



## FIRST STRIKE RATION® (FSR®) | DoD CFD

The FSR® is a compact, eat-on-the-move assault ration designed for short durations of highly mobile, high intensity combat operations. The FSR® is substantially reduced in weight and cube and enhances Warfighter consumption, nutritional intake, and mobility.

### WHY IS IT NEEDED?

The FSR® is designed to improve tactical mobility and meet the maneuver sustainment needs of the joint Warfighter during first to fight and high intensity conflicts.

### TECHNOLOGY:

The FSR® takes advantage of major advancements in food processing, preservation, nutrient delivery, and packaging technologies to include innovative methods in intermediate moisture foods, glucose optimization, and novel packaging materials and configurations.

### KEY FEATURES / BENEFITS:

**Enhanced Mobility...**All components of this lightweight ration are familiar, eat-out-of-hand foods that require little or no preparation by the Warfighter. Innovative packaging technologies enable the beverages to be reconstituted and consumed directly from the drink pouch.

**Characteristics...**The FSR® has a minimum two year shelf life at 80°F and provides an average of 2900 calories per day. The FSR® has nine meals per shipping container, consisting of three each of three different menus.

**Lightweight...**When compared to three MREs™, the FSR® weight and cube of one day's subsistence is reduced by approximately 50%.

### COMMENTS:

The FSR® has been extensively tested by the Warfighter during OEF/OIF on an asymmetric battlefield and has received positive feedback.

The FSR® is currently part of a continuous product improvement program based on Warfighter feedback. In January 2009, the ration was approved for a menu expansion of 3 menus to 9, with over 40 new components being approved by the Joint Services Operational Rations Forum for incorporation into future menus. These menus will be part of the second procurement of the FSR®.

### POINT OF CONTACT:

#### Combat Feeding

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**MENU 1:**

Filled French toast pocket, Bacon cheddar pocket sandwich, Pepperoni pocket sandwich, Jalapeño cheese spread, Wheat snack bread, Energy beverage (2), Mini First Strike™ Bar (mocha), Mini First Strike™ Bar (chocolate), Peanut butter dessert bar, Beef snack (BBQ), Beef snack (teriyaki), Zapplesauce®, Trail mix, Caffeinated gum

**MENU 2:**

Brown sugar cinnamon toaster pastry, Italian pocket sandwich, Chunk chicken, Tortillas, Peanut butter, Cracker, Energy beverage (2), Mini First Strike™ Bar (apple cinnamon), Mini First Strike™ Bar (cran-raspberry), Mocha dessert bar, Beef snack (BBQ), Beef snack (teriyaki), Zapplesauce®, Trail mix, Caffeinated gum, Fat free mayo, Hot sauce

**MENU 3:**

Lemon poppyseed pound cake, Honey BBQ beef pocket sandwich, Albacore tuna, Tortillas, Cheese spread, Cracker, Energy beverage (2), Mini First Strike™ Bar (mocha), Mini First Strike™ Bar (cran-raspberry), Chocolate banana nut dessert bar, Beef snack (BBQ), Beef snack (teriyaki), Zapplesauce®, Trail mix, Caffeinated gum, Fat free mayo, Hot sauce

**ACCESSORY PACKET A:**

Apple cider, Salt, Matches, Tissue, Zip-lock pouch, Towelette (2), Spoon

**ACCESSORY PACKET B:**

Lemon tea, Salt, Matches, Tissue, Zip-lock pouch, Towelette (2), Spoon

**ACCESSORY PACKET C:**

Coffee, Cream substitute, Sugar, Salt, Matches, Tissue, Zip-lock pouch, Towelette (2), Spoon

**COMING TO A THEATER NEAR YOU™:**

**Future components of the FSR®**

**ENTRÉES:**

Pork BBQ tortilla wrap, Garlic and herb chicken, BBQ chicken sandwich, Nacho beef stick sandwich, Beef taco w/cheese tortilla wrap, Sweet & spicy tuna, Mango chipotle salmon

**SNACKS:**

Plain bagel, Wheat snack bread (twin pack), Potato cheddar bacon soup/spread, Hot & spicy cracker, Cheddar filled pretzels, Meat jerky (new flavors: cranberry beef & smoked turkey), Toasted corn nuggets, Mixed berry sports gel

**FRUITS:**

Zapplesauce® (new flavors: cinnamon & chunky), Raisin nut mix w/pan coated chocolate discs, Raisins, Dried cranberries

**BEVERAGES:**

Strawberry banana dairy shake, CHO beverage (new flavors: lemonade, orange, tropical punch), Chocolate protein drink, Sugar free single serving tubes (new flavors: raspberry & lemonade)

**DESSERTS & SWEETS:**

Cinnamon bun, Whole grain toaster pastry (brown sugar & strawberry), Cherry turnover, Blueberry turnover, Chocolate caffeinated pudding, Fig bar, Caffeinated mints, Caffeinated mint gum

