

From: s47E(d)
To: @defence.gov.au
Subject: 210224:1327 -s47E(d) - @defence.gov.au] CR1M suggestions
Date: Wednesday, 24 February 2021 1:27:31 PM

OFFICIAL

Good Afternoon,

I have a small number of suggestions to improve our CRP1M, please see below for details:

Serial	Observation	Suggested fix	Remarks
1	Field Hygiene – there is no method to clean hands for dismounted soldiers after using the toilet or prior to preparing a meal.	Include a wet wipe with in the ration pack	This small fix will improve hygiene for dismounted soldiers and reduce water consumption (used for hygiene).
2	Steak bar – other varieties	Include other steak bar flavours available from the same supplier.	This will improve soldiers access to a range of savoury items.
3	Savoury snack options -	Include items such as Trail mix, peanuts, jalapeno cashews and savoury snack options.	These are available in the US MRE a similar item would be appreciated by dismounted soldiers as it provides variety of food options and light weight snacks that does not require preparation, cooking or additional water.
4	Improving condiment selections	Jalapeno Cheese spread Cheese spread Cheese spread with Bacon	These are available in the US MRE a similar item would improve the range of flavours with in the packs without adding a large amount of weight to the ration packs.
5	Lack of protein / energy bars	COTS energy bars or protein bars to improve the food quality and decrease the sugar intake over long duration activities (days – weeks)	Energy or protein bars will be appreciated as they enable the ration packs to be broken down and carried on fighting order without increasing the amount of weight carried.
6	Ration Box – Piquet List	Remove times against the piquet list this will improve the useability of the form (ration pack lid).	Enables inexperienced section commanders to use the list without the temptation of just using the pre-filled details.

If you have any questions regarding my suggestions please contact me on the details listed below.

Thank you

s47E(d)

s47E(d)

s47E(d)

s22

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From: s47E(d) [redacted]
To: [redacted] @defence.gov.au
Subject: 210531:1758 - [s47E(d) [redacted]] - [redacted] @defence.gov.au] Ration Pack Matches
Date: Monday, 31 May 2021 5:58:04 PM

OFFICIAL

Good Afternoon,

On a recent field exercise I noted that the matches in our ration pack would not light. I tried a small number of packs over the period of the exercise and the issue was reoccurring.

I can't contribute a suggestion, however has this been reported and do you require any additional information?

Thank You

s47E(d) [redacted]

s47E(d) [redacted]

s47E(d) [redacted]

s22 [redacted]

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From: s47E(d)
To: @defence.gov.au
Cc: s47E(d)
Subject: 210809:1422 - s47E(d) @defence.gov.au] New Ration Pack Main Meals
- Flavour Enhancer 627
Date: Monday, 9 August 2021 2:22:55 PM
Attachments: [image001.png](#)
[image001.png](#)

OFFICIAL

Good afternoon,

Hope you're having a great start to the week.

- Reference suggestions regarding improvements to Ration Packs.

s47E(d) the people that I work with are all really happy with the products that you provide to us that nourish us and keep us going while we are out field. Among our favourite items in the ration packs are the chocolate, the fruit bars (everyone loves them!), the muesli, the bread and the instant mash. Thank you very much for these.

However I was urged to write you an email immediately by my work colleagues and my own will in regards to the new 5 man Ration Pack main meal ingredient that has made us very upset - Flavour Enhancer 627.

Flavour Enhancer 627 or otherwise known as MSG (MonoSodium Glutamate) - is a neural excitotoxin which means that ingesting it causes the neurones inside our brain to become so confused and excited by the chemicals that they literally explode.

Please understand that a lot of people are allergic Flavour enhancers 627 and 951 and these ration pack main meals have literally caused us migraines and Headaches, stomach pains, skin rashes almost like hives and several of my friends were literally vomiting out field after consuming the new savoury mince and the meatballs with beans and we can only figure that this is coming from the flavour Enhancer 627.

We all feel that it would be much better if you simply replaced the Flavour Enhancer's with real sugar and salt as the human body needs glucose to run efficiently and a healthy mineral balance provided by salt to be able to maintain electrical conductivity.

I hope to hear a response from you soon and please understand that we are so vehemently opposed to the use of Flavour Enhancer 621-640 that we are prepared to create a battalion wide petition to achieve this.

Warm regards,

s47E(d)

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From: s47E(d)
To: s47E(d)
Subject: 211118:0909 - [s47E(d)] - [REDACTED] RFI - CRP options for special dietary requirements
Date: Thursday, 18 November 2021 9:09:39 AM
Attachments: [image002.png](#)

OFFICIAL

Good morning [REDACTED],

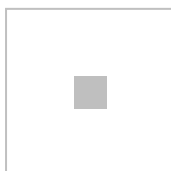
Can you kindly advise if there are any available CRP options for members who may have specific dietary requirements.

Some examples of these are the requirement for Halal meals for members of the Muslim faith and members who are vegetarian/vegan.

Any advice you could provide would be appreciated.

Regards

s47E(d)
[REDACTED]
s22
[REDACTED]



s47E(d) [SHAREPOINT PAGE](#)

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From: s47E(d)
To: [redacted]
Cc: [redacted] <[\[redacted\]@defence.gov.au](mailto:[redacted]@defence.gov.au)>
Subject: 220412:1437 - s47E(d) - [redacted] Meal alternatives (diet) - Ration Packs
Date: Tuesday, 12 April 2022 2:37:52 PM

OFFICIAL

Hello

As a RAAFie I don't often encounter rat packs but recently I was handed some while I was s47E(d) s47E(d) [redacted] And I had the same thought that I did years ago, which is why aren't there vegetarian or plant based menus included in our rat packs.

I'm sure this has been raised before but I have never heard any reasoning. And considering the rates of these diets are rapidly increasing I would be keen to see the rat pack menus soon change. For people on a plant based diet, there are only a couple of things within the rat packs that would be consumed (muesli, muesli bars). Looking at the full menu sheet I can see possibly 2 meals that are vego. I'm sure coeliacs are having the same thought. Can you please provide some insight into why the menus have not adapted and if there are plans to implement any change?

Thanks

s47E(d) [redacted]

s47E(d) [redacted]

s47E(d) [redacted]

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From: s47E(d) on behalf of s47E(d)
To: @defence.gov.au
Cc: s47E(d)
Subject: 220419:1122 - s47E(d) - @defence.gov.au] Food item labelling information for Combat Rations
Date: Tuesday, 19 April 2022 11:23:00 AM
Attachments: [image001.jpg](#)

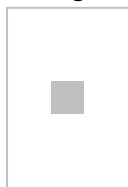
OFFICIAL

Hello CRP feedback.

Do you have a document that records the product labels that would be found on each individual item within a ration pack?

Officers Training School is seeking to compile this information for our own use but we're hoping to avoid tearing down each of the menu types A through G (CR1M)

Kind Regards,



s47E(d)

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For more information, please visit the OTS [intranet](#) site.

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From: s47E(d)
To: @defence.gov.au
Cc: s47E(d)
Subject: 220520:0737 - [s47E(d) - @defence.gov.au] CRP Nutrient Values
Date: Friday, 20 May 2

OFFICIAL

Good morning,

By way of introduction s47E(d) and I am looking to obtain the nutritional values for all components of each CR1M and PR1M menu currently in circulation.

The purpose of this is to trial nutrition analysis software to better track member health when consuming CRP over time. This trial also includes optimising fresh feeding using the same analysis software.

Any support in this realm would be highly appreciated and I am happy to answer any questions as necessary.

Regards,

s47E(d)

s47E(d)

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s22

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From: s47E(d)
To: @defence.gov.au
Subject: 220526:1335 - [s47E(d) - @defence.gov.au] Nutritional Information request
Date: Thursday, 26 May 2022 1:36:00 PM
Attachments: [CR1M-2007-2008-Ingredients.pdf](#)

~~OFFICIAL. Sensitive~~

Good afternoon,

I am seeking the nutritional information for the contents within a ration pack, this is IOT determine if a member will receive adequate nutrition out field in line with their specific diet.

I have found an ingredients list for the menus, however I am after specific nutritional info.

Images I have found of the back of main meals does not contain the fibre content, so was seeing if you had a detailed list of nutritional info to make a better assessment and judgement.

Kind regards,

s47E(d)

Email: s47E(d)

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INGREDIENT LIST - ONE MAN COMBAT RATION PACKS - PACKED 2007/2008

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.

Beef Stroganoff	Beef Minced with Spaghetti	Beef, Braised with Gravy	Beef, Minced with Tortellini	Vegetable Curry
Cooked Diced Beef with Natural Juices, Onions, Sliced Mushrooms, Tomato Puree, Modified Starch, Sour Cream, Sugar, Salt, Seasonings, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)	Cooked Minced Beef with Natural Juices, Tomato Puree, Spaghetti Loops (Durum Wheat Flour), Modified Starch, Seasonings, Sugar, Salt, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)	Cooked Diced Beef with Natural Juices, Tomato puree, Modified Starch, Salt, Seasonings, Sugar, Colour (150A), Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)	Minced Beef with natural juices, Tomato Pieces, Tomato Puree, Cheese Filled Tortellini (durum semolina, flour, eggs, water, ricotta & parmesan cheese, cheese powder, breadcrumbs, seasonings, salt), Beef Broth, Modified Starch, Seasonings, Sugar, Salt, Added Vitamins (Niacin, Riboflavin, thiamine).	Cooked Vegetables in vegetable Broth, (sliced carrots, chick peas, Diced Potatoes, Diced Onions), Seasonings, Modified Starch, Coconut Milk Powder, Vegetable Oil, Curry Powder and Added Vitamins
Chicken BBQ	Lamb with Rosemary	Chicken Satay	Sausages and Vegetables	Beef BBQ
Cooked Diced Chicken with natural juices, Chicken Broth, BBQ Sauce (Sugar, Water, Salt, Soybeans, Honey, Maltose, Modified Corn Starch, Garlic, Wheat Flour Spices, Acidity Regulator (260), Colour (127)), Diced Red Capsicum, Diced Carrots, Onions, Corn, Modified Starch, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)	Cooked Diced Lamb with Natural Juices, Tomato Puree, Diced Carrots, Sliced Celery, Onions, Modified Starch, Sugar, Emulsifier (481), Salt, colour (150A), Rosemary, Seasonings, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)	Cooked Diced Chicken with Natural Juices, Peanut Butter, Chicken Broth, Onions, Soy Sauce (Water, Soybeans, Wheat Flour, Salt) Seasonings, Modified Starch, Sugar, Salt, Added Vitamins (Thiamine)	Sausages (Beef, Lamb, Water, Cereal Binder, Seasonings) Diced Potatoes, Tomato Puree, Diced Carrots, Peas, Diced Onions, Modified Starch, Seasonings, Beef/Lamb Broth, Salt, Emulsifier (481), added Vitamin (thiamine).	Cooked Diced beef with Natural Juices, Beef Broth, BBQ Sauce (Sugar, Salt, Soybeans, Honey, Maltose, Modified Corn Starch, Garlic, Wheat Flour, Spices, Acidity Regulator (260), colour (127)), Diced Carrots, Diced Red Capsicums, Onions, Corn, Modified Starch, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)
Chicken Italiano	Baked Beans	Chicken Curry	Chilli Con Carne	Salmon & Pasta in Cheese
Cooked Diced Chicken with Natural Juices, Diced Tomatoes, Tomato Puree, Diced Onions, Sliced Celery, Pasta (Durum Wheat Semolina, Egg Albumin), Seasonings, Modified Starch and Added Vitamins.	Baked Beans in Tomato Sauce (Tomato Puree, Water, Sugar, Modified Starch, Salt, Seasonings), Added Vitamins (Thiamine, Ascorbic Acid, Niacin)	Cooked Diced Chicken with Natural Juices, Chicken Broth, Onions, Modified Starch, Coconut Milk Powder, Canola Oil, Added Vitamins (Thiamine)	Cooked Minced Beef with natural juices, Red Beans, Tomato Puree, Crushed Tomatoes, Onions, Modified Starch, Brown Sugar, Salt, Crushed Chillies, Seasonings, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)	Cooked Diced Salmon with natural juices, Salmon Broth, Pasta Spirals (Durum Wheat Flour), Sugar, Modified Starch, Salt, Seasonings, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)
Tuna in Springwater	Tuna with Oven Dried Tomato & Basil	Confectionery Cream Chocolate	Confectionery Cream Vanilla	Candy Chocolate
Tuna, Springwater, Vegetable Extract, Salt	Tuna, Water, Vinegar, Oven Dried Tomato, Vegetable Extract, Diced Tomato, Tomato Paste, Onion, Sugar, Salt, Basil, Natural Colour (Paprika Extract)	Sugar, vegetable Oil, hazelnuts (6%), Cocoa (4%), Milk Solids, Soy Flour, Emulsifiers (Soy Lecithin, 476), Flavours	Sugar, Vegetable Oils, Milk Solids (19%), Hazelnuts (2%), Emulsifiers (Soy Lecithin, 476), Flavours	Cocoa Butter, Sugar, Dextrose, Skim Milk Powder, Cocoa Liqueur, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, Thiamine & Vitamin C).
Fruit Spread, Plum	Fruit Spread, Raspberry	Fruit Spread, Blackcurrant	Fruit Spread, Marmalade	Chocolate Ration
Sugar, Plums, Water, Pectin, Sodium Citrate, Preservative (202)	Sugar, Raspberries, Water, Pectin, Sodium Citrate, Preservative (202)	Sugar, Blackcurrants, Water, Pectin, Sodium Citrate, Preservative (202)	Sugar, Citrus, Water, Pectin, sodium Citrate, Preservative (202)	Cocoa Butter, Sugar, Dextrose, Skim Milk Powder, Cocoa Liqueur, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, Thiamine & Vitamin C).
Fruit Grains - Raspberry	Fruit Grains - Blackcurrant	Fruit Grains – Berry Combo	Fruit Grains - Tropical	Fruit Grains - Apricot
Fruit (Raspberry puree, apple paste, pear paste, plum paste), invert syrup, sugar, humectant (glycerol), wheat fibre, vegetable fat, gelling agent (pectin), colour (elderberry juice concentrate), acidity regulator (lactic acid), flavour (nature identical)	Fruit (apple paste, blackcurrant puree, plum paste, blackcurrant juice concentrate), invert syrup, sugar, humectant (glycerol), wheat fibre, vegetable fat, gelling agent (pectin), acidity regulator (malic acid, tripotassium citrate), dextrose, flavour (blackcurrant [nature identical])	Fruit (apple paste, strawberry paste, plum paste, elderberry concentrate, blueberry puree, raspberry juice concentrate), invert syrup, sugar, humectant (glycerol), dextrose, wheat fibre, vegetable fat, gelling agent (pectin), acidity regulator (lactic acid, tripotassium citrate), flavours (strawberry [natural], blueberry [natural], raspberry, nature identical)	Fruit (apple paste, pineapple juice concentrate, apricot paste, mango puree, banana puree), invert sugar, sugar, humectant (glycerol), dextrose, wheat fibre, vegetable fat, acidity regulators (malic acid, tripotassium citrate), gelling agent (pectin), flavour (tropical nature identical), antioxidant (ascorbic acid)	Fruit (apricot paste, apple paste), invert syrup, sugar, humectant (glycerol), wheat fibre, gelling agent (pectin), acidity regulator (malic acid, citric acid, tripotassium citrate), flavour (apricot [natural]), antioxidant (ascorbic acid)
Biscuits, Crispbread	Biscuits, Vitalife Wellgrain Cracked Pepper Crispbread	Biscuits Jam Sandwich	Biscuits, Shortbread	Biscuits, Krispie
Flour, Vegetable fat, Antioxidant (306), Yeast, Sugar (invert syrup, lactose), Salt, Malt extract, Raising agent (500) Flour Treatment Agent (223). May contain peanut traces	Wheat Flour, Grains (Wheat Meal, Kibbled Purple Wheat, Kibbled Red Wheat), Vegetable Oil, Bran, salt, fibre (Wheat, Oat, carob), Sunflower Seeds, Black Pepper, Sesame Seeds, Raising Agent (Baking Soda), Yeast, Milk Solids, sugar Vitamins (B1, B2, B3, B6, E & Folate), Mineral (Iron)	Flour, Sugar (White Sugar, Invert Syrup, Glucose Syrup), Vegetable Fat (antioxidant 306), Apple Pulp, Butter, Salt, Raising Agent (500), Emulsifier (322), Pectin, Flavours, Colours (160b, 124), Food Acid (330). May contain peanut traces.	Wheat Flour, Margarine (Beef Fat, Palm Oil, Salt, Emulsifiers (471, 322 [Soy Lecithin]), Acidity Regulators (500,330) Colour (160a), Antioxidant (320)), Icing Sugar, Butter (11%) (Milk Fat, Salt)	Wheat Flour, Sugar, Vegetable Fat (Antioxidant [306]), Coconut (11%), Whey Powder, Salt, Raising Agent (500), Flavours
Fruit, Two Fruits, Diced Canned	Fruit, Peaches, Diced Canned	Fruit, Pears, Diced Canned	Chocolate Drink Powder	Cheese, Cheddar
Diced Peaches & Pears, Water, Sugar.	Diced Peaches, Water, Sugar.	Diced Pears, Water, Sugar.	Sugar, Cocoa (17%), Emulsifier (Soy Lecithin 322), Salt, Vanilla Flavour, Spice	Cheddar Cheese, Food Acid (331), Salt, Preservative (234), Mineral Salts (339, 450), Colour (160b), Water, Rennet

INGREDIENT LIST - ONE MAN COMBAT RATION PACKS - PACKED 2007/2008

Document 8

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Beverage Powder Type I Mixed Berry	Beverage Powder Type I Lemon & Lime	Beverage Powder Type I Raspberry	Beverage Powder Type I Orange	Biscuit Scotch Finger
Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Flavours, Vitamin (Vitamin C), Colour (124, 133), Emulsifier (408).	Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Flavours, Vitamin (Vitamin C), Colour (102, 133), Emulsifier (408)	Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Vitamin (Vitamin C), Flavours, Colour (123), Emulsifier (408).	Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Vitamin (Vitamin C), Flavours, Colour (122), Emulsifier (408).	Wheat Flour, Sugar, Butter, Vegetable Oil (Palm), Egg, Condensed Milk, Salt, Baking Powder (Ammonium Bicarbonate, Sodium Bicarbonate)
Freeze Dried Potato & Onion Powder	Sauce, Tomato	Sauce, Chilli, Sweet	Sauce, BBQ	Vegetable Extract
Potato Powder, Full Cream Milk, Hydrated Onion, Lecithin (322), Sulphur Dioxide preservative (220).	Water, Tomato paste, Sugar, Modified Starch, Onions, Salt, Food Acid E260, E325, Thickener 415, Blend of Spices, Preservatives Sodium Benzoate 211, Potassium Sorbate 202	Water, tomato Paste (Hot Break), Glucose, Sugar, Salt, Modified Starch, White Vinegar, Citric Acid, Pectin, Acetic Acid, Preservative E202, Ketchup Spice Blend, Ascorbic Acid, Calcium Chloride	Water, Sugar, Tomato Paste, Molasses, Salt, Herbs & Spices, Thickener E1442, Food Acid E260, Acidity Regulator E325, Flavour, Colour E150c, Preservatives E202, 211, Vegetable Gum E415	Yeast Extract, Sugar, Dextrose, Skim Milk Powder, Cocoa Liqueur, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, thiamine & Vitamin C).
Beverage Sport Powder Type II Orange	Beverage Sport Powder Type II Lemon & Lime	Beverage Sport Powder Type II Mixed Berry	Beverage Sport Powder Type II Grape	Beverage Sports Powder Type II Tropical
Sugar, Dextrose, Citric Acid, Potassium Citrate, Salt, Ascorbic Acid (Vitamin C), Sodium citrate, Potassium Phosphate, Natural and Artificial Flavour, Sodium Phosphate, yellow 6 and Calcium Phosphate	Sugar, Dextrose, Citric Acid, Potassium Citrate, Salt, Ascorbic Acid (Vitamin C), Sodium citrate, Potassium Phosphate, Natural and Artificial Flavour, Sodium Phosphate, Calcium Phosphate, Gum Arabic and Artificial Colour (Yellow 5 and Blue 1)	Sugar, Dextrose, Citric Acid, Gum Arabic, Potassium Citrate, Salt, Ascorbic Acid (Vitamin C), Sodium citrate, Potassium Phosphate, Natural and Artificial Flavour (Blue 1), Sodium Phosphate, and Calcium Phosphate	Sugar, Dextrose, Citric Acid, Modified Food Starch, Potassium Citrate, Salt, Ascorbic Acid (Vitamin C), Sodium citrate, Potassium Phosphate, Natural and Artificial Flavour, Sodium Phosphate, Calcium Phosphate and Artificial Colour (Red 40 and Blue 1)	Sugar, Dextrose, Citric Acid, Potassium Citrate, Salt, Ascorbic Acid (Vitamin C), Sodium Citrate, Potassium Phosphate, Sodium Phosphate, Natural and Artificial Flavour, Calcium Phosphate, and Artificial Colour (Yellow 5 and Yellow 6)
Muesli Bar – Forest Fruits	Muesli Bar - Apricot & Coconut	Muesli Bar - Tropical Fruits	Muesli Mix, Natural	Muesli Mix, Fruitful
Rolled Oats, Glucose Syrup, Dried Fruit (blackberry, blueberry, cherry) Wheat Flakes, Sugar, Puffed Rice, Desiccated Coconut, Humectant (sorbitol), Honey, Skim Milk Powder, Emulsifier (lecithin), Natural Flavour.	Oats, Glucose Syrup, Dried Fruit (apricot, apple), Rolled Wheat, Sugar, Vegetable Oil, Puffed Cereal (rice, oats, corn), Desiccated Coconut, Humectant (sorbitol), Honey, Skim Milk Powder, Emulsifier (322), Food Acid (citric), Natural Colours (caramel, beta carotene), Flavour.	Oats, Glucose Syrup, Dried Tropical Fruit (paw paw, pineapple, banana, mango), Rolled Wheat, Sugar, Vegetable Oil, Puffed Cereal (rice, oats, corn), Desiccated Coconut, Humectant (sorbitol), Honey, Skim Milk Powder, Fruit Juice Concentrate (lemon, passionfruit), Emulsifier (322), Food Acid (citric), Natural Colours (caramel, beta carotene), Flavour.	Rolled Oats, Fruit (Pineapple, Papaya, Raisins, Apple, Apricot, Peach), Brown, Sugar, Wheat Bran, Flaked Wheat, Pumpkin Seeds, Whey Powder, Preservative (220)	Rolled Oats, Fruit (Apricot Pieces, Papaya, Pineapple, Raisins, Coconut, Dates, Apple, Pear, Peach Pieces), Brown Sugar, Canola Oil, Honey, Salt, Flavour, Preservative (220)
Curry Powder			Milk, Skim, Dried	Rice Freeze Dried
Curry Powder			Milk Solids	Rice, Salt
Soup Low Salt Chicken Flavour	Soup Low Salt Beef	Soup Low Salt Savoury Vegetable Flavour	Candy Hard	Soup, Low Salt, Tomato
Maltodextrin (From Wheat or Maize), Starches (Potato, Maize & Wheat), Skim Milk Solids, Beverage Whitener (Vegetable Oil, Glucose Syrup Solids, Sodium Caseinate), Mineral Salts (450, 339), Emulsifiers (471, 472c), Antioxidant (306), Sugar, Hydrolysed Vegetable Protein, Vegetable Gum (412), Onion powder, Flavours (Yeast Extract, Animal Fat, Essential Oil), Salt, Chicken Powder (Chicken 0.5%, Antioxidant 320, 310), Food Acid (330), Potassium Chloride, Vegetable Oils, Slt, Flavour Enhancer (631), Herbs & Spices and or Extracts, Natural Colour (100,140,160A)	MaltoDextrin (From Wheat or Maize), Potato Starch, Hydrolysed Vegetable Protein, Dried Onion, Beverage Whitener (Palm Oil, Glucose Syrup Solids, Sodium Caseinate (Fom Milk, Antioxidant (306)), Mineral salts (450, 339), Emulsifiers (471, 472C), Skim Milk Powder, Salt, Natural Colours (150d, 162), Flavours (Yeast Extract), Vegetable Gum (412), Vegetable Oils, Mineral Salt (408), Flavour Enhancer (631), Herbs and Spices and or extracts.	Potato Starch, MaltoDextrin (From Wheat or Maize), Tomato Powder, Sugar, Hydrolysed Vegetable Protein, Dried Onion, Beverage Whitener (Vegetable Oil, Glucose Syrup Solids, Sodium Caseinate (Fom Milk, Antioxidant (306)), Mineral salts (450, 339), Emulsifiers (471, 472C), Skim Milk Powder, Salt, Natural Colours (150d, 162), Flavours (Yeast Extract), Vegetable Gum (412), Vegetable Oils, Mineral Salt (408), Flavour Enhancer (631), Herbs and Spices and or extracts	Musk - Sugar, Glucose Syrup, Corn Starch, Thickener (1400), Flavours (musk), Colours (110, 122, 123, 124), and / or Spearmint – Sugar, Glucose Syrup, Corn Starch, Spearmint Oil, Thickener (1400), Colours (102, 133), and / or ESP – Sugar, Glucose Syrup, Corn Starch, Peppermint Oil, Thickener (1400).	Sugar, Tomato Powder, Potato Starch, Maltodextrin (From Wheat or Maize), Onion Powder, Skim Milk Powder, Beverage Whitener (Vegetable Oil, Glucose Syrup Solids, Sodium Caseinate, Antioxidant (306)), Flavours (Vegetable Powder, Gelatine (441), Yeast Extract, Hydrolysed Vegetable Protein), Vegetable Gum (412), Salt, Food Acid (330, 331, 262), Potassium Chloride, Natural Colours (162, 140, 160a), Vegetable Oils & Fat, Herbs and Spices and or extracts, Flavour Enhancer (631)
Chewing Gum, Juicy Fruit	Chewing Gum, PK	Noodles, Instant Beef Flavour Pouch	Instant Coffee	
Sugar, Gum Base, Glucose Syrup, Modified Starches, Thickener (1404), Flavours, Humectant (422), Glazing Agent (903), Antioxidant (320).	Sugar, Gum Base, Glucose Syrup, Modified Starches, Thickener (1404), Flavours, Humectant (422), Glazing Agent (903), Antioxidant (320).	Wheat Flour, Water, Palm Oil, Guar Gum (412), Sodium Carbonate & Bicarbonate, Sodium Poyphosphates glassy, Sodium Tripolyphosphate, Sodium Pyrophosphate, Salt, Hydrolyzed Vegetable Protein, Beef Flavour, Sugar, Spices, Monosodium Glutamate, Disodium Inosinate	Spray Dried Coffee Powder	
Pepper Black	Salt		Beverage Tea Bags	
round dried immature Piper Nigrum Berries.	Sodium Chloride, Anti Caking Agent, Curry Powder		Small Leaf Tea	
			Sugar	
			Granulated Crystallised Sucrose.	

From: s47E(d)
To: @defence.gov.au
Cc: s22
Subject: 220606:2229 - [s47E(d) - @defence.gov.au] Ration Pack Query
Date: Monday, 6 June 2022 10:29:59 PM
Attachments: [image001.gif](#)

OFFICIAL

To whom it may concern,

I am reaching out, as the Islamic representative to RACS for clarity on the alternatives to dehydrated meals which may be halal-certified for our Islamic members.

s47E(d)

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s22

From: s47E(d)
To: @defence.gov.au
Subject: 220914:0936 - s47E(d) @defence.gov.au] 20220914 - Email - s47E(d)
CRP Feedback - CR1M Naming Convention
Date: Wednesday, 14 September 2022 9:36:27 AM
Attachments: [image001.png](#)

OFFICIAL

Good morning,

It has come to my attention that the food rations used by the Australian Defence Force are known as Combat Ration 1 Man (CR1M). The language used in this naming convention is inherently non-inclusive. For a Defence Force that has women and other genders in service, the terminology used should be updated to reflect this. As a suggestion, changing the name to Combat Rations 1 Person would satisfy this. I would appreciate feedback for this suggestion and an indication of whether a change will be actioned regarding the ration naming.

Kind regards,

s47E(d)

s47E(d)

s22

s47E(d)

s47E(d)

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From: s47E(d) [redacted]
To: [redacted] @defence.gov.au
Subject: 220919:1354 - [s47E(d) [redacted] - [redacted] @defence.gov.au] potential improves to CRPs
Date: Monday, 19 September 2022 1:54:31 PM

OFFICIAL

Good afternoon Sir/Maam

I have previously read the article on the CRP in Smart Soldier 69, and have noted the tactical adaptability of the CRP, especially when broken down into its constituent parts
However, there is one issue I wish to point out, that being the need to bring a relatively bulk jet joil (or hexamine stove) if one wishes to consume their meals warm as they should be if circumstances allow. Having pointed that out I wish to proffer a potential fix, that being the flameless ration heater (FRH), which has been used by the US military since the 1990's. This will not only allow soldiers the benefit, both in terms of physical and morale health of consuming a warm meal, it may well physically reduce the amount of water and kit that a member may feel they need to bring with them.

Thanks for taking the time Sir/Maam for reading my thoughts on the matter of CRPs etc.

Kind regards,

s47E(d) [redacted]

s22 [redacted]

s47E(d) [redacted]

'Certa Cito'

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From: s47E(d)
To: @defence.gov.au
Subject: 220924:1236 - [s47E(d)] [s47E(d)]@defence.gov.au] The Milk ration, part 2
Date: Saturday, 24 September 2022 12:36:50 PM
Attachments: [image001.gif](#)
s22

OFFICIAL

Hello again Sir,

After spending the last five days in the field on the exercise phase of a course s47E(d) s47E(d) nourishing my body with your team's work, I feel compelled to c

With reference to the email (see below) I sent to your team in April, 2021, I can only assume that there is a sizeable back log of 50g tubes of Sweetened Condensed Milk that need to be squirted with disappointment by increasingly more jaded diggers before the 85g tubes are rightfully reinstated into the CRIM. At least, that was my experience this week. I realise the logistical supply chains associated with feeding a workforce of thousands is planned far ahead and for the long term, so I understand the huge number of changes that you have already made to return the larger tubes of milk will take some time to be enjoyed again by the soldiers on the ground. I thank you in advance.

Further to this, the contents of the ration packs was THE hot topic of conversation in the few quiet moments available collectively to this experienced group of instructors during the field phase, and we'd like to thank your team for making our service to the nation that little bit more enjoyable and rewarding due to the new meals (G Pack - Meatballs and Baked Beans; C Pack – Asian Beef). These were unanimously found to be were hearty, tasty and sustaining, and the extra tear point, placed midway down the bag, was a welcome respite from sticky fingers, dirty spoons and the ensuing bout of dysentery that inevitably follows.

There were, however, a number of points brought up that if implemented could see our war fighters even more ready to lay down their lives for this grateful nation.

- a) The noodles – where have they gone? A very sore point. The group opinion was that they have been removed so that in the event of Q stores being overrun by “the threat from the north”, the only item that they would recognise as being food would not be in there, hence causing great confusion as to the purpose of CRIM.
- b) Sugar sachets – the push from society to reduce sugar intake across the population is understood and the science behind it is irrefutable, however, the men think that twice as many packets, but only half as big, would be a more successful arrangement than trying to close a half used sachet and ending up with Marching Order full of ants.
- c) s47E(d) had an emotional experience when he found a FRED but no tin of fruit to use it on. The emotions were not the happy, joyful type.... We understand that our golden soil, abounding in nature's gifts, including large swathes of fruit orchards, has been all but abandoned due to the COVID pandemic. And we understand that the legions of European backpackers (sustaining themselves only with second class fruit, cheap alcohol and nightly bouts of casual, unprotected sex) who traditionally have serviced the orchards of our great nation, have not been here to pick the fruit. However, given that the majority of ration

packs we were treated to were packed in 2019, this can't be the cause.

- d) s47E(d) on Operations, the SOP for our troops is s47E(d) s47E(d) hile a hot, freshly brewed coffee in the morning is the proper way for all good red blooded soldiers to begin their day, what happened to the chocolate powder?? There is nothing at all un-masculine about having a hot chocolate prepared. in the ubiquitous but non -issue travel mug, for s47E(d) At the moment it's a trade-off between freezing to death, or being so wired up on caffeine you won't be able to sleep when s47E(d) s47E(d) Our nation's future depends on it being returned to the ration pack.
- e) Inclusivity – surely, in 2022 in this glorious multi-cultural society we call home, if bread can miraculously be kept fresh in the confines of an aluminium sachet, then other bread-like items could also find their way into the rations – a couple of garlic naan would go down an absolute treat with the Malay Lamb Curry.
- f) Coffee bags – at the moment, the instant coffee powder (known variously as “bogan dust”, “instant disappointment” etc) is consumed by nobody. Robert Timms has done all of the hard work for you – a couple in each ration pack would certainly get the troops up in the morning out of the right side of their fartas.
- g) Wet wipes – that shining light of all round culinary nutrition – KFC – pioneered micro sized “comfort towels” decades ago – if several of these were made available to our gallant troops in each CRIM then the morning routine of shaving in the field, after first having wiped off yesterday's cam cream with an issued wet wipe, could only boost morale to the levels required to keep those “people from the north” off our shores.
- h) The marmalade – when the end cap is perforated and the tube squeezed – nothing emerges!! Not from the intended orifice anyway. The bitter but tasty rind is universally found to be too large for the intended opening (3mm), leading to the tube splitting somewhere along its length instead, resulting in wastage, invasions of sugar frenzied ants and harsh language.

Sir, we thank you in advance for endeavouring to make these small changes outlined above, and look forward to continuing to enjoy the fruits of your labours even more heartily in the future once these changes are made. Before closing, I must tell you that the men also greatly enjoyed the new steak bars – it was perhaps unkindly stated by one individual that the former steak bars resembled “Smacko” dog treats, so we thank you for this change.

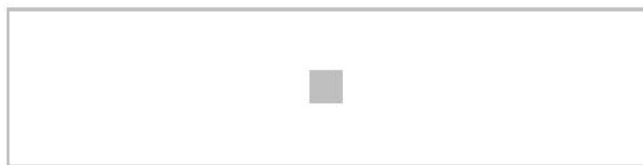
I look forward to your reply.

Regards,

s47E(d)

s22

s47E(d)



Email, sent April, 2021

Sir,

s47E(d) my soldiers brought to my attention the unwelcome news that the tubes of sweetened condensed milk had shrunk from a sustaining 85g to a spirit sapping 50g. In fact, that loud bang you undoubtedly heard at 0845 on 22Apr21 was the last vestiges of my patrol signaller's morale hitting rock bottom when he discovered the bitter truth.

This unfortunate discovery then led, I'm embarrassed to admit, to the only occasion in my nearly 20 year military career when I resorted to pulling rank. Namely, forcibly swapping my 50g tubes for the men's 85g tubes.

I'm certain that this less than exemplary behaviour is not an isolated case and it is probably only the shame that commanders feel afterwards that has kept this disappointing change in the CR1M contents low key. However, after much searching through the annals of Australian, and other nation's, military logistics records I did discover a precedent in an ancient Japanese text. I've included the complete translation, made by an un-named 18th century Jesuit priest:

HARK! WHAT CALAMITOUS DIN!
EARTHQUAKE? VOLCANO? TSUNAMI?
NO! A CHANGE IN THE CONDENSED MILK RATION!

In closing, it is the unanimous opinion of my patrol that they'd be a far more effective fighting force on 85g of sweetened condensed milk, or even 2 x 50g tubes, per day.

Kind regards,

s47E(d)

s47E(d)

s47E(d)

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From: s47E(d)
To: s47E(d) @defence.gov.au
Cc: s47E(d)
Subject: 221017:0959 - [s47E(d) @defence.gov.au] CRP Feedback - dietary requirements
Date: Monday, 17 Octo M
Attachments: s22

OFFICIAL

Good morning s47E(d)

As per your recent article in Smart Soldier 69, I would like to provide some feedback. I understand that dietary requirements have previously been considered. I also acknowledge the points in your article about group feeding. However, I believe there is justification for this matter to be investigated again by DSTG scientists. Following some initial inquiries detailed below, I was sent the attached report, written by DSTG in 2010. The report concludes that there was insufficient justification to commit resources in developing a dietary-requirement friendly ration pack.

It is well understood that Defence is currently experiencing significant recruiting and retention issues. Currently, Army policy both precludes recruitment of and discharges personnel diagnosed as coeliac. In society, the medical understanding/diagnosis of dietary requirements have significantly developed in the past decade. Also, the ability to cater for these requirements from an alternate food availability perspective across a wide variety of food allergies/intolerances has greatly increased. Noting these three key changes (recruitment/retention, medical understanding, alternate food availability) since the report, there now appears to be significant justification for resources to be committed to this proposal.

A key point detailed below is the Five Eyes international military organisations stance. There is potential for Australia to be world-leading on this, to the benefit of our international partners.

I would be happy to speak further on this and support any work required to achieve this change. I have experience working with DSTG and achieving change for Army through strategic level decision briefs.

Kind regards,

s47E(d)

s47E(d)

s47E(d)

s22

s47E(d)

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From: s47E(d)
To: @defence.gov.au
Subject: 230214:1119 - s47E(d) - @defence.gov.au] Some CRP suggestions
Date: Tuesday, 14 February 2023 11:20:00 AM

OFFICIAL

Hello

Hope all is well.

Great article the Army Newspaper.

Some suggestions:

1. Could we please do away with the marmalade as the chunks of rind clog up the spout and an explosion occurs and next minute your kit is swamped by ants.
2. You could maybe replace the marmalade with honey...
3. Why is the portion of condensed milk smaller...please bring back the old sized tubs.
4. Could you please make the packaging for the sports drink to accommodate the amount of required water in the packet and make it sealable so all the soldier has to do is add water, shake, seal and drink from the same package. Soldiers would drink this more regularly if it was simpler to prepare thus helping fight dehydration.

Cheers

s47E(d)

s47E(d)

s47E(d)

s22

s47E(d)

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From: s47E(d)
To: @defence.gov.au
Cc: s47E(d)
Subject: 230428:1136 - s47E(d) @defence.gov.au] SDR
Date: Friday, 28 April 2023 11:36:50 AM

OFFICIAL

Good morning,

s47E(d)

s47E(d)

I am having to substitute a large portion of the ration packs to sustain me. I understand that the ADF does not support special dietary requirement ration packs due to the logistical burden and operational circumstances not making them feasible. Although, with this in mind, I have number of field training activities that I will be taking part in this year regardless.

Does defence have any gluten free combat ration packs or gluten free substitution of combat ration packs available that I could access for field training activities?

Regards,

s47E(d)

s22

s47E(d)

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From: s47E(d)
To: @defence.gov.au
Subject: 230503:1421 - s47E(d) - @defence.gov.au] Ration Packs
Date: Wednesday, 3 May 2023 2:21:21 PM

UNOFFICIAL


Good afternoon,

We are currently looking at coeliac disease and the question has come up about whether there is a gluten free ration pack – there were whispers that one might be being trialled?

Any information would be greatly appreciated.

Kind regards,

s47E(d)



From: s47E(d)
To: @defence.gov.au
Subject: 230721:1326 - s47E(d) @defence.gov.au] Rat pack feedback
Date: Friday, 21 July 2023 1:27:42 PM
Attachments: [20230721_132306.jpg](#)

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Hey Team.

Thanks for the meals.

As a suggestion can you turn the bags for the rat pack and condiments be made as zip seal bags?

The main bag could still be heat sealed to show it is not opened but it becomes much more usable and contents don't keep spilling put after it is opened.

Cheers

s47E(d)

Hand
Sanitising
WET WIPE

Manufactured
2007-2008



AUSTRALIAN GEL HAND SANITISER
CERN LOT: 807-17-201
KAT GATON ONE MAN KALIM



From: s47F(d)
To: s47E(d)
Cc: s47E(d)
Subject: s47E(d)
Date: Sunday, 23 May 2020, 12:52:01 PM

OFFICIAL

Afternoon CRP feedback team,

Myself and other members of s47E(d) and we have been enjoying the variety in the CR1M provided. We always appreciate efforts by your team being made to help improve the quality of our rations.

While deployed we have produced some ideas and suggestions to help improve CR1M. Please see below our ideas and suggestions:

- A tube of butter or margarine spread would compliment the bread and assist with cooking fresh items when received
 - The beans and meatball are great main meal, however the addition of sausages and beans would be a good meal option for breakfast
 - Reintroduction of the Werthers lollies and add Lifesavers Spearmint flavoured lollies. The mint Mentos are a bit bland.
 - Introduce Banana cake. This would be a great addition to the chocolate and citrus cake provided
 - A box of 10 CR1M containing one of each menu. i.e. 1xA, 1x B, 1xC, etc. This would enable 2 to 3 man groups more CR1M menu variety when out on a task.
 - Reintroduce the two fruits and diced peaches, however in a sealed torsion package
 - Provide a decent instant coffee in the CR1M, i.e. Moccona instant coffee. The coffee provided tastes terrible and I haven't seen anyone drink it
 - Introduce a Milo/hot chocolate sachet into the condiments pack
 - Provide a more abrasive decent strike plate for the matches. The current strike plate is poor quality and wears out quickly
 - Introduce a non-spicy menu - Irish beef stew with potato's and vegetables, lamb or beef hotpot
 - Provide a few meals that are non-spicy. Some of our members have issues with spicy foods which causes discomfort
 - Introduce tuna with lemon and black pepper. The current tuna is a bit dry.
 - Replace the steak bar provided with a decent beef jerky bar
 - Introduce an instant custard powder in a sachet to compliment the cake
 - Replace the protein shakes provided with one that tastes better. The protein shakes provided taste terrible. A strawberry flavour would be good addition
- If you have any questions, please contact myself on the details below. Thank you for your time and assistance.

Regards

s47E(d)

s47E(d)

s47E(d) s22

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From: s47E(d)
To: @defence.gov.au
Subject: 230731:1911 -s47E(d) | @defence.gov.au] CR1M - Meal variety
Date: Monday, 31 July 2023 7:12:07 PM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Team,

Lamb is in 80% of the main meals. Please, after 50 days out field it gets old.

Less lamb.

Warm regards,

s47E(d)

From: s47E(d)
To: [redacted]@defence.gov.au
Subject: 230814:1036 -s47E(d): [redacted]@defence.gov.au] CR1M Feedback
Date: Monday, 14 August 2023 10:37:20 AM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

G'day,

Just a bit a feedback I wanted to cover off on regarding the CR1M items.

- Natural Muesli with Fruits & Seeds is much preferred over Porridge
- We noticed the Biscuit Jam Sandwich are not in menu H and we are really sad about it (best item)
- All the main meals taste pretty much the same, I understand the preservatives needed in order to keep it somewhat fresh
- The crisp bread crackers are better than the cream cracker biscuits

If you have any other questions feel free to ask, I've just lived on these for 3 weeks so I'm pretty ingrained.

Regards,
s47E(d)

From: s47E(d)
To: @defence.gov.au
Subject: 231020:1552 -s47E(d) . @defence.gov.au] CR1M Suggestions
Date: Friday, 20 October 2023 3:52:45 PM
Attachments: [image001.png](#)

OFFICIAL

Good afternoon,

I have come up with and developed a few ideas and suggestions that could improve the Ration Packs. The issued rations have improved a lot over the last few years and I have noticed that soldiers are enjoying them more. One of my suggestions is for the inclusion of a small sheet of paper or add to the current sheet with recipe ideas that they can try out with the ingredients included. This will provide some light reading and probably be a topic of discussion among soldiers and will most likely provide a laugh and that will raise morale. Big win there. Further, I can provide a list of recipes that I have seen soldiers do with the ration packs if wanted?

Other ideas are:

- Small packet of unscented wet wipes similar to what is handed out on airlines. This can be used for hygiene and cleaning of cooking utensils.
- Disposable toothbrush and small tube of toothpaste that is also handed out on airlines. This will solve the issue of soldiers running out of their own stock and army is taking steps to addressing soldiers health as the rations are high in sugar.
- Small roll of dental floss.
- The continuation of butter chicken in menu B. This is a favourite among soldiers.
- Water purification tablets in the ration packs. I understand this may come down to cost but would be a good addition and a good thing to teach as units don't always have them in stock.
- The replacement of the All Fruit Bar. This is very sugary at 68% per 100grams and leaves you more thirsty after eating it. A good alternative would be dehydrated fruit such as banana chips or dehydrated mango strips.
- Higher protein and low GI foods. The porridge is a very good addition.
- The removal of the protein drink. This is getting thrown away more than being consumed. Re-adding the Sustagen sachet would be preferred.
- Adding a smoothie or protein drink in a sachet with a nozzle. Companies like 'Back Country Cuisine' make items like these and would be a good addition.
- Fruit in a tin or dehydrated fruit.

Also I have been asked by others if the 5 man ration pack is still available or is it looking like it is coming back.


Any info would be great.

Regards,

s47E(d)




s47E(d)



s22



s47E(d)



RAA badge detailed pic



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From: s47E(d) [redacted]
To: [redacted] <[\[redacted\]@defence.gov.au](mailto:[redacted]@defence.gov.au)>
Subject: 240301:1306 - s47E(d) [redacted] [redacted]@defence.gov.au] ration packs with Onions
Date: Friday, 1 March 2024 1:06:34 PM

OFFICIAL

Good morning,

I'm currently trying to find out which main meals in the ration packs have chunks of onions in them or have Onion powder.

The member can eat main meals that have onion powder but not chunks of onions, if you could tell me which Ration packs would fit this criteria it would be greatly appreciated.

Kind Regards

s47E(d) [redacted]

s47E(d) [redacted] s22 [redacted]

s47E(d) [redacted]

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From: s47E(d)
To: @defence.gov.au
Subject: 240311:1827 - s47E(d) | @defence.gov.au] Feedback
Date: Monday, 11 March 2024 6:27:58 PM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Hey guys

Rations have come a long way since 2012 with massive improvements. After speaking to multiple members in my unit, the following items would be great additions:

- chemical heat pouch (safe to fly with). You just add a very small amount of water to heat the main meals. As seen in US MREs. This would save weight in overall load carried by a dismounted soldier yet still enable hot meals - further increasing morale/survivability/sustainability.
- peanut butter sachet (Bega peanut butter). Among the money common “jack rat” seen is peanut butter. A healthy fat to fuel soldiers.
- a bread alternative - perhaps a wrap or tortilla. This could be used with main meals or as a snack with a jam or peanut butter, to increase energy intake
- create a variety of vegetarian only CRIMs. I understand shelf life and the minority of vegetarians in the ADF however getting a nice meat based meal coupled with a not so nice vegetarian meal is less than ideal.

Looking forward to hearing from you.

Thanks
s47E(d)

From: s47E(d)
To: @defence.gov.au
Subject: 240416:1706 - s47E(d) [s47E(d)@defence.gov.au] CR1P feedback
Date: Tuesday, 16 April 2024 5:06:15 PM

Good afternoon,

I'd like to pass on some common observations I've had of s47E(d) consumption of rations packs. s47E(d)
s47E(d)

Some items include the main meals, soups, isotonic drink powders, condensed milk, muesli, creamers, and the potato (sadly). We often see s47E(d) losing significant amounts of weight because of this, sometimes up to 20% of their body-weight over the period of a month. My immediate observation was to make the rations easier to get in, such as by including more steak bars, tuna, and other cold meats that don't need to be heated to taste good (as the majority of the time, the s47E(d) .

Informally, is there any tenacity for the CRP team to visit s47E(d) anytime soon to make observations on how rations are used for extended periods of time in high-tempo operations? If so, I'm happy to direct you to our operations cell where they can coordinate with you.

Kind regards,

s47E(d)

s47E(d)

s22

s47E(d)

s47E(d)

"Vince Mendem"

From: s47E(d)
To: s47E(d) <[s47E\(d\)@defence.gov.au](mailto:s47E(d)@defence.gov.au)>
Subject: 240519:1823 - s47E(d) - [redacted] defence.gov.au] Combat Rations feedback
Date: Sunday, 19 May 2024 6:23:04 PM

Good evening team from s47E(d)

My team and I have some feedback suggestions for the current editions of combat rations.

Can the porridge (all flavours) be removed from the rations, thrown into a bin and burned so that they can never return. The much preferred and highly coveted alternative would be to put the muesli in all ration pack menus (it is delicious).

Can the biscuits have some diversity? While the Jam Sandwiches are very nice and we are not suggesting that they are removed but a bit of variety would be appreciated. Some suggestions are ANZAC biscuits or Ginger Nut biscuits.

We understand that the protein drinks are most likely there to meet nutritional requirements; however, 99% of people throw them in the bin. The protein bars are much better, maybe more could be added in place of the drink and expand the flavours?

There is a strong call for the Two Fruit tins to return.

Could the Instant Mash Potato be diversified so that in some ration pack menus there is either some sort of plain rice or pasta option instead of the mash potato in ever menu?

Can the Life Savers also have some diversity in flavour? The jury is split between those who like Musk and those who hate it. Why does ever Life Saver packet have to be musk? How about the traditional multi-colour/flavour ones as an option?

Lastly, the matches. I do not know what has gone on with the manufacturing of them over recent years but the strike pad is terrible. We are currently at about a 50% success rate of the strike pad working or not. If it does not work, that is an entire packet of matches that are useless and you need to find someone with a lighter. If it works on the first match it works on the whole pack. Every ration pack is a gamble as to whether or not you will get working matches.

Other than the suggestions above, the ration packs are very well received, keep up the great work.

Regards

s47E(d)

s47E(d)

s47E(d) s22

DUTY FIRST | ARTE ET MARTE

From: s47E(d) [redacted]
To: [redacted] <[\[redacted\]@defence.gov.au](mailto:[redacted]@defence.gov.au)>
Subject: 240604:1204 - s47E(d) [redacted] - [redacted] defence.gov.au] CR1M
Date: Tuesday, 4 June 2024 12:04:15 PM

OFFICIAL

Hello,

In regards to the current ration packs I believe that there is room for improvement.

The inclusion of only two serves of sugar but there are four hot beverage serves (two tea, two coffee). At least one sugar for every hot beverage.

The chocolate/coffee protein powder. Either flavour is the same being bland and almost tasteless with a 'mouth feel' of wet cardboard either cold or hot. From what I've seen those who have tried it before throw it out immediately on receiving their rations and those who have tasted it for the first time never finish it. If a protein powder does need to be included in the rations are there other flavours available?

And lastly can you bring back the Chocolate Drinking powder?

Regards

s47E(d)
[redacted]

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From: s47E(d)
To: [redacted]@defence.gov.au
Subject: 240718:0903_s47E([redacted]@defence.gov.au] Protein Drink Removal
Date: Thursday, 18 July 2024 9:03:54 AM
Attachments: [20240717_151246.jpg](#)

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe. [redacted]

G'day team,

Team of 20 here. Two days into exercise. Please see attached photo of how not tasty the protein drink is. No one touches it. Sustigen powder was king.

Bread is delicious. Need more plum/strawb jam tho. Apricot jam also not a winner.

More spaghetti, less hearty beef spew.

Other than that everything is 10/10.

Thanks!
s47E(d)



POWERADE

From: s47E(d)
To: s47E(d) <[s47E\(d\)@defence.gov.au](mailto:s47E(d)@defence.gov.au)>
Subject: 240819:1440 - s47E(d) [s47E(d)] @defence.gov.au] CR1M - Thorzt Isotonic Drink
Date: Monday, 19 August 2024 2:40:26 PM

Good Afternoon,

s47E(d) I plan to put a RODUM in on the CR1M Thorzt Isotonic Drink and was wondering if there is any feedback already on this drink. In the heat and humidity the powder sticks together as a clump and also becomes difficult to dissolve, is this already a known issue? As a medic I encourage people to drink the isotonic drink, however the majority of people I speak to won't use it as it has clumped together and won't dissolve properly.

Looking forward to your advice and response, thank you in advance.

Regards,

s47E(d)

s47E(d)

s22

From: s47E(d)
To: @defence.gov.au
Subject: 240903:1301 - s47E(d) - @defence.gov.au] Feedback
Date: Tuesday, 3 September 2024 1:01:08 PM

OFFICIAL

To who it may concern.

I am a very experienced soldier now with 45 years in the Army. This feedback is also informed by another soldier (officer) with a similar length of service. We have eaten *a lot* of combat rations, including many from foreign Defence Forces. In addition, I have also been informed by talking to many, more junior, soldiers very recently on s47E(d)

Up front, our CRPs compare very well with foreign rations we have consumed, with US personnel on the exercise reporting that our CRP is superior to US MREs. s47E(d)
s47E(d) I can also attest to this.

My points:

The CRP is very tasty, varied and the contents of high quality, with exceptions laid out later. Today's CRP are superior, in most ways, to the ones issued for use in 1979.

I understand (from the counter at Maccas) that the average adult needs 8,400 KJ daily. The CRP contains double at 16,000 KJ. While I assume this takes in the activities of soldiers like those involved in very arduous Infantry like tasks (and I am an Infantryman), more soldiers than not are more sedentary (but obviously hard-working). Most soldiers inform that they cannot, and do not, need the full CRP. My colleague and I averaged two CRP every three days.

We had difficulty sourcing Hexamine to heat our food. It was explained that the reason was the propensity to utilise gas powered heaters. These heaters are prohibited on RAAF aircraft and Army helicopters, which may have to be utilised without notice, leaving the soldiers with no means to heat the ration. Could there be consideration to including flameless heaters such as in US MREs, inside the CRP? If so you would best need four per CRP, two for food and two for heating water.

The match strikers were very difficult to use to the point where we had to resort to butane cigarette lighters. Obviously, with flameless heaters matches would not be required in the CRP.

There is insufficient sugar in the CRP. Four satchels of 'brew' stuff (two coffee and two tea bags) but only two satchels of sugar. Recommend four satchels of sugar.

The CRP is best packed, and I have significant experience here, in a manner where the soldiers can identify contents by feel in the pitch blackness of a jungle environment. Mistaking the hand sanitiser with the sugar in the pitch black can result in a less than satisfactory taste sensation. The brew kit should be packed, with the spoon contained within, on the outside of the package. By the way, our CRP spoon is superior to any ration pack spoon I have experienced.

A second, or a larger, sealable plastic rubbish bag (I assume that's its purpose), should be included allowing all rubbish to be contained internally to it. This would allow a fighting soldier, without a means of backload, the best chance of keeping their equipment, the inside of their pack for instance, clean and hygienic.

Our younger soldiers ask:

Keep the can of cheese;

Keep the tube of condensed milk;

Keep the can opener (the iconic 'FRED');

Add two minute noodles – this was a very popular comment; and

Add some fruit in juice – the juice is very refreshing on very hot days and when soldiers need a boost to morale.

You may or may not be interested in this feedback. But if you are please feel free to contact me should you see fit.

Thanks for feeding those who fight for us!

s47E(d)

s22

s47E(d)

or by this means.

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From: s47E(d)
To: @defence.gov.au
Subject: 240906:1343 - s47E(d) - [redacted] defence.gov.au] 240906-Email s47E(d)
Date: Friday, 6 September 2024 1:44:02 PM

OFFICIAL

Good afternoon,

BLUF: s47E(d) would like to suggest the idea and potentially trial ration packs (CR1P) with reduced packaging.

It has been proposed within the BN that potentially repackaging of ration packs could potentially result in reduction of administrative requirement and reduction of waste.

Proposed concept:

- a. The **items within the ration packs remain unchanged.**
- b. Standard ration boxes of 10 CR1P **do not individually package the CR1P**; instead enabling patrols to pull out food items of what they specifically use and enable patrol-specific resupply to be pre-packaged by the integral logistic element.
- c. Unused items are therefore do not get pushed out the force and returned as waste. Unused items could then be returned for (inspection and) repackaging.

s47E(d)

[redacted]

s47E(d)

[redacted]

The current practice is that the logistic element will break down the ration pack and strip out unwanted items and push out patrol-specific combat rationing. This administrative burden and the rubbish generated from the plastic packaging could be removed if the plastic packaging is removed at point of origin.

We see a tangential benefit of the ability to return unused items; potentially informing usage rates of certain food items.

E.g:

1. I would personally suggest that the cream-crackers would not be overly popular; while although great, are unsuitable for a recon patrol due to the noise profile and relative size to energy contained.
2. Most guys throw out the condiments bag (minus rubber bands)

The general consensus is that the items are all good, however being able to mix and match from the start would be ideal.

To note: it is *not* the intent to start 'over rationing' with the patrols pulling more than 10 total CR1P for a period of 10 days; conversely pull less items (as desired by the individual).

Another idea was presented of potentially increased dual-use packaging. The range card and table are great; potentially using it for opportune equipment recognition or 9-liner/MIST cards?

Any questions or further contact are welcomed.

Kind regards,

s47E(d)



s22



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From: s47E(d)
To: [REDACTED]@defence.gov.au
Subject: 240915:1027 - s47E(d) [REDACTED]@defence.gov.au] Concern Regarding Ration Pack Changes
Date: Sunday, 15 September 2024 10:27:45 AM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

To whom it may concern,

I am writing to express my disappointment regarding the recent changes to the ration packs. I have noticed that some of the packs now contain extra steak bars instead of cheese, which is a significant change for me as I do not consume steak bars.

This change has made it difficult for me to enjoy the variety and balance that I have come to expect from the ration packs. I would be grateful if you could consider reinstating the cheese in all packs as it is very versatile and increases meal variety.

Thank you for your attention to this matter.

Sincerely,

s47E(d)
[REDACTED]

From: s47E(d)
To: [redacted]@defence.gov.au
Subject: 241127:1607 - s47E(d) [redacted]@defence.gov.au] CR1M Improvement
Date: Wednesday, 27 November 2024 4:07:37 PM
Attachments: [image001.jpg](#)

OFFICIAL

Good afternoon,

I have been talking with soldiers about the updates to the current ration packs (CR1M) and the feedback I have got is quite good regarding the new items that are present.

Some of the liked new items are,

- Porridge
- Citrus cake
- Butter chicken
- French lamb stew
- Energy bars, both chocolate and caramel.

Some of the feedback is to expand the flavours of the porridge to include vanilla, honey and berry, similar to what you can purchase at the supermarket. The porridge has been well liked.

I asked what soldiers would like to see changed or removed and I asked for a fix which I will list below.

-sugary items switched out with more nutritious items.

M and M's removed and replaced with a bag of nuts (scroggin) such as macadamias, banana chips, almonds. (M and M's are full of artificial colours, red, blue, yellow, green which is pretty much toxic). We already have a chocolate ration and its seems to be liked.

Mentos removed and replaced with something that is more filling such as dehydrated fruit. Banana chips was mentioned again or simple roasted and salted nuts which will also aid in replacing the salts lost through sweat.

Fruit roll up. Removed and replace with something/anything that is less sugary. (the fruit roll up is 68% sugar which is very high. A large ANZAC biscuit would be a good replacement.


The protein powder is hard to mix and drink. This can be replaced with another protein type drink mix. The older sustagen was well liked and some just want that back in the packs.

Several years ago there were endura sports gels. This came up in the conversation and some soldiers would like to see this included again or something similar such as protein gummies.

The Mentos items are made in China which when discussing this with some of the soldiers I was with caused some disbelief and they could not figure out a reason why this would be the case. Some raised the point that foreign officials would most likely know that these products are in our Ration Packs.

Regards,

s47E(d)



s22



'Where a horse can go, a man can go and where a man can go, he can drag a gun'.

William Phillips

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From: s47E(d)
To: [s47E\(d\)@defence.gov.au](mailto:s47E(d)@defence.gov.au)
Subject: 250206:1154 - s47E(d) - s47E(d)@defence.gov.au] CR1M Gluten Free produces?
Date: Thursday, 6 February 2025 11:54:19 AM

OFFICIAL

Good Morning

We have been advised that a member is gluten intolerant and will be attending a course shortly and has a field activity, requiring them to eat CR1M.

Can you advise which main meals contain any gluten and if any do not contain gluten?

s47E(d)



s47E(d)

s22

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From: s47E(d)
To: @defence.gov.au
Subject: 250225:1431 - s47E(d) - @defence.gov.au] Halal rations
Date: Tuesday, 25 February 2025 2:31:33 PM
Attachments: [image001.jpg](#)
[image002.jpg](#)

OFFICIAL

Afternoon team,

I'm reaching out to establish what the standard process is for securing Halal rations for members out field. It is my understanding CR1Ps have some Halal food inside them but not the whole ration.



Are there Halal only rat packs that we have to order when we put in our ration request? Does the unit need to be aware of this well ahead of time or can we get Halal rations at short notice?

we need to understand the process so we can avoid this problem, and plan appropriately, for s47E(d)

Let me know if you need anything from me.

Kind regards

s47E(d)



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From: s47E(d)
To: s47E(d)
Cc: s47E(d)
Subject: 250325:1538 - s47E(d) - [redacted] RFI // Seeking further information on CR1P 2024-25 Menu Build
Date: Tuesday, 25 March 2025 3:38:23 PM

OFFICIAL

Good afternoon CR Technical Cell,

I'm reaching out as a follow up to a conversation had with your representatives at the s47E(d) regarding the 2024-2025 CR1P Menu Build. They advised me to reach out directly to this POC to seek further information.

s47E(d)

s47E(d) Several points raised by your representatives were highly interesting, and I would like to know more both for future SA and to discuss with our LOGWO.

Would it be possible to request further information about the content of the new CR1P menus (I'm tracking 8 standard, 2 x halal-suitable and 2 x vegetarian-suitable?) and the anticipated roll out timeline? I have a hardcopy of the Menu I/J Halal-suitable menu sheet, which was very kindly given to me by a rep at the Capability Day. I would be very appreciative for any further information or direction to a likely source that you may be able and willing to provide.

Best regards,

s47E(d)

s47E(d)

s47E(d)

s22 s47E(d)

s47E(d)

With skill and fighting we make and break

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From: s47E(d)
To: [redacted]@defence.gov.au
Subject: 250326:1201 - s47E(d) [redacted]@defence.gov.au] CR1M Suggestions
Date: Wednesday, 26 March 2025 12:02:18 PM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Good morning

I hope you are well. I am writing this email to humbly request the following for future ration packs. Not only will it give the necessary calories required for a soldier to operate in the field environment, but it will significantly increase the morale of troops.

1. The addition of the following items:

- a) Nutella serving
- b) Mie Goreng/noodles serving
- c) Another rice meal with a protein
 - this is because chicken and wild rice is popular among the troops, and another rice meal will be greatly appreciated, such as beef and rice etc.
- d) Canned fruit
 - Soldiers appreciated this in the past as it was a sweet treat.

2. The removal of the following items:

- a) Lamb and tomato sambal
- b) Potato and chickpea curry.
 - this is due to the fact that these items are unpopular and are thrown away by most soldiers, which is a waste of food unfortunately.

3. Honorable mentions:

- a) Hearty beef stew
- b) Asian beef with Vegetables and black beans
 - rice could potentially be added to this meal.
- c) Spaghetti Bolognaise
- d) Chilli con carne
- e) Beef and pasta

Regards

From: s47E(d)
To: [redacted]
Subject: 250402:1041 - s47E(d) [redacted] CR1P individual Menus / items
Date: Wednesday, 2 April 2025 10:41:47 AM

UNOFFICIAL

Good morning,

I'm enquiring to see if there's anywhere that stipulates what is contained within the CR1P for eg. Menu for CR1P A, CR1P B etc.

Also is there a specific CR1P that is close to Vegan? I understand the CR1P is not designed for individual SDR however, I would like to present CR1P option to the members.

Any information would be greatly appreciated.

s47E(d)

s47E(d)

s22

s47E(d)

From: s47E(d)
To: [redacted]
Subject: 250404:1223 - s47E(d) [redacted] SDR and CRP substitution POC
Date: Friday, 4 April 2025 12:23:05 PM

OFFICIAL

Good morning,

My name is s47E(d) and I am th s47E(d) and I am seeking the best POC WRT combat ration substitution for a member that has SDR.

The below email link doesn't seem to work.

[EIG Service Delivery ESD Fresh Rations](#)

If I could be provided with any assistance that will be greatly appreciated.

Regards,

s47E(d)

s22

s47E(d)

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From: s47E(d)
To: @defence.gov.au
Subject: 250522:1136 - s47E(d) @defence.gov.au] Inquiry regarding Vegetarian Ration Packs
Date: Thursday, 22 May 2025 11:37:03 AM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Good Morning

I am writing this email regarding Vegetarian ration packs we had tested s47E(d)
s47E(d)

I am vegetarian and I need those ration packs for coming field exercise. Are we able to order those or they are still on trial? Please let me know so we can put order through our q store. Thank you

Regards
s47E(d)

From: s47E(d)
To: @defence.gov.au
Subject: 250524:1225 -s47E(d) @defence.gov.au] CRP Suggestions
Date: Saturday, 24 May 2025 1:25:09 PM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Good morning,

I have two ideas for the CRP's.

1. Menu B and G should have their bread replaced with garlic naan to go with their curries.
2. Replace rubber bands with neutral colour hair ties. Way better for securing radio whip antennas, and i'm sure any one with long hair would appreciate having them available. There's nothing a rubber band could do that a hair tie won't do better.

Kind regards,
s47E(d)

From: s47E(d)
To: [redacted]@defence.gov.au; s47E(d)
Subject: 250617:1010 - s47E(d) [redacted]@defence.gov.au] What brand is the Coffee?
Date: Tuesday, 17 June 2025 10:10:35 AM
Attachments: [image001.png](#)

OFFICIAL

Hello rations people,

We're out field at the moment and having a hearty debate about the brand of coffee contained within the ration packs.

We believe it is likely Moccona or Robert Timms.

Are you able to enlighten us?

Thanks,

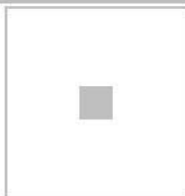
s47E(d)
[redacted]

s47E(d)
[redacted]

s47E(d)

s22

s47E(d)
[redacted]



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From: s47E(d)
To: s47E(d) @defence.gov.au
Cc: s47E(d)
Subject: 250701:1429 -s47E(d) @defence.gov.au] CRP SUGGESTION
Date: Tuesday, 1 July 2025 2:30:03 PM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Gday Team,

Hope you are well. Are we looking at replacing the tinned cheese in the CRP with a cheese in a pouch option (one like the jam). That would eliminate the last remaining tin in the CRP (I was around when all the main meals were in tins!) and also eliminate the need for the poon. Both would save a bit of weight. Interested to hear if this is where we are heading.

Two last ones - what is the timeline for the roll out of the Halal CRP?

Finally, could we consider adding porridge to the breakfast menu?

Sincerely

s47E(d)

Sent from my iPhone

From: s47E(d)
To: @defence.gov.au
Subject: 250703:1221 -s47E(d) @defence.gov.au] CRP SUGGESTIONS
Date: Thursday, 3 July 2025 12:21:06 PM

OFFICIAL

Gday Team,

Hope you are well. Are we looking at replacing the tinned cheese in the CRP with a cheese in a pouch option (one like the jam). That would eliminate the last remaining tin in the CRP (I was around when all the main meals were in tins!) and also eliminate the need for the poon. Both would save a bit of weight. Interested to hear if this is where we are heading.

Two last ones - what is the timeline for the roll out of the Halal CRP?

Finally, could we consider adding porridge to the breakfast menu?

Any feedback appreciated

Sincerely

Yours faithfully,

s47E(d)

s22

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From: s47E(d)
To: s47E(d)@defence.gov.au
Subject: 250705:0717 - s47E(d)@defence.gov.au] Ration pack feedback
Date: Saturday, 5 July 2025 7:17:39 AM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Good morning,

To set the scene — s47E(d)
s47E(d)

I've just opened a fresh F ration pack, packed on 04/09/2024. While I appreciate not receiving a ration pack older than my grandfather, I cannot for the life of me understand why you clowns would remove the jam biscuits.

The beloved jam biscuit is an icon of the Australian soldier. Removing such a treasured item is both un-Australian and disrespectful to the troops in the field.

I strongly suggest you ensure jam biscuits are reinstated in every menu of the ration pack, and that whoever made the decision to remove them be promptly relieved of their duties. While you're at it, chuck in an extra cheese for every menu — you'll boost morale tenfold.

Sincerely,
Every Australian Soldier

From: s47E(d)
To: [REDACTED]
Subject: 250717:1303 - s47E(d) [REDACTED] CR1P Feedback - TS 25
Date: Thursday, 17 July 2025 1:03:08 PM
Attachments: [image001.png](#)

OFFICIAL

Good afternoon Ma'am, Sir, et al,

My team and I thought we'd send through some feedback regarding the ration packs we have been dining on for the last 2 months s47E(d) [REDACTED] I gathered this information from approximately 30 personnel, age ranges between 21 – 40, male and female, different religions and dietary requirements.

Sustains/Maintains:

1. Main meals – Chicken and Wild Rice, French lamb stew, Mexican chicken, meatballs and baked beans, spaghetti Bolognese.
2. Mentos – both flavours
3. Mushroom soup
4. Alcohol wipes
5. Bread
6. Cheese
7. Jam biscuits
8. Mash potato

Fix suggestions:

1. Bring back the Hot Chocolate
2. Bring back the noodles – mei goreng/ chicken flavoured
3. Is there a possibility of mixing up the Musk sticks with actual fruit tingles?
4. More of a range of chicken meals, less lamb. Chicken Italiano, sweet and sour chicken, chicken stew ect. This would also help with dietary requirements for pers who can't eat anything other than chicken. (i.e. religious, and health reasons).
5. Bring back the French onion soup
6. Create a gluten free range – 1 or 2 choices if possible.
7. Bring back the sweet chili sauce.
8. The Asian Beef with black beans is a good meal, however it requires rice. There is too much liquid and not enough protein/veg/carb to counteract. We have been adding our own rice to this meal, and it has value added immensely to it. Or, alternatively add a small packet of pre-cooked rice. Similar to Ben's Original Rice/ or sun rice microwavable rice packets, easily heated in hot water just like the main meals. There can be multiple options like plain, coconut, Mexican, fried rice flavours for example.
9. Add more protein type foods – packet of snack sized mixed salted nuts for example
10. Bring back canned/packet fruit. When there are no fresh rations, fruit is typically a welcome option, and the canned fruit was refreshing and sorely missed by all.
11. Alternative biscuits – Anzac biscuits
12. Alternative spreads – Peanut butter

Thank you for your time, I hope this email finds you well.

Kind Regards,

s47E(d)

s47E(d)

s47E(d)

s22

s47E(d)

Certa Cito



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From: s47E(d)
To: [REDACTED]
Subject: 251017:1347 - s47E(d) [REDACTED] Ration Pack Feedback
Date: Friday, 17 October 2025 1:48:04 PM
Attachments: [image001.png](#)
[image002.jpg](#)

OFFICIAL

Good Afternoon,

I have some feedback pertaining to what I'd like to see added into the rotation of CR1Ps and PR1Ps. I haven't used any ration packs newer than from 2023.

Beverages:

- Hazelnut protein powder
 - Argument: The coffee protein powder is too salty
- Tropical fruit punch 'juice' powder

Deserts / Misc:

- Brownie, mousee or pudding powder
 - Banna bread flavour
 - Chocolate flavour
 - Caramel hazelnut flavour
 - Coconut rice pudding mix
 - Custard mix
 - Strawberry shortcake mix
- Cookies
- Dehydrated apple crumble
- Dehydrated peach cobbler
- Fruit cake

Meals:

- Beef bulgogi
- Chicken laksa
- Chicken tikka masala
- Tortillas – substituted over the 'bread'
- Less-lamb orientated dishes

Other:

- Additional zip-loc bag
- Exchange Tabasco with something containing less vinegar
- Electrolyte energy / carbohydrate gel sachets / bites
- Flammish ration heater (probably is requested a lot)
- Smaller salt and pepper or packs, or better yet make pack smaller and double quantity

Snacks:

- Caffeinated candy (80 – 100 mg)

- Dried mango and coconut bites
- **Freeze Dried:**
 - Corn pieces, BBQ or cheese flavouring
 - Fruit pieces
 - Yogurt pieces
- **Pastes:**
 - Cream cheese
 - Peanut butter
- Seed crackers substituted with the crackers
- Trail-mix

I'd also like to recommend more opportunities for soldiers to be able to taste test new menu items as I don't believe such events occur to my knowledge s47E(d)

Please don't hesitate to let me know if there are any issues. Thank you.

Best Regards,

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