

AUSTRALIAN DEFENCE FORCE – COMBAT RATIONS ONE MAN

CONTENTS SHEET

The Combat Ration One Man is available in the eight menus shown below. Due to unavoidable circumstances, items may be substituted. Nutritional and Shelf Life information is available from Catering Fleet Technical Advisors. All suggestions / comments: Email crp.feedback@defence.gov.au

MENU A		MENU B		MENU C		MENU D	
Braised Beef and Gravy	1x250g	Beef, Mince w/ Spaghetti	1x250g	Chicken Curry	1x250g	Beef BBQ	1x250g
Chicken, Italiano	1x250g	Chicken Satay	1x250g	Sausages & Vegetables	1x250g	Chicken BBQ	1x250g
Soup, Savoury	1x30g	Soup, Beef	1x30g	Soup, Chicken	1x30g	Soup, Chicken	1x30g
Bev Powder, Type I, Lemon & Lime	1x12g	Bev Powder, Type I, Mixed Berry	1x12g	Bev Powder, Type I, Orange	1x12g	Bev Powder, Type I, Lemon & Lime	1x12g
Bev Powder, Type II, Tropical	1x70g	Bev Powder, Type II, Grape	1x70g	Bev Powder, Type II, Tropical	1x70g	Bev Powder, Type II, Tropical	1x70g
Biscuit, Crispbread	1x34g	Biscuit, Shrewsbury	1x47g	Biscuit, Shrewsbury	1x45g	Biscuit, Crispbread	1x34g
Biscuit, Krispie	1x33g	Biscuit, Vitalife Wellgrain	1x36g	Biscuit, Vitalife Wellgrain	1x36g	Biscuit, Krispie	1x33g
Confectionary Spread – Choc	1x50g	Tuna in Springwater	1x85g	Confectionary Spread – Vanilla	1x50g	Confectionary Spread – Vanilla	1x50g
Freeze Dried Pot & Onion	1x50g	Fruit Grains, Blackcurrant	1x15g	Tuna in Dried Tomato	1x85g	Fruit Grains, Raspberry	1x15g
Fruit Grains, Apricot	1x15g	Fruit Spread, Marmalade	1x26g	Fruit Grains, Mix Berry	1x15g	Fruit Spread, Plum	1x26g
Fruit Spread, Blackberry	1x26g	Fruit, Peaches, Diced	1x140g	Fruit Spread, Raspberry	1x26g	Fruit, Two Fruits, Diced	1x140g
Fruit, Peaches, Diced	1x140g	MB, Apricot & Coconut	1x32g	Fruit, Pears, Diced	1x140g	MB, Tropical Fruits	1x32g
MB, Apricot & Coconut	1x32g	MB, Tropical Fruits	1x32g	MB, Apricot & Coconut	1x32g	Muesli Cereal, Natural	1x60g
MB, Tropical Fruits	1x32g	MB, Forest Fruits	1x32g	MB, Tropical Fruits	1x32g	Milk, Dried Skim	1x3g
Muesli Cereal, Fruitful	1x60g	Sauce, BBQ	1x10g	MB, Forest Fruits	1x32g	Noodles, Beef Flavour	1x47g
Milk, Dried Skim	1x3g	Sauce, Tomato	1x15g	Noodles Chicken Flavour	1x47g	Curry Powder	1x3.5g
Sauce, Tomato	1x15g			Sauce, Sweet Chilli	1x10g	Sauce, BBQ	1x10g
				Sauce, Tomato	1x15g	Sauce, Tomato	1x15g

MENU E		MENU F		MENU G		MENU H	
Beef Mince w/ Tortellini	1x250g	Beef Teriyaki	1x250g	Chilli Con Carne	1x250g	Baked Beans	1x250g
Salmon & Pasta Mornay	1x250g	Vegetable Curry	1x250g	Lamb with Rosemary	1x250g	Vegetable Curry	1x250g
Soup, Tomato	1x30g	Soup, Tomato	1x30g	Soup, Beef	1x30g	Soup, Savoury	1x30g
Bev Powder, Type I, Raspberry	1x12g	Bev Powder, Type I, Orange	1x12g	Bev Powder, Type I, Mixed Berry	1x12g	Bev Powder, Type I, Lemon & Lime	1x12g
Bev Powder, Type II, Lemon & Lime	1x70g	Bev Powder, Type II, Grape	1x70g	Bev Powder, Type II, Orange	1x70g	Bev Powder, Type II, Mixed Berry	1x70g
Biscuit, Crispbread	1x34g	Biscuit, Scotch Finger	2x35g	Biscuit, Scotch Finger	1x35g	Biscuit, Shrewsbury	1x47g
Biscuit, Krispie	1x35g	Biscuit, Vitalife Wellgrain	1x36g	Biscuit, Vitalife Wellgrain	1x36g	Biscuit, Vitalife Wellgrain	1x36g
Biscuit, Shortbread	1x47g	Confectionary Spread – Chocolate	1x50g	Fruit Grains, Blackcurrant	1x15g	Biscuit, Shortbread	1x47g
Confectionary Spread – Vanilla	1x50g	Fruit Grains, Apricot	1x15g	Fruit Spread, Raspberry	1x26g	Confectionary Spread – Vanilla	1x50g
Freeze Dried, Rice	1x55g	Fruit Spread, Plum	1x26g	Fruit, Pears, Diced	1x140g	Fruit Grains, Mix Berry	1x26g
Fruit Grains, Strawberry	1x15g	Fruit, Two Fruits, Diced	1x140g	MB, Tropical Fruits	1x32g	Fruit Spread, Marmalade	1x26g
Fruit Spread, Blackberry	1x26g	MB, Tropical Fruits	1x32g	Freeze Dried Rice	1x55g	Fruit, Peaches, Diced	1x140g
Fruit, Two Fruits, Diced	1x140g	MB, Apricot & Coconut	1x32g	Tuna with Dried Tomato	1x85g	Freeze Dried Rice	1x55g
MB, Tropical Fruits	1x32g	MB, Forest Fruits	1x47g	Muesli Cereal, Natural	1x60g	Muesli Cereal, Fruitful	1x60g
Muesli Cereal, Fruitful	1x60g	Noodles, Beef Flavour	1x85g	Milk, Dried Skim	1x3g	MB, Apricot & Coconut	1x31.25g
Milk, Dried Skim	1x3g	Tuna in Springwater	1x10g	Sauce, Sweet Chilli	1x10g	Milk, Dried Skim	1x3g
Noodles, Chicken Flavour	1x47g	Sauce, BBQ	1x10g	Sauce, Tomato	1x15g	Curry Powder	1x3.5g
Curry Powder	1x3.5g	Sauce, Sweet Chilli				Sauce, Sweet Chilli	1x10g
Sauce, BBQ	1x10g					Sauce, Tomato	1x15g
Sauce, Tomato	1x15g					Tuna with Dried Tomato	1x85g

ADDITIONAL ITEMS COMMON TO ALL MENUS

Bev, Chocolate Powder	1x30g	Milk, Sweet Condensed	1x85g	Salt	1x2g	Matches, Safety, Vial	1
Bev, Coffee Instant	2x3.5g	Cheese Cheddar Canned	1x56g	Bag, Plastic, Resealable	1	Pads Scouring, Nylon	1
Bev, Tea Bags	2x5g	Chocolate Ration	1x50g	Bag, Plastic, Inner	1	Spoon Plastic	1
Sugar	8x7g	Vegetable Extract	1x15g	Rubber Bands, Size 32	2	Toilet Paper, Sheets	10
Candy Chocolate (M&M's)	1x55g	Chewing Gum,	2 pkts	Rubber Band, Size 61	1	Menu Sheet	1
Candy Hard Various	2x30g	Pepper, Black	1x2g	Can Opener Hand	1	Ingredient Sheet	1

AUSTRALIAN DEFENCE FORCE – COMBAT RATIONS ONE MAN

INFORMATION FOR USERS

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 CR1M 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 a muesli bar and sweet biscuits be used for the midday snack. The CR1M 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.

To heat the retort pouch for consumption, place one unopened retort pouch into a cup canteen. Fill the cup canteen with water and place on your hexamine stove. Using two (2) hexamine tablets, one at a time, boil the contents for 10-15 minutes. Carefully remove the pouch from the water and open up the pouch for consumption. The remaining water is safe to be used to prepare your beverages.

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

The beverage powder, type I 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 consumed or must be chilled immediately to avoid food poisoning. If either of these requirements can not take place refer to the disposal of litter paragraph.

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 acclimatization 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 CR1M, 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 ADF Catering Fleet Technical Staff.

IMPROVEMENTS

Any suggestions regarding improvements to ration packs should be forwarded to:

Defence Materiel Organisation, GSSPO, Technical Cell, ADF Catering Fleet, GPO BOX 519J, MELBOURNE VIC 3001

or email to

crp.feedback@defence.gov.au