



MEAL, READY-TO-EAT, INDIVIDUAL™ (MRE™) | DoD CFD

MISSION

The Meal, Ready to Eat™ is the primary individual ration of the U.S. Armed Forces. The balanced nutrition and low logistical burden of the MRE™ give America's Warfighters the ability to fight and win in any environment.

HISTORY

The MRE™ replaced the C-Ration in the early 1980s. Unlike previous ration concepts, each MRE™ is intended as a single meal. Based on lessons learned from annual field tests, the MRE™ has been continuously improved in both form and function.

- Over 241 new ration items have been included since 1993
- A Flameless Ration Heater was introduced in 1993, allowing Warfighters to heat their meals without the need for bulky equipment or dangerous field expedients
- Ergonomic Beverage Pouches allow Warfighters to mix and consume beverages more easily

KEY FEATURES

- **Shelf Life:** Warfighters deserve food that is as appetizing in the field as the day it was made. The MRE™ maintains its high quality for a guaranteed shelf life of 3 years at 80° F (27° C), or for 6 months at 100° F (38° C).
- **Nutrition:** The MRE™ satisfies the Surgeon General's strict requirements for nutrition in operational rations. Each MRE™ provides approximately 1300 calories, composed of 169 g of carbohydrates, 46 g of protein, and 16 g of fat for the energy needed to accomplish any mission.
- **Logistics:** Durable packaging allows the MRE™ to be transported anywhere in the world. MREs™ can be safely airdropped by parachute, free-dropped from 100 feet, and subjected to rough handling and extreme temperature swings.

CONTINUOUS IMPROVEMENT

Since 1993, potential improvements to the MRE™ have been tested by the Warfighters in realistic environments. Their input guides the development process and makes the MRE™ the best ration in the world. Nothing is added to the MRE™ without being approved in field testing.

CONTENTS

The MRE™ is issued in a durable tan plastic bag. Inside, each MRE™ provides an entrée, an assortment of sides and bakery items, dehydrated beverages, and an accessory pack that includes gum, tissue, a moist towelette, and seasoning. In addition, nearly all MREs™ include a Flameless Ration Heater.

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MRE™ MEAL BAG AND COMPONENTS



MRE™ PACKAGING

MRE™ IMPROVEMENTS | Historical

Improvements to the MRE™ are always based on Warfighter feedback. All changes are Warfighter recommended, Warfighter tested, and Warfighter approved®.

Since 1993, over 241 new items have been approved and the number of menus has increased from 12 to 24. Major improvements include a Flameless Ration Heater (FRH), vegetarian meals, a Hot Beverage Bag (HBB) and zippered drink pouch.

MRE™ XV – 1995 PRODUCTION

IN: Chili macaroni, Fruit-wet pack (pineapple, mixed), Chewy fudge brownie, Grilled chicken, Lemon tea in 6 menus, Tavern nuts

OUT: Corned beef hash, Omelet w/ ham, Fruit-freeze dried, Chocolate covered brownie, Coffee (6 menus)

MRE™ XVI – 1996 PRODUCTION

IN: Grilled beef steak, Mexican rice, White rice (butter flavored), New easy-open meal bag w/ graphics, Two-sided nutritional insert, Chicken parmesan, Pasta primavera (vegetarian), Cheese tortellini (vegetarian), Jalapeño cheese spread

OUT: Potatoes au gratin

MRE™ XVII – 1997 PRODUCTION

IN: Beef w/ mushroom gravy, Jamaican pork chop, Beef ravioli, Turkey breast w/ potatoes, Chicken w/ noodles, Fig bars, Snacks (corn chips, cheese curls, pretzels), Fruit flavored hard candy (individually wrapped), Fruit flavored disc candy, Peanut bar, Apple cider beverage, Beef jerky, Strawberry & blackberry jam

OUT: Escalloped potatoes w/ ham

MRE™ XVIII – 1998 PRODUCTION

IN: Beef teriyaki, Chicken strips in salsa, Buttered noodles, Spicy oriental chicken, Meat loaf w/ brown gravy, Pasta w/ vegetables in Alfredo sauce (vegetarian), Granola bars (chocolate chip, honey oat, cinnamon), Fruit filled bars (Nutrigrain®), Spiced apples, Apple cinnamon toaster pastry, Snack mix, Shortbread cookies, Chocolate sports bar, Tea bag, Vegetable cracker

OUT: Pork w/ rice in BBQ sauce, Tuna w/ noodles

MRE™ XIX – 1999 PRODUCTION

IN: Raisin nut mix, Lemon poppyseed pound cake, Black bean & rice burrito (vegetarian), Toasted peanut butter & crackers, Cheese peanut butter & crackers

OUT: Oatmeal cookie bar (compressed)

MRE™ XX – 2000 PRODUCTION

IN: Country Captain chicken, Turkey tetrazzini, Raspberry applesauce, Minestrone, Western style beans, Yellow & wild rice pilaf, Marshmallow treats, Graham treats, Oatmeal cookie, Plain snack bread

OUT: Chicken stew, Ham slice

MRE™ XXI – 2001 PRODUCTION

IN: Seafood jambalaya, Beef enchilada, Mashed potatoes, Plain snack bread, Wheat snack bread, Nacho & Cheddar Combos®, Chocolate chip cookies, Honey nut mini wheat snack cereal, Cinnamon snack cereal, Spice pound cake, M&M® cookies

OUT: Pork chow mein, Smoky franks

MRE™ XXII – 2002 PRODUCTION

IN: Hamburger patty, Beef steak w/ mushroom gravy, Multigrain cereal, Cappuccino (mocha, vanilla), Dairy shakes (chocolate, vanilla, strawberry), BBQ sauce, Picante sauce, Seasoning blend (salt free), Ground red pepper

OUT: Beef steak, Chicken w/ rice, Hot sauce (4 menus)

MRE™ XXIII – 2003 PRODUCTION

IN: Hearty New England clam chowder, Applesauce (carbohydrate fortified), Pot roast w/ vegetable, BBQ pork rib, Vegetable manicotti (vegetarian), Peanut butter M&Ms®, Crispy M&Ms®, Almond poppyseed pound cake, Pumpkin pound cake, Chocolate mint cookie, Vanilla waffle sandwich cookie

OUT: Jamaican pork chop, Pasta w/ Alfredo sauce, Beef w/ mushrooms, White rice

MRE™ XXIV – 2004 PRODUCTION

IN: Veggie griller w/ BBQ sauce, Mexican macaroni & cheese, Cajun rice w/ sausage, Cheese spread w/ bacon, Molasses cookie, Toffee crunch cookie, Kreamside cookie, Dried cranberries, Red hot cinnamon candies, Peanut M&Ms®, Carrot cake, Refried beans

OUT: Bean & rice burrito, Turkey breast w/ potatoes, Buttered noodles, Chocolate covered oatmeal cookie

MRE™ XXV – 2005 PRODUCTION

IN: Penne w/ spicy tomato sauce, Sloppy Joe filling, Hot beverage bag, Chicken fajita, Cheese & vegetable omelet, Tortillas, Hash browns w/ bacon, Smoke house almonds, Cheezits®, Raisins (osmotically dried), White chocolate/raspberry cookie, Scone (cinnamon), Blueberry-cherry cobbler, Carbohydrate fortified beverage, Carbohydrate electrolyte beverage, Xylitol gum, Walnettos®, Jalapeño ketchup, Steak sauce, Strawberry toaster pastry, Ranger bar

OUT: Pasta w/ vegetables in tomato sauce, Thai chicken, Country Captain chicken, Beef teriyaki, Beverage base

MRE™ XXVI – 2006 PRODUCTION

IN: HooAH!® Bar, Zippered foil drink pouch, Chili w/beef, Tuna fish, Mexican corn, Mango peach applesauce, Raisin nut mix w/ M&Ms®, Caramel apple bar, Frosted Brown Sugar Cinnamon Pop Tarts®, Chocolate banana muffin top, Xylitol gum, Chocolate hazelnut cocoa, Fat free mayo, Chocolate peanut butter spread, Reese's Pieces®

OUT: Beefsteak w/mushroom gravy, Chicken tetrazzini

MRE™ XXVII – 2007 PRODUCTION

IN: Meatballs w/marinara sauce, Chicken w/dumplings, Cornbread stuffing, Fried rice, Skittles® (Wild Berry & Tropical), Marble pound cake, Green Pepper Tabasco® Sauce, Seasoning packets (BBQ & Pizza), Apple butter, Chunky peanut butter, Reese's Pieces®

OUT: Jambalaya, Cajun rice w/sausage, Yellow & wild rice

MRE™ IMPROVEMENTS | Current & Future

MRE™ XXVIII – 2008 PRODUCTION

IN: Chicken pesto & pasta, Vegetable lasagna, Granola w/blueberries, Vanilla & chocolate pudding (instant), Pop Tarts® (chocolate chip), Chipotle snack bread, Choclettos®, Twizzler® Nibs® (Cherry Bits), Patriotic cookies, Hot & Spicy Cheezits®, Irish cream coffee, Strawberry-banana dairy shake, Salsa verde, Butter Buds®, Sucralose sweetener

OUT: Chicken w/cavatelli, Vegetable manicotti

MRE™ XXIX – 2009 PRODUCTION

IN: Buffalo chicken, Beef brisket, Maple sausage, Potato cheddar soup, Biscuit, Cornbread, First Strike® Bar Chocolate chip snack bar, Cran-apple snack bar, Filled cracker (pepperoni & cheddar flavors)

OUT: Chicken breast strips w/salsa, Cheese & vegetable omelet, Meatloaf w/brown onion gravy, Clam chowder, Shortbread cookies, Fig bar, HooAH!® Bar

MRE™ XXX – 2010 PRODUCTION

IN: Southwest beef & black beans, Chicken w/tomato & feta, Garlic mashed potatoes, Jalapeño cashews, Maple griddle cake, Mint (caffeine), Cinnamon roll, Table syrup, Sugar free beverage base (w/vitamin C)

OUT: Grilled chicken breast, Beef enchilada, Mashed potato

MRE™ XXXI – 2011 PRODUCTION

IN: Chunk light tuna (lemon pepper), Sausage w/creamy gravy, Ratatouille, Santa Fe rice & beans, Italian bread sticks, Apple filled pastry, Wheat snack bread (twin pack), Granola w/bananas, Corn nuts, Turkey bites, Hot sauce (pouch)

OUT: Tuna (white albacore), Chicken & dumplings, Veggie griller, Mexican corn

MRE™ XXXII – 2012 PRODUCTION

IN: Asian pepper steak, Mexican chicken stew, Au gratin potatoes, Multi-grain snack bread, Jalapeño cheese filled crackers, Banana nut Ranger bar w/extra fiber, Multigrain snack bread, Sour fruit flavored discs

OUT: Hamburger patty, Buffalo chicken, Mexican rice

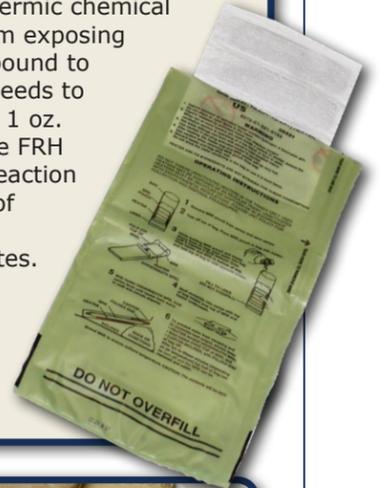
MRE™ XXXIII – 2013 PRODUCTION

IN: Jalapeño pepper jack beef patty, Beef taco filling, White wheat snack bread, Oatmeal chocolate chunk cookie, Chocolate-filled pound cake, Barbecue almonds, Fruit-flavored hard candy, Trans-fat free dairy shakes, Lemon iced tea, Ketchup, Yellow mustard

OUT: Beef pot roast with vegetables, Sloppy joe filling, Cornbread Stuffing

What is an FRH?

Because of the importance of providing hot meals to Warfighters, a Flameless Ration Heater (FRH) has been included in most MRE™ menus since 1993. The idea behind the FRH is to produce heat using the oxidation of metal. In an FRH, heat is produced by an exothermic chemical reaction that results from exposing a magnesium-iron compound to water. All a Warfighter needs to do is add approximately 1 oz. (29.6 ml) of water to the FRH bag, and the chemical reaction raises the temperature of an MRE™ entrée 100°F (37.8°C) in 10-15 minutes. The Hot Beverage Bags included in MREs™ can also be placed in the FRH in order to produce a hot drink!



ABOVE: Navy Seabees Eating MREs™

Spicing Things Up...

Introduced in 2011, the hot sauce pouch is lighter and more durable than the miniature bottle it replaces.

