



## HUMANITARIAN DAILY RATION (HDR) | DoD CFD

### PURPOSE:

The original requirement for the Humanitarian Daily Ration (HDR) was based on a need identified by the Defense Security Cooperation Agency-Humanitarian Assistance/ Demining Activities, for a means of feeding large populations of displaced persons or refugees under emergency conditions. The HDR was developed and is managed by the Defense Logistic Agency's (DLA) Defense Supply Center Philadelphia (DSCP). The HDR is composed of ready-to-eat themostabilized entrées, and complementary components and is packaged in materials stucturally similar to the MRE™.



### CHARACTERISTICS:

The components are designed to provide a full day's sustenance to a moderately malnourished individual. In order to provide the widest possible acceptance from the variety of potential consumers with diverse religious and dietary restrictions from around the world, the HDR contains no animal products or animal by-products, except that minimal amounts of dairy products are permitted. Alcohol and alcohol based ingredients are also banned. The meal bag is similar to the MRE™ meal bag except that it is a salmon color and contains graphics depicting how to open the bag and that the contents should be eaten. The shipping container is also similar to the MRE™, but holds 10 meal bags instead of 12 and contains markings and graphics specific to the HDR. The shelf life of the HDR is 36 months at 80° F (27° C).

- **Weight:** 25 pounds (11 kg)/case; 1,237 pounds (561 kg)/pallet
- **Cube:** 1.02 cubic feet (.03 cubic meters)/case; 58.1 cubic feet (1.6 cubic meters)/pallet

### NUTRITIONAL DATA:

Since the meal is designed as a complete day's supply of food, a minimum of two entrées is provided in each meal bag. Complementary components are also included to provide the balance of the daily nutritional requirements that call for not less than 2200 calories, broken down as 10-13% protein, 27-30% fat, and not less than 60% carbohydrate. A spoon and a non-alcohol based moist towelette are the only non-food components in the meal bag.

### PREPARATION REQUIREMENTS:

The entire meal is ready-to-eat, and the entrées may be eaten cold if necessary. Like other individual rations, the HDR entrées are generally more desirable when heated, which can be done by immersing the entrée package in hot water or by placing it in a pot over a hot flame.

### POINT OF CONTACT:

#### Combat Feeding

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#### **MENU 1A:**

Bean salad, Brown & wild rice w/lentils, Crackers, Raisins, Peanut butter, Strawberry jam, Flat bread, Accessory pack

#### **MENU 1B:**

Barley stew, Lentil stew, Vegetable biscuits, Fruit bar, Peanut butter, Jam, Fruit pastry, Shortbread cookies, Accessory pack

#### **MENU 1C:**

Beans & rice in tomato sauce, Herb rice, Biscuit (2 pack MRE™ crackers), Vegetable crackers (2 pack), Fruit bar (2 oz. fig), Peanut butter, Strawberry jam, Fruit pastry (2 pack), Shortbread (1 bar), Accessory pack

#### **MENU 2A:**

Bean salad, Rice w/beans, Crackers, Apple fruit bar, Peanut butter, Strawberry jam, Raisins, Flat bread, Accessory pack

#### **MENU 2B:**

Barley stew, Peas in tomato sauce, Vegetable biscuits, Fruit bar, Peanut butter, Jam, Fruit pastry, Shortbread cookies, Accessory pack

#### **MENU 2C:**

Red beans & rice, Yellow rice, Biscuit (2 pack MRE™ crackers), Vegetable crackers (2 pack), Fruit bar (2 oz. fig), Peanut butter, Strawberry jam, Fruit pastry (2 pack), Shortbread (1 bar), Accessory pack

#### **MENU 3A:**

Bean salad, Lentils & vegetables, Crackers, Apple fruit bar, Peanut butter, Strawberry jam, Raisins, Flat bread, Accessory pack

#### **MENU 3B:**

Barley stew, Rice & vegetables in sauce, Vegetable biscuits, Fruit bar, Peanut butter, Jam, Fruit pastry, Shortbread cookies, Accessory pack

#### **MENU 3C:**

Lentil stew, Herb rice, Biscuit (2 pack MRE™ crackers), Vegetable crackers (2 pack), Fruit bar (2 oz. fig), Peanut butter, Strawberry jam, Fruit pastry (2 pack), Shortbread (1 bar), Accessory pack

#### **MENU 4A:**

Beans w/potatoes, Brown & wild rice w/lentils, Crackers, Peanut butter, Strawberry jam, Raisins, Flat bread, Accessory pack

#### **MENU 4B:**

Rice & vegetables in sauce, Peas in tomato sauce, Vegetable biscuits, Fruit bar, Peanut butter, Jam, Fruit pastry, Shortbread cookies, Accessory pack

#### **MENU 4C:**

Pasta in tomato sauce, Yellow rice, Biscuit (2 pack MRE™ crackers), Vegetable crackers (2 pack), Fruit bar (2 oz. fig), Peanut butter, Strawberry jam, Fruit pastry (2 pack), Shortbread (1 bar), Accessory pack

#### **MENU 5A:**

Lentils & vegetables, Beans w/potatoes, Crackers, Apple fruit bar, Peanut butter, Strawberry jam, Raisins, Flat bread, Accessory pack

#### **MENU 5B:**

Lentil stew, Peas in tomato sauce, Vegetable biscuits, Fruit bar, Peanut butter, Jam, Fruit pastry, Shortbread cookies, Accessory pack

#### **MENU 5C:**

Lentil stew, Red beans & rice, Biscuit (2 pack MRE™ crackers), Vegetable crackers (2 pack), Fruit bar (2 oz. fig), Peanut butter, Strawberry jam, Fruit pastry (2 pack), Shortbread (1 bar), Accessory pack



#### **PRODUCT NOTES:**

- **Accessory pack contents:** red pepper, pepper, salt, sugar, spoon, matches (unprinted), towelette (alcohol free), napkin