

Nutrition Guidelines for Reception Station Meal Kit

Total Calories: 350 to 500 calories

Total Fat: less than 35% of total calories
14 g total fat (maximum for 350 calorie meal)
20 g total fat (maximum for 500 calorie meal)

Saturated Fat: less than 10% of total calories
6 g saturated fat (maximum)

Trans Fat: Zero grams

Cholesterol: less than 25 mg

Carbohydrates: 50-60% of total calories

Protein: 5-15% of calories
4 g protein (minimum)
19 g protein (maximum)

Sodium: less than 500 mg

Fiber: minimum of 5 grams

Components

- **Fruit Product:** fruit cup (4 oz cup minimum, packed in own juice), dried fruit (¼ cup minimum), fruit leathers, fruit snacks (made with real fruit, good source of vitamin C)
- **Granola/Grain Bar :** must provide at least 2.5g of fiber per serving
- **Nuts/seeds:** nuts, trail mix, or seeds
- **Drink:** 8 ounces of 100% fruit juice or 100% fruit juice blend with 100% DV vitamin C or 1% ESL UHT milk

Water, enhanced water (i.e. vitamin types), sport drinks (i.e. ades, electrolyte based), energy drinks, and non-nutritive drinks (i.e. artificially sweetened) are **not approved** for use in military meal kits

Products containing monosodium glutamate will not be approved.

Commercially purchased meal kits must have Nutrition Label in accordance with Nutrition Labeling and Education Act that displays **total** nutrient amounts **for the entire meal**. Additionally, each food and drink item in the meal kit must have a nutrition label.

****These kits are limited to Reception Stations****

RECEPTION STATION MEAL KITS

The following is a listing of approved reception station meal kits approved for use in Initial Military Training Reception Stations.

Products listed here have had a nutrition review by the JCCoE staff and included in this listing as “Army approved”. Army Food Program managers are requested to select from this listing to insure compliance with the Army Nutrition guidance.

Shelf Stable

SNACK KIT W/DRINK, SS, juice, granola bar, fruit cup, sunflower seeds	8940-01-E62-2521	G. A. Food Services/Sun Meadow Vendor Code # 0058	12/14 Oz Co Per Case SKU # MO01