

## **INFORMATION FOR USERS - CR5M**

### **FOOD ALLERGIES**

This ration pack has **NOT** been catered for consumers with any food allergy or special dietary requirements. You should read the **Contents** and **Instruction Sheet** before consumption. If you have any doubts about the contents, you should not consume the ration pack.

### **GENERAL**

The CR5M consists of three meals and a number of sundry items, capable of feeding five people for one day. Most sundry items are in Portion Control Packs (PCP) to enable individual feeding if required.

The contents of the retort pouch may be consumed hot or cold, although it would be more appetising if heated. This may be done by placing it unopened in a mess tin/container of water so that it is three quarters submerged and heated for 10 minutes, or by tipping the contents of the pouch into a mess tin/container and heating.

The 50 gram soup powder can be made up by adding the contents of the pouch to one litre of boiling water and stirring until dissolved.

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

Mixing together equal parts of jam and boiling water can make jam sauce. It may be added to the fruit pudding.

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

### **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.*

The beverage base powder, (Cottees Trek) has water sterilisation properties but should only be relied upon in the case of **EMERGENCY**. *If used allow 90 minutes after addition before drinking.*

### **AVOID FOOD POISONING**

Do not open more containers of perishable food than are necessary for a meal. Any uneaten opened perishable food must be discarded or chilled immediately to avoid food poisoning.

### **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**

Salt supplementation *is not recommended* even if you are working hard in hot environments. There should be enough salt in your normal diet to fulfil your dietary requirements.

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

### **COLOURED TAGS**

Different coloured paper tags are contained in all ration packs. The coloured paper tags have been included as a quality control measure during packaging. The tags are useful in the field as markers and model items. Please dispose of in a thoughtful manner.

### **DISPOSAL OF LITTER**

There is packaging litter in each CR5M, which may give intelligence to the enemy if discarded. Dispose all litter in a thoughtful manner with consideration for the environment.

### **LABELLING INFORMATION**

Nutritional and use-by information is available from the Foodstuffs Technical Quality Cell.

### **IMPROVEMENTS**

Any suggestions regarding improvements to ration packs should be directed to:-

**[crp.feedback@defence.gov.au](mailto:crp.feedback@defence.gov.au)**

**DMO, LSD, GSSPO, ADF CATERING GROUP,  
GPO BOX 519J, MELBOURNE, VIC, 3001**