly, and securely, on the hexamine stove. This has not changed at all and the Q does not threaten you with court-martial if you lose it. They actually made you sign for it once and return it after an exercise! Anyway, dixies suffered a bit when it was discovered that aluminium cooking utensils gave you Alzheimer's disease but I can't remember why! (sorry, a sick overused joke)

As the basic webbing included a Cup, Canteen, Steel that eventually took over being the main cooking utensil and any digger with initiative would have two of these. However, they do not sit very well on top of the stove and the writer has lost many a good cup of coffee because of a collapsing stove. They haven't quite solved that problem yet, at least officially. Many people turn the stove upside down or use a couple of rocks. There is an American holder designed to hold the cup with hexamine under it and then store over the outside of the water bottle. The writer purchased one of these but it is really designed for the US water bottle which is slightly smaller than the AUST one and required some panel beating to fit. (Picture 22)



Picture 22 – A US stove

To heat today's food pouches, you just put them in boiling water for a while, tear the top off and that is it... no washing cups (the soap pad is still there though) and it even suggests you use the water for your coffee! Very efficient.

American MRE's

Even though I have never had to consume the US MRE's, I had an occasion to compare them in 2014. A US Marine group were putting on a display for the Army Cadets and amongst their firepower and technology was a HUMV (Their super-cool version of the Land Rover). I saw a box of rations in the back and spoke to the bloke about them. He quite willingly and offhandedly gave me one. I reciprocated by dashing over to the Q Store and getting him one of ours. His initial thoughts were '*Goddam!, I could eat that in one meal!*' (These boys do eat a lot – I have seen them in the Mess).

They include some quaint items especially the toilet paper (Picture 23). I've yet to try their flameless heating pack. This idea has been around since WWII. When will Australia adopt something similar?



Picture 23 – Toilet paper (centre left)

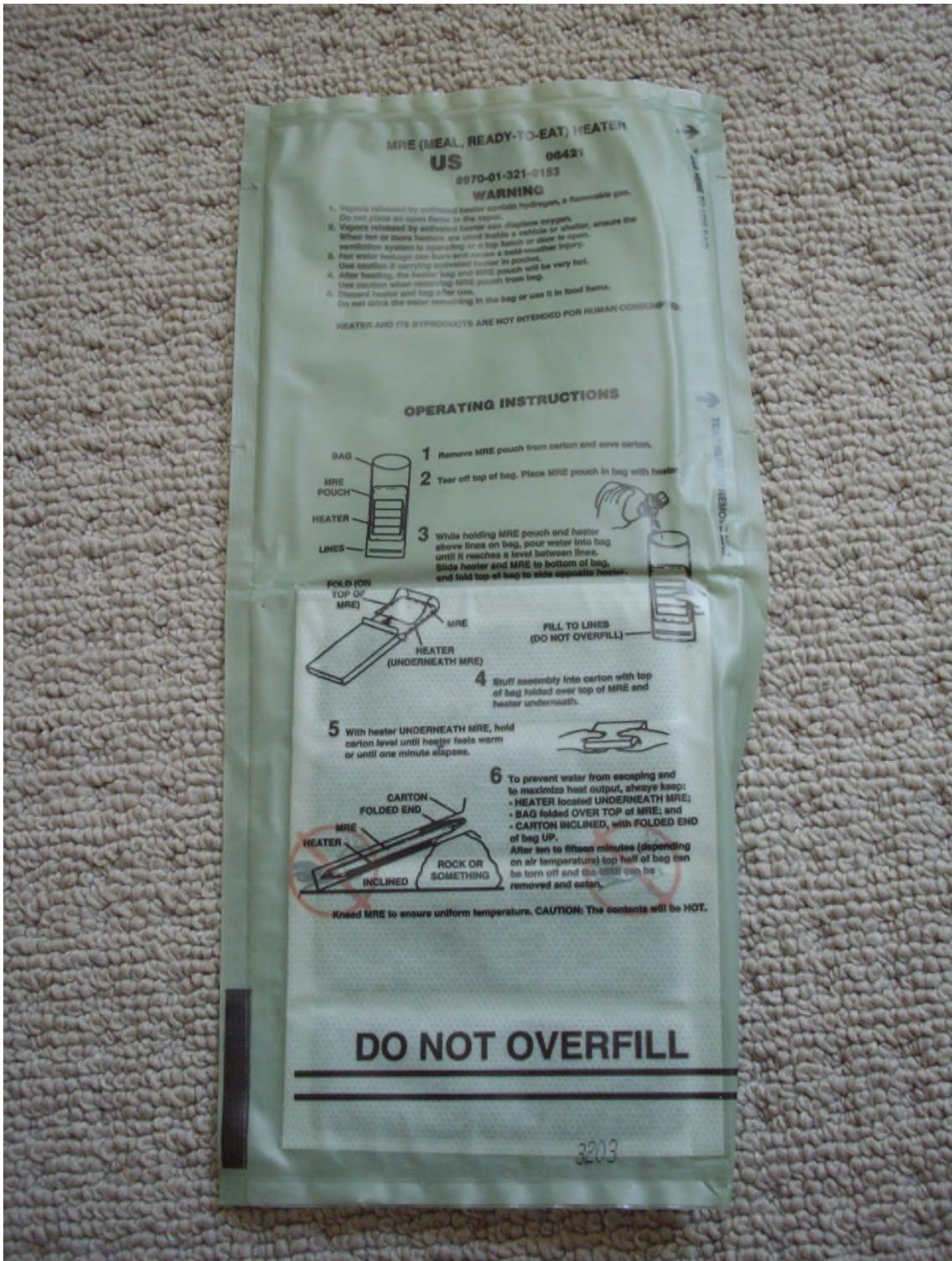
The size and bulk of these packs are probably fine if you are vehicle mounted but can you imagine carrying 3 of these for every day! A comparison in size can be seen in Picture 24.



Picture 24 – Size Comparison of MRE and CRM1

Apparently, the US government use these during civil disasters. They just dump/air drop hundreds of these MRE's to the distressed population. It seems a very quick and convenient temporary solution. Next time QLD is flooded maybe the ADF will give you some 10 man packs if you are stuck at some flooded creek!

I have included more photos of the contents of the MRE just out of curiosity.



AU GRATIN POTATOES

INGREDIENTS: POTATOES (POTATOES, SODIUM ACID PYROPHOSPHATE), WATER, CREAM (SKIM MILK, CREAM, SALT, XANTHAN GUM, GUAR GUM, MONO & DIGLYCERIDES, DISODIUM PHOSPHATE, PROPYLENE GLYCOL ALGINATE), SEASONING [WHEY, MALTODEXTRIN, WHEAT FLOUR, SALT, PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED FOOD STARCH, NATURAL FLAVORS, DEHYDRATED BLEND OF CHEESES (GRANULAR, BLUE (MILK, CHEESE CULTURE, SALT, ENZYMES)), WHEY PROTEIN CONCENTRATE, CITRIC ACID, LACTOSE, LACTIC ACID, SODIUM PHOSPHATE, FD&C YELLOW #5 LAKE, FD&C YELLOW #8 LAKE], UNSALTED BUTTER (PASTEURIZED CREAM), MODIFIED FOOD STARCH, CHEDDAR CHEESE POWDER [A DEHYDRATED BLEND OF CHEDDAR CHEESE (PASTERUIZED MILK, CHEESE CULTURE, SALT, ENZYMES), CREAM, SALT, CONTAINS LESS THAN 2% OF SODIUM PHOSPHATE, AND LACTIC ACID], MALTODEXTRIN, SODIUM METABISULFITE, PAPRIKA EXTRACT

Nutrition Facts

Serving Size 1 pouch (142.00g/5oz)

Amount Per Serving

Calories 220 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 6g **30%**

Cholesterol 30mg **11%**

Sodium 430mg **18%**

Total Carbohydrate 28g **9%**

Dietary Fiber 2g **6%**

Sugars 3g

Protein 4g Not a significant source of protein

Vitamin A 8% • Vitamin C 90%

Calcium 8% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65 g	80 g
Saturated Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Protein	50 g	60 g

Calories per gram:

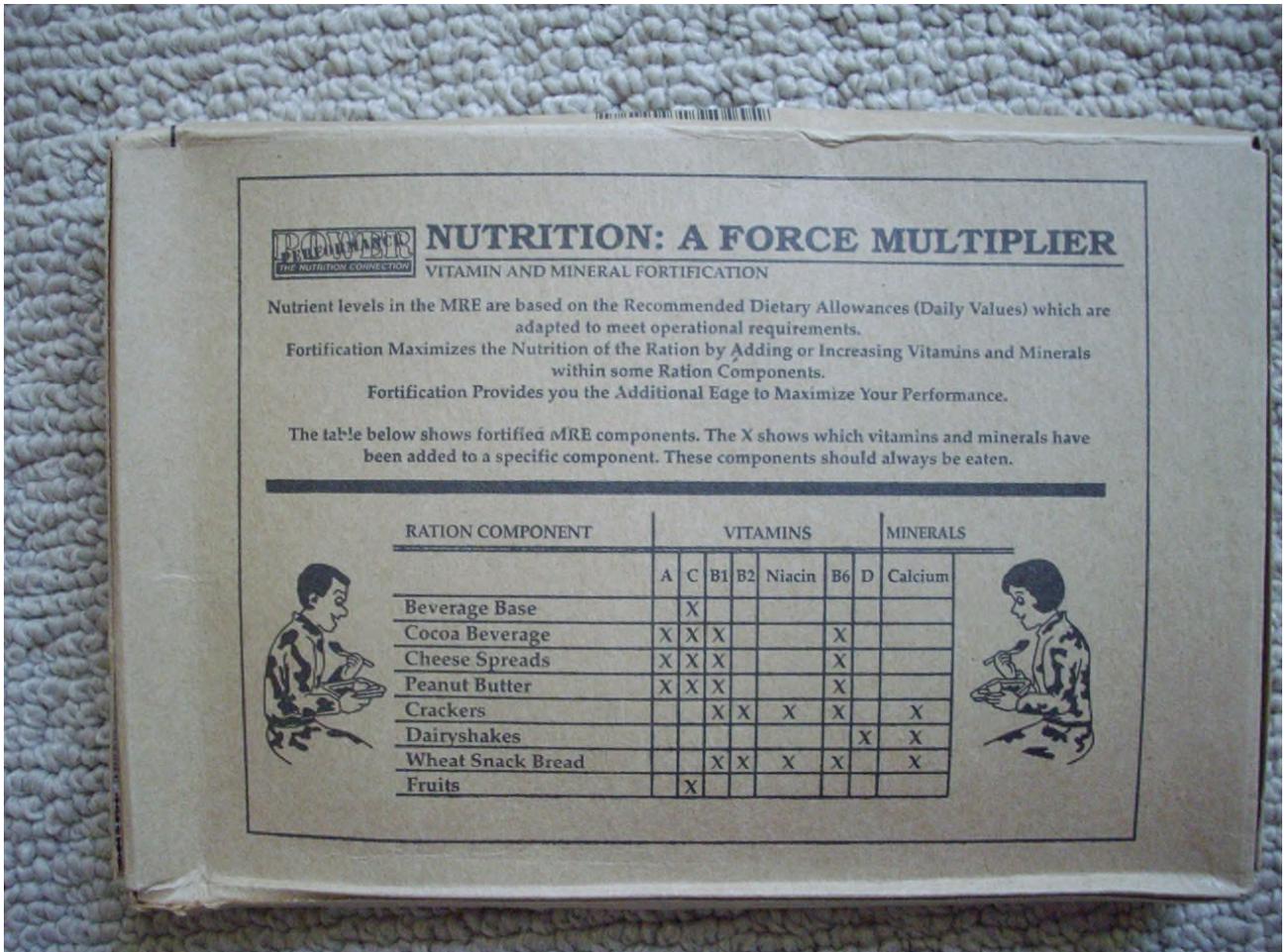
Fat 9 • Carbohydrate 4 • Protein 4

CONTAINS MILK, SOY, WHEAT

NET WT 5 OZ (142G)

Packed by SOPAKCO
PACKAGING Bennettsville,
SC 29512

PAGCS-13*



MARINARA SAUCE WITH MEATBALLS

MADE WITH CHICKEN AND BEEF

MEATBALLS [MECHANICALLY SEPARATED CHICKEN, BEEF, WATER, BREAD CRUMBS (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN SYRUP, SUGAR, VEGETABLE SHORTENING (ONE OR MORE OF THE FOLLOWING: HYDROGENATED SOYBEAN OIL, AND/OR COTTON SEED OIL), YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, SOY FLOUR, WHEY, SODIUM STEROYL 2 LACTYLATE, CALCIUM PROPIONATE, SODIUM PHOSPHATE, POTASSIUM LACTATE, SESAME SEEDS), TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CARAMEL COLOR), SEASONING (SALT, SUGAR, ONION*, SPICES, GARLIC POWDER, PARSLEY*, AUTOLYZED YEAST, VEGETABLE OIL), FRESH GARLIC, EGGS, PARSLEY*, BLACK PEPPER], WATER, TOMATOES (DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), TOMATO PASTE, MODIFIED FOOD STARCH, HIGH FRUCTOSE CORN SYRUP, SEASONING (ONION*, SUGAR, GARLIC*, SPICES, PAPRIKA, PARSLEY*), SALT. *DEHYDRATED

CONTAINS: EGG, MILK, SOY, WHEAT

Nutrition Facts

Serving Size 1 pouch (227g)

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value *

Total Fat 14g **21%**

Saturated Fat 4.5g **24%**

Trans Fat 0g

Cholesterol 45mg **16%**

Sodium 1140mg **47%**

Total Carbohydrate 25g **8%**

Dietary Fiber 3g **11%**

Sugars 5g

Protein 16g

Vitamin A 15% • Vitamin C 35%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
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Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



NET WT 8 OZ (227GRAMS)

Packed For:
SOPAKCO PACKAGING
Mullins, SC 29574

MBMS-19

Conclusion

Today, the ADF is very sensitive to allergies with COMCARE keeping them on their toes. Over the past few years, ration packs have been modified to contain nutritional information especially about allergens and it is printed on every item in the pack giving you plenty to read when you are bored. There are even packs for vegetarians. Today's modern Army!. Can you imagine the logistical problems on the front line now... *"I'm sorry Sir, I can't participate in this attack because the Q hasn't got any vegetarian rations!"*

Napoleon said an army marches on its stomach and you would all agree this is true. At last, today's troops have an imaginative, balanced and varied range of rations largely removing that age-old pastime of the soldier - grumbling about the food.

Postscript. After 44 years in the Army, they have finally 'retired' me. I'm a bit sad about that but it had to come sooner or later. The thought of not getting into a uniform, putting on boots and a KFF makes me feel a bit flat. Despite my birth certificate disclosing that I am 67, I only feel 40 and when I was in that uniform, I was 21 again! Getting old is a very cruel trick inflicted on us by nature you will agree.

Trevor Connell
20 February 2016

References:

Ref 1. http://www.qmfound.com/army_rations_historical_background.htm

Ref 2. <http://www.dtic.mil/cgi-bin/GetTRDoc?AD=ADA525497> Recommended

Ref 3. <http://www.kitbag.com.au/products/24hr-1-Man-Army-Food-Ration-Packs-13000Kj.html>

Ref 4. http://en.wikipedia.org/wiki/Field_ration

Ref 5. <http://diggerhistory.info/pages-food/c-rations.htm>

Ref 6. <http://diggerhistory.info/pages-food/oz-rat-pack-current.htm>

Ref 7. <http://www.mreinfo.com/international/australia/australian-rations.html>