“Operational Ration Update”

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2012 Partnership Day
Individual Combat Rations

- **Meal, Ready to Eat (MRE)**
  - Primary Ration of US Forces since 1980
  - Provides 1250-1300 nutritionally-balanced calories per meal
  - Shelf-stable for 3 years @ 80° F
  - 24 varieties, including 4 vegetarian meals
  - Flameless Ration Heater heats entrées, sides, and drinks

- **First Strike Ration (FSR)**
  - Daily ration designed for first 2-10 days of mobile conflict
  - 2900 calories per ration, includes variety of eat-on-the-move components
  - Shelf-stable for 2 years @ 80° F
  - 9 varieties available in FY12 (increase from 3)

- **Meal Cold Weather (MCW)/Long Range Patrol (LRP)**
  - Meets requirements for cold weather and reconnaissance ops
  - Provides 1500 nutritionally optimized calories per meal
  - Shelf-stable for 3 years @ 80° F
  - Dehydrated entrées resist freezing in extreme environments
  - MCW: 3 Rations per day (4500 calories)
  - LRP: 1 Ration per day (1500 calories)
Group Rations

- **Unitized Group Ration-Heat & Serve (UGR-H&S)**
  - Usually first hot meal available in the field
  - Prepared using Tray Ration Heater or boiling water
  - Provides 1450 nutritionally-balanced calories per meal
  - Shelf-stable for 18 months @ 80°F
  - Contains all accessories and serving equipment needed for a group meal
  - Includes 14 lunch/dinner menus and 3 breakfast menus
  - Feeding Plan changed to increase use in Army field feeding

- **Unitized Group Ration-Express (UGR-E)**
  - Self-contained, self-heating group meal for up to 18 Warfighters
  - Heats entrees in 30-45 minutes using same flameless heating technology
  - Provides 1300 nutritionally-balanced calories per meal
  - Shelf-stable for 18 months @ 80°F
  - Includes 8 lunch/dinner menus, 4 breakfast menus, and 1 holiday menu (Turkey)
  - Most recent development. Used primarily in AOR.
Group Rations

- **Unitized Group Ration-A (UGR-A)**
  - Uses semi-perishable & frozen components
  - Using field kitchen (Mobile Kitchen Trailer or Containerized Kitchen) with refrigeration capability
  - Provides 1450 nutritionally-balanced calories per meal
  - Includes 14 lunch/dinner menus and 7 breakfast menus
  - Highest Demand for Army Field feeding

- **Unitized Group Ration-A Short Order (UGR-A SO)**
  - Uses semi-perishable & frozen components
  - Mostly hand held items that provide more variety and alternate menu choices when served with the UGR-A
  - Provides 1450 nutritionally-balanced calories per meal
  - Includes 7 lunch/dinner menus
  - Now Available Army wide
UGR-A Short Order

The new Unitized Group Ration-Short Order (UGR-SO) meals are NOW available to be ordered Army wide. There are seven different Lunch/Dinner menus that will surely compliment the fourteen UGR-A mainline meals that are currently available. The UGR-SO menus are complete nutritional meals (mostly handheld items) that can be ordered, prepared and served as the only meal option or can be used in conjunction with the UGR-A menus as a partial optional meal choice. The intent is to provide “mainline and short order options” at meal time.
“Our minds are like our stomachs; they are whetted by the change of their food, and variety supplies both with fresh appetite”.

[Marcus Fabius Quintilian]
“UGR-A Short Order Update”

**Hamburger & Hot Dogs**

**Choices**
- Pepperoni Stromboli

**Options**
- Plain & Buffalo Chicken Nuggets

**Wings of Fire**

**Variety**
- Philly & Cheese Steak Hoagie
- Beef Enchiladas
- Italian Sausage Sub
What Soldiers and Operators Want

- Variety
- Choices
- Popular Brands
- Options
- Lower Sodium
- Trans Fat Free Items
- Whole Grains/Multi-Grains
- Quality
What Soldiers and Operators Want

• Reduced Cube
• Juice Fortification
• Deliverable Nutrients
• Non-Pork Alternatives
• Lower Fat Breakfast Meats
• Whole Muscle Meats
• Taste of Home
Got Questions?

Joint Culinary Center of Excellence
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