DEPARTMENT OF THE ARMY PAMPHLET 30-1

FOOD SERVICE

ARMY RATIONS, FOOD PACKETS, AND SUPPLEMENTS

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FOOD SERVICE

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* This [illegible] TB QM 52, 11 September 1962.

SECTION I
INTRODUCTION

1. Purpose and Scope

This pamphlet furnishes information to Army food service personnel pertinent to Army rations, food packets, and supplements. The types of rations, food packets, and supplements are defined and discussed. Only those which have been officially adopted by the Army are included.

2. Definitions

The following terms are used in this pamphlet:

a. Ration. The allowance of food for one person for one day as prescribed by military regulations. Rations are designed for group and/or individual feeding and must be nutritionally adequate.

b. Operational Ration. A specially designed non-perishable ration for use under actual or simulated combat conditions.

c. Meal. A nutritionally balanced food unit consisting of approximately one-third of the prescribed daily requirement of a ration. Meals designed for use in the operational ration system are planned to permit interchangeability with other operational meals while insuring nutritional adequacy. A combination of any three

meals constitutes a ration as defined by Army regulations.

d. Food Packet. Prepackaged precooked foods, which may be eaten hot or cold, for use under special operational conditions that prevent issue or utilization of complete rations. Food packets are designed primarily to meet stringent operational requirements for minimum weight, cubage, and other utility factors, with the maximum stability, palatability and nutritional value commensurate with these requirements. One or more food packets do not necessarily constitute a nutritionally complete ration.

e. Ration Supplement. An assembly of food, beverage, condiment, or comfort items intended to add to the minimum essentials of a specific operational ration in terms of nutrition, palatability, and enhancement of morale.

SECTION II
ARMY RATIONS AND FOOD PACKETS

3. Garrison Ration

a. Purpose. The garrison ration is used as the ration in a limited number of special types of messes. At one time it was the basic ration for the Army in time of peace.

b. Description. The garrison ration is purchased by the using unit on the basis of a monetary allowance. The amount of money a unit may spend for subsistence is based on the unit's present-for-duty strength, the number of days in the ration period, and the current cost of the 39 components as prescribed by Executive order. Menus for the garrison ration are prepared by the mess steward, subject to the commander's approval. The garrison ration and the field ration A are essentially the same in components, methods of storage, preparation, and service.

4. Field Ration A

a. Purpose. The field ration A is the basic ration of the Army. In addition to normal garrison feeding, this ration may be used in noncombat field feeding situations, as determined by the commander.

b. Description. The field ration A differs from the garrison ration in that it is issued *in kind;*

that is, actual food items are issued, and no monetary credits are allowed. Menus on which issues are based are prepared by the U.S. Army Food Service Center. These menus are reviewed, revised, and approved by the Joint Army and Air Force Menu Board. Since the ration contains many fresh and frozen foods, refrigeration facilities are required. For this reason, the ration is prescribed in combat areas only when feasible.

c. Acceptability. Even though the United States is composed of people of many different national origins with varying food habits, preferences, and dislikes, the Army has developed a dietary pattern to which the great majority of people have become well adjusted. Foods that are dominant on the American civilian menu have been used as a basis for the Army's master menu.

5. Standard B Ration

a. Purpose. The Standard B Ration is used as the ration in situations where perishable foods cannot be provided because of lack of refrigeration facilities, but where kitchen and cooking facilities and cooks are available. This situation usually is found in various sections of theaters of operations after the initial assault phase, but before conditions become completely stabilized.

b. Authority. The authorized components of this ration are prescribed in SB 10–495. However, for special program reserve stocks (in-place re-

serves), each service may prescribe components regardless of those prescribed in SB 10–495.

c. Description. The Standard B Ration is designed for large group feeding and is composed of nonperishable foods. Supplied in bulk, the B ration consists of about 100 different components. Components include canned and dehydrated meats; cereals and cereal products; canned fruits, vegetables, and milk; dehydrated fruits and vegetables; and powdered milk and dried eggs. Well balanced, varied menus are prepared in the form of 15-day menu cycle, with an average food value of approximately 4,000 calories per man per day. Figure 1 shows representative component parts of the B ration.

d. Disadvantages. The disadvantages of the Standard B Ration are that trained cooks are required for its preparation and that continued use of the ration is undesirable because of its monotony. It is recommended that the ration be supplemented with fresh or frozen foods as often as possible.

6. Meal, Combat, Individual

a. Purpose. The individual combat meal is de-

1—Dehydrated and canned vegetables
2—Dairy products
3—Desserts
4—Soup
5—Beverages
6—Cereal
7—Meat
8—Spread
9—Bread

Figure 1. Representative components of the Standard B Ration.

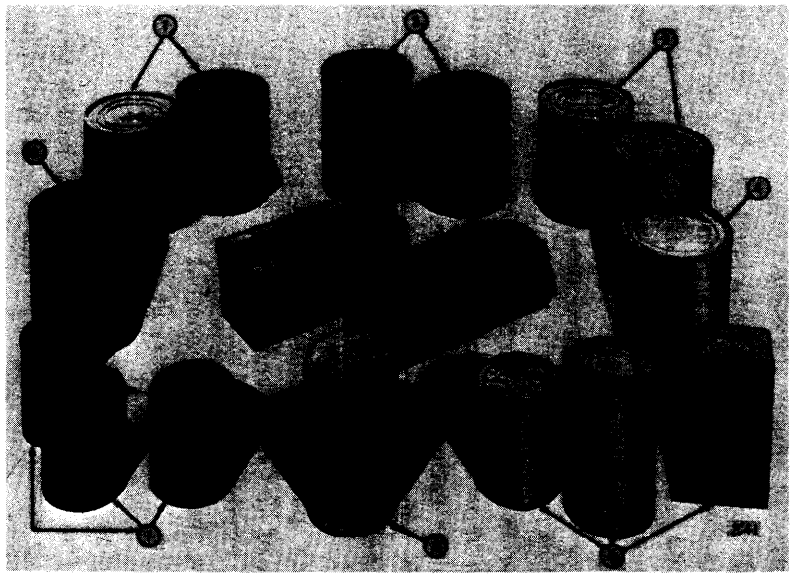


Figure 1—Continued.

signed for use in individual units as a meal or in multiples of three as a complete ration. It can be issued as the tactical situation dictates, and it simplifies supply logistics.

b. Description. The individual combat meal is the first ration which has been adopted to meet the new subsistence concept of supplying interchangeable meals rather than rations. It can be issued where conditions require each soldier to receive only one packaged meal. Since each meal supplies one-third of the minimum daily nutrient intake required by Army regulations, any combination of three packets will be nutritionally complete ration. Accessory items such as toilet paper, tobacco products, matches, and a spoon are packaged with each meal. Each 1,200-calorie meal consists of three canned items and an accessory packet. Figure 2 shows the component parts of the meal and shipping container of 12-meal cartons. The individual combat meal replaces the individual combat ration (C Ration) and the individual assault food packet.

7. Ration, Individual, Trail, Frigid

a. Use. The frigid trail individual ration is designed for use in cold climates by individual members of small patrols or trail teams for short periods of time (1 to 3 days) during which resupply may not be possible.

b. Description. This ration has components con-

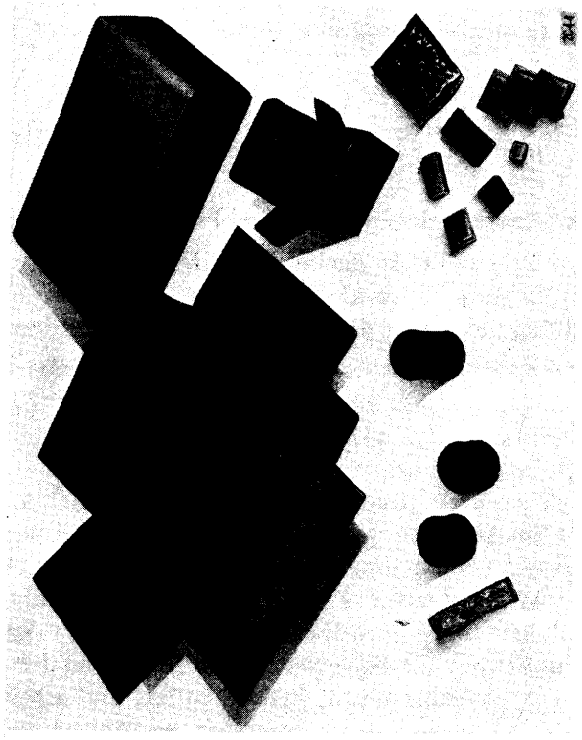


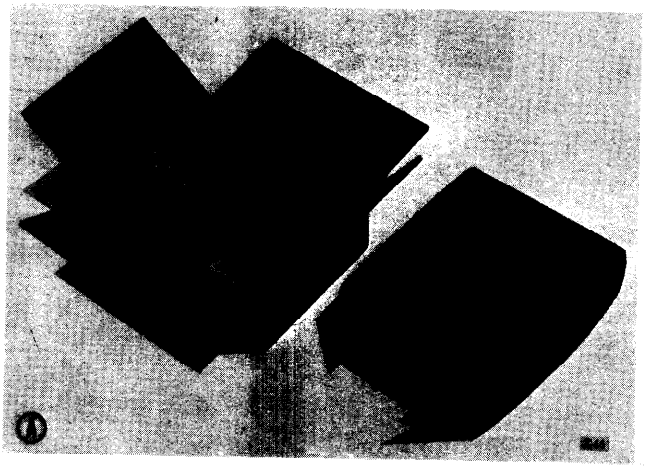
Figure 2. Components of the individual combat meal.

taining approximately 4,400 calories, as compared with the 3,600 required for rations used in temperate or tropic climates. The ration is high in energy, light in weight, and compact. Its light weight and compact size are well suited to arctic conditions in which the soldier must carry all his supplies, and supplies and equipment must be kept to a minimum. This ration is not procured or stocked during peacetime. Figure 3 shows the packaging and component parts of the frigid trail individual ration.

8. Food Packet, Survival, General Purpose

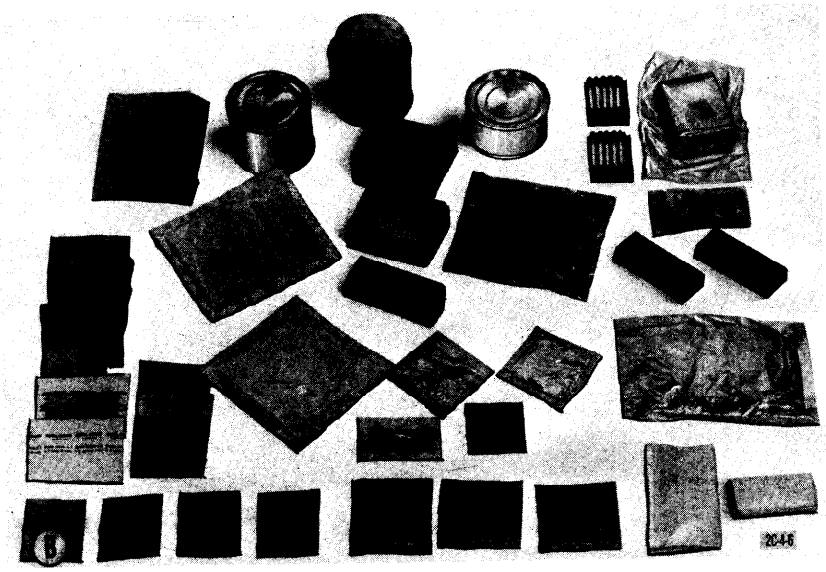
a. Purpose. This packet is a lightweight, general purpose survival food packet designed for use in the event of disaster in any environmental area of the world.

b. Description. The general purpose survival food packet (fig. 4), is a versatile packet; it is usable even where water is severely limited. It has passed extensive service tests in both hot and cold climates. The packet contains four food bars of uniform nutritional composition. There are six types of food bars: Fruit cake, chocolate fudge, cornflakes, rice-cornflakes, chicken-flavor, and cheese-potato. In addition to the four food bars, each can contains sugar, instant coffee, and a soup and gravy base which provided additional salt for the ration. Each can provides about 880 calories. The unique nutritional design of this food packet permits maximum nutritional design of



A—Packaging of ration

Figure 3. Ration, individual, trail, frigid.



B—Component parts of ration
Figure 3—Continued.

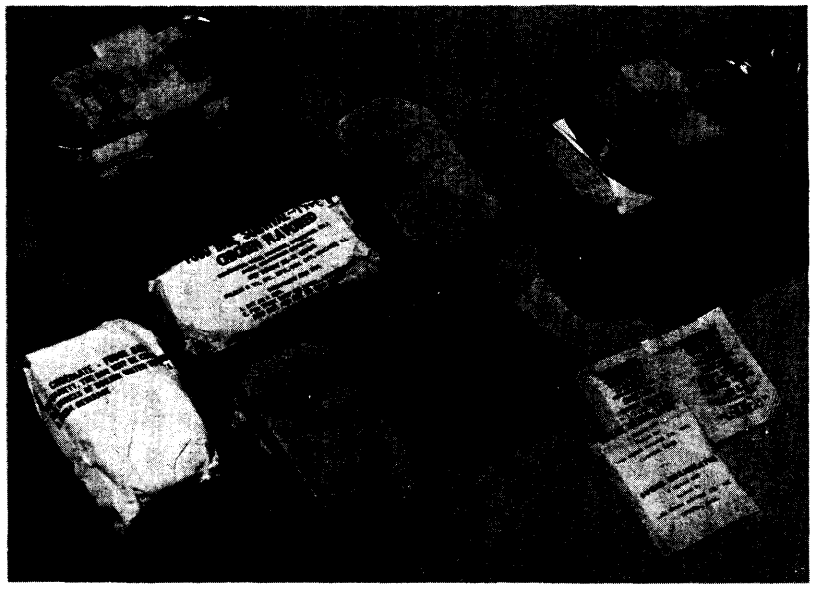


Figure 4. Component parts of the food packet, survival, general purpose.

this food packet permits maximum nutritional benefit at any level of consumption, ranging from one-half packet per man per day (minimal level of issue recommended for hot climate use) to one, two, or three packets per man per day. The minimal recommended issue for arctic survival use is one packet per man per day.

c. Packaging. The food packet is packaged in a 12-ounce, key opening, rectangular can, with a can opener taped to it.

9. Packet, Subsistence, Long-Range Patrol

a. Use. The long-range patrol subsistence packet (fig. 5) is issued to troops under combat conditions where resupply may be uncertain for as long as 10 days. The packet is used under tactical situations that require men to eat as individuals, with a normal supply of water available and preferably time to heat the water.

b. Description. Eight different menus are available. Each packet furnishes over 1,000 calories and consists of a precooked, dehydrated, combination item as the main component plus a confection, a cereal, or fruitcake bar; and coffee, cream, and sugar. Several of the menus also include cocoa beverage powder. The dehydrated components are easily prepared with water. The packet is to be used when normal water supply is available. The average volume is 40 cubic inches and the average gross weight is 11 ounces. The

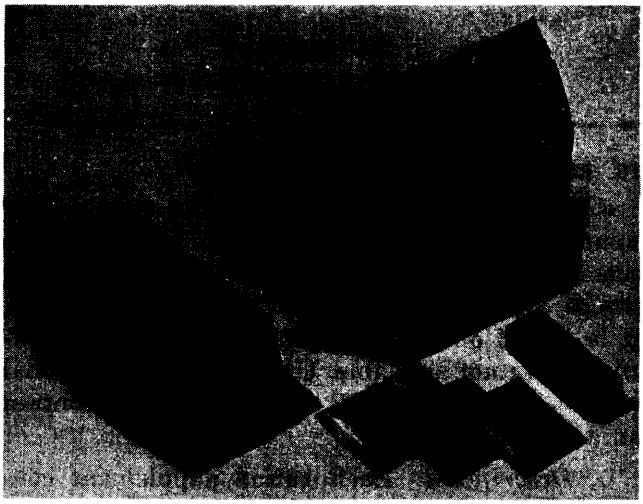


Figure 5. Packet, subsistence, long-range patrol.

principal menu component is in a flexible package attached to a chipboard base. The base gives the package a rigid bottom while the food is being reconstituted in the bag. Twenty-four packets (three each of the eight menus) are assembled into each shipping container. This packet has been classified as limited production type.

SECTION III
SUPPLEMENTS

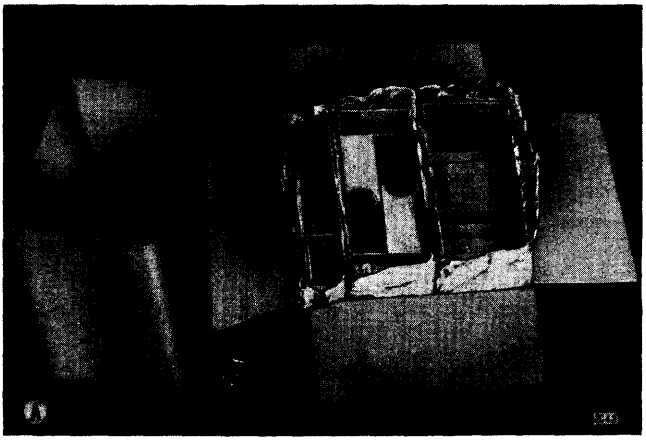
10. Ration Supplement, Sundries Pack

a. Use. This supplement is used to supply such comfort items as toilet articles, tobacco products and candy in the near-frontline areas where troops are subsisted on the Standard B Ration. It is issued only when normal post exchange facilities are not available. Unlike other operational rations, the Standard B Ration does not contain an accessory packet.

b. Description. Each ration supplement consists of a tobacco pack, toilet article pack, and a confection pack. The supplement is designed to satisfy the requirements of 100 men for 1 day, based on post exchange sales volume experience. This pack is not procured or supplied under peacetime conditions. Figure 6 shows the packaging and component parts of the sundries pack ration supplement. Listed below are the items contained in each pack:

(1) *Tobacco pack.* Tobacco products, safety matches, and lighter flints.

(2) *Toilet article pack.* Brushless shaving cream, safety razor, safety razor blades, tooth powder, toothbrush, and toilet soap.



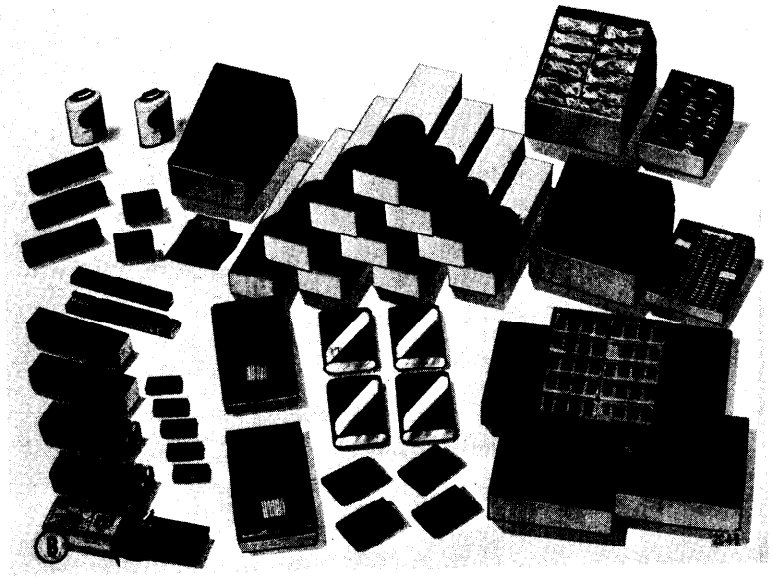
A—Packaging of supplement

Figure 6. Ration supplement, sundries pack.

(3) *Confection pack.* Sweet chocolate bars; starch jelly bars; chocolate-coated coconut, chocolate-coated caramel nougat, chocolate-coated fudge, or caramel bars; hard candy tablet; and chewing gum.

11. Ration Supplement, Aid Station

a. Use. This ration supplement is used at forward aid stations to provide hot, stimulating beverages. It is not considered to be a ration or any part thereof. It is simply a selection of beverages for serving to men who are combat casualties and is intended to contribute to their recov-



B—Component parts of supplement
Figure 6—Continued

ery by reducing shock and making them more comfortable.

b. Description. The supplement consists of instant coffee, instant tea, dry cream, instant flavored milk product, sugar, plastic disposable drinking straws, and toilet paper. Preparation of the components is simple, and heating equipment available in the aid stations is adequate. The instructions call for adding water to prepare a nourishing drink. Figure 7 shows the component parts of the aid station ration supplement. This supplement is not procured or supplied under peacetime conditions.

c. Packing. One hundred 8-ounce servings of beverages are packed in a case that can be carried easily by one man. The light weight of the package makes it suitable for transport under most combat conditions. All components are packed in waterproof containers.

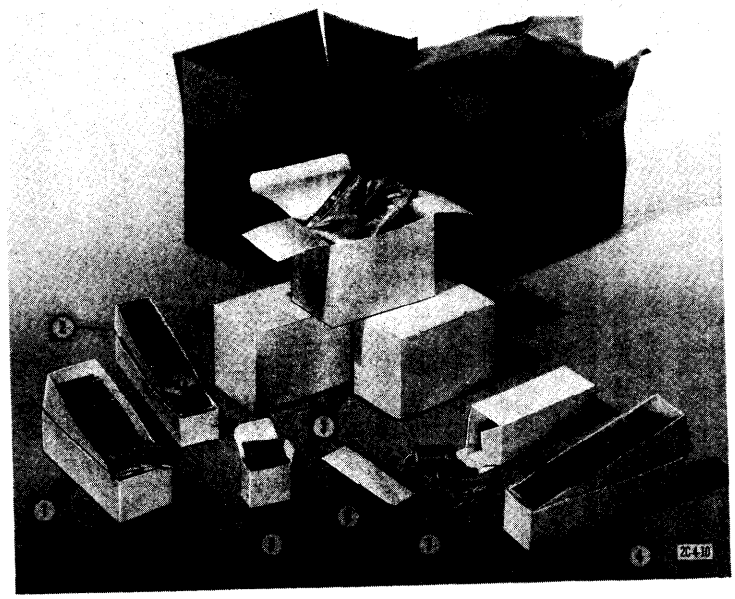


Figure 7. Component parts of the ration supplement, aid station.

1—Instant coffee
2—Sugar
3—Flavored instant milk product
4—Dry cream product
5—Instant tea
6—Plastic disposable drinking straws
7—Toilet paper

Figure 7—Continued.

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NG: State AG (3); units—same as Active Army.

USAR: Same as Active Army except allowance is one copy to each unit.

For explanation of abbreviations used, see AR 320–50.

☆ U.S. Government Printing Office: 1966—200-536/7292C