



MEAL, READY-TO-EAT, INDIVIDUAL™ (MRE™)

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.



MRE™ MEAL BAG AND COMPONENTS

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™ PACKAGING

UNCLASSIFIED

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TECHNOLOGY DRIVEN. WARFIGHTER FOCUSED.