

**Australian Defence Force
PATROL RATIONS (ONE MAN)
Contents & Instruction Sheet**

Packed 2001/2002 - Ph1

This Ration Pack is available in the five menus shown below

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

Nutritional, ingredient and use-by information is available from the Senior Inspector Foodstuffs.

Menu A					
Freeze Dried Beef & Green Beans	1x75g	Freeze Dried Lamb Casserole	1x110g	Freeze Dried Potato & Onion Powder	1x50g
Beverage, Powder, Sport, Lemon & Lime	1x12g	Beverage, Powder, Sport, Orange	1x12g	Fruit Grains, (URC), Blackcurrant	1x15g
Biscuit, Shortbread	1x35g	Chewing Gum, Juicy Fruit	1xpkt4	Biscuit, Jam Sandwich Type 2	1x45g
Fruit Grains, (URC), Apricot	1x15g	MB, Apricot & Coconut	1x31.3g	Sauce, Tomato, Ketchup	1x15g
Sauce, Tabasco	1x3g	Vegemite Extract	1x15g		

Menu B					
Freeze Dried Beef & Blackbean	1x75g	Freeze Dried Spaghetti & Meat Sauce	1x235g	Noodles, Instant, with Beef Flavour Sauce	1x47g
Beverage, Powder, Sport, Raspberry	1x12g	Beverage, Powder, Sport, Tropical	1x12g	Fruit Grains, (URC), Mixed Berry	1x15g
Biscuit, Shortbread	1x33g	Chewing Gum, PK	1xpkt4	Fruit Spread, Raspberry	1x20g
Biscuit, Scotch Finger	2x70g	Fruit Spread, Plum	1x26g	MB, Forest Fruits	1x31.3g
MB, Apricot & Coconut	1x31.3g	Sauce, Tabasco	1x3g	Sauce, Chilli, Sweet	1x45g

Menu C					
Freeze Dried Beef Teriyaki	1x75g	Freeze Dried Veal Italienne	1x110g	Freeze Dried Rice	1x55g
Beverage, Powder, Sport, Lemon & Lime	1x12g	Beverage, Powder, Sport, Mixed Berry	1x12g	Fruit Grains, (URC), Blackcurrant	1x15g
Fruit Grains, (URC), Orange	1x15g	Fruit Spread, Apricot	1x20g	Chewing Gum, PK	1xpkt4
Biscuit, Shortbread	1x35g	Curry Powder	1x3.5g	Biscuit, ANZAC	1x35g
MB, Apricot & Coconut	1x31.3g	MB, Forest Fruits	1x31.3g	Sauce, Chilli, Sweet	1x31.3g
Sauce, Soy	1x3g				

Menu D					
Freeze Dried Beef & Noodles	1x75g	Freeze Dried Tuna Mornay	1x110g	Noodles, Instant, with Beef Flavour Sauce	1x47g
Beverage, Powder, Sport, Orange	1x12g	Beverage, Powder, Sport, Raspberry	1x12g	Fruit Grains, (URC), Orange	1x15g
Fruit Grains, (URC), Tropical	1x15g	Fruit Spread, Blackberry	1x26g	Chewing Gum, Arrowmint	1xpkt4
Biscuit, Shortbread	1x35g	Curry Powder	1x3.5g	Biscuit, ANZAC	1x35g
Sauce, Tabasco	1x15g	Sauce, Soy	1x3g	MB, Tropical Fruits	1x31.3g

Menu E					
Freeze Dried Chicken Tetrizzini	1x75g	Freeze Dried Savoury Steak Fingers	1x110g	Freeze Dried Rice	1x55g
Beverage, Powder, Sport, Mixed Berry	1x12g	Beverage, Powder, Sport, Tropical	1x12g	Fruit Grains, (URC), Tropical	1x15g
Fruit Grains, (URC), Berry	1x15g	Fruit Spread, Plum	1x26g	Chewing Gum, Juicy Fruit	1xpkt4
Biscuit, Shortbread	1x35g	MB, Apricot & Coconut	1x31.3g	MB, Tropical Fruits	1x31.3g
Sauce, Tomato, Ketchup	1x15g	Sauce, Soy	1x3g		

Additional Food Items Common to all PR1M Menus					
Beverage, Chocolate, Powder	1x40g	Beverage, Coffee, Instant	2x3.5g	Beverage, Tea, Bags, Pot	1x2.5g
Biscuit, Crispbread	1x34g	Candy, Chocolate	1x55g	Candy, Hard	2x30g
Chocolate Ration	1x50g	MB, Anzac	1x31.3g	Milk, Condensed, Sweetened	1x85g
Pepper, Black	1x2g	Salt	1x2g	Sugar, Grade 1XA	8x7g

Non-Food Items Common to all PR1M Menus					
Matches, Safety, Waterproof (GL) - Vial X 10	1 only	Menu Sheet – Components, PR1M	1 only	Bag Plastic re-sealable (water/food)	1 only
Bag Plastic Inner Sundry	1 only			Paper, Toilet, 2 Ply, 10 Sheet	1 pkt
Rubber Bands Size 32	2 only	Rubber Bands Size 62	1 only	Spoon, Dessert, Plastic	1 only

**Australian Defence Force
PATROL RATIONS (ONE MAN)
INFORMATION FOR USERS - PR1M**

Packed 2001/2002 - Ph1

GENERAL

The PR1M consists of two main meals, a midday snack and a number of sundry items. It is suggested that the two main components be used for breakfast and evening meals, and that the muesli bar and sweet biscuits be used for the midday snack. The PR1M has been designed to ensure that you receive enough food and vitamins each day, therefore it is desirable that all food in the pack is eaten.

No Mess gear is required to prepare and eat this ration. Meals may be prepared, heated and eaten from the pouch in which they are packed.

If very short of water, do not consume the main meals. Your need for water will be less if you consume only the biscuits, sweets and sugar.

The vegetable extract may be used as a spread on biscuits, as a flavouring to some of the meat dishes or added to noodles. 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 on the surface, it is still safe to eat. By dissolving the chocolate in sterilised hot water a chocolate drink can be made.

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 powder sport 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 not be consumed or must be 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

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.

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 PR1M, 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 Senior Inspector Foodstuffs.

IMPROVEMENTS

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

**SENIOR INSPECTOR FOODSTUFFS, ADF CATERING SECTION, AEMA,
GPO BOX 519J, MELBOURNE, VIC, 3001**