

NATO STANDARD

AMedP-1.11

**REQUIREMENTS OF INDIVIDUAL
OPERATIONAL RATIONS FOR
MILITARY USE**

Edition B Version 1

APRIL 2019



NORTH ATLANTIC TREATY ORGANIZATION

ALLIED MEDICAL PUBLICATION

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NORTH ATLANTIC TREATY ORGANIZATION (NATO)

NATO STANDARDISATION OFFICE (NSO)

NATO LETTER OF PROMULGATION

25 April 2019

1. The enclosed Allied Medical Publication AMedP-1.11 Edition B, Version 1, REQUIREMENTS OF INDIVIDUAL OPERATIONAL RATIONS FOR MILITARY USE, which has been approved by the nations in the Military Committee Medical Standardization Board, is promulgated herewith. The agreement of nations to use this publication is recorded in STANAG 2937.
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RECORD OF RESERVATIONS

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RECORD OF SPECIFIC RESERVATIONS

[nation]	[detail of reservation]
CZE	<p>1. AMedP-1.11 (B)1 RD1, chapter 2.6.3. - Any equipment for heating of the individual rations is not included in the individual operational rations.</p> <p>2. AMedP-1.11 (B)1 RD1, chapter 2.6.4. - The information on the amount of potable water is not available without opening of the individual operational ration; water is needed only for preparing of beverages.</p> <p>3. AMedP-1.11 (B)1 RD1, chapter 2.6.5., para. 3 - Outer packaging of the individual operational ration is not water resistant.</p> <p>4. AMedP-1.11 (B)1 RD1, chapter 2.6.11. - The individual operational rations implemented in the CZE do not contain vegetarian menu; vegetarian operational ration is not according to the CZE legislature.</p> <p>5. AMedP-1.11 (B)1 RD1, chapter 2.7.5., para. 3 - CZE has only six kinds of individual operational rations. ¶. AMedP-1.18 (A)1, chapter 2.3. - CZE has not implemented any group operational ration.</p>
LVA	<p>1) LVA Armed forces uses individual operational rations, which are used in conditions when soldiers are unable to get heated food;</p> <p>2) LVA is not implementing individual operational rations for use in special conditions as per Chapter 3;</p> <p>3) LVA individual operational rations are composed from three meals. Expiration period - 20 months if kept in temperature not more than +18C which differs from temperature mentioned in Chapter 2.4.;</p> <p>4) There are nine different sets of individual operational rations in LVA Armed forces - different from para 2.5.7. third bullet;</p> <p>5) LVA used Individual Operational rations are not intended for vegetarians and persons with different religion and culture, as per para 2.6.11 of STANAG 2937</p>
POL	Implementation of AMedP-1.11 except points: 2.5.5, 2.6.2.1, 2.6.2.5, 2.7.4;
USA	<p>AMedP-1.11 EDB V1:</p> <p>(1) REF. para 2.5, Table 1. Unit Column for Carbohydrate and Protein is "G" which indicates Giga or 1 billion grams. CHANGE to "g" for grams.</p>

	(2) REF. para 2.5, Table 1. Unit Column for multiple items in the list which lists “Mg” which indicates Mega gram or 1 million grams. CHANGE to “mg” for milligrams. (1) REF Para 2.6.4, Table 2. Unit Column for Total Fiber is “G” which indicates Giga gram or 1 billion grams. CHANGE to “g” for grams. (2) REF Para 2.6.4, Table 2. Unit Column for multiple items in the list which lists “Mg” which indicates Mega gram or 1 million grams. CHANGE to “mg” for milligrams.

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CHAPTER 1 INTRODUCTION

1.1. BACKGROUND

1. The Committee of the Chiefs of Military Medical Services in NATO (COMEDS), composed of senior military medical authorities of member countries, serves as the central activity for the development and coordination of military medical matters across several related topic areas and for providing medical advice to the NATO Military Committee. COMEDS objectives include improving and expanding arrangements between member countries for coordination, standardization and interoperability in the medical field and improving the exchange of information relating to organizational, operational and procedural aspects of military medical services in NATO and Partner countries. This work is coordinated with other NATO bodies with responsibilities in the medical field to include the NATO Standardization Agency. To assist in carrying out its tasks in these areas, COMEDS has a number of subordinate working groups which meet and address these matters within specific topic areas.

2. The Food and Water Safety and Veterinary Support Panel (FWSVS P) was established by COMEDS to initiate, develop and institute common principles, policies, doctrines, concepts, and procedures for advice to COMEDS and for standardization and coordination. The work of this panel will enhance interoperability within food and water safety, environmental health and for veterinary medicine aspects, in the operational environment.

3. The revised standardization agreement recorded in STANAG 2937 and detailed within this supporting documentation (Allied Medical Publication-1.11 and Allied Medical Publication-1.18) is the result of the collaborative technical input of an expert team (ET) comprised of representatives from participating member nations. This body is able to draw upon the report of findings of the NATO Research Task Group (RTG) HFM 154, *Nutrition Science and Food Standards for Military Operations (March 2010)*, which provided science-based recommendations to the Human Factors and Medicine Panel to develop standards for nutrition, packaging, and individual operational rations that support deployment doctrine and missions.

1.2. PURPOSE

The purpose of this AMedP is to provide the necessary details and information in support of STANAG 2937 and to assist and facilitate the effective interoperability of NATO military forces and partner nation's individual operational rations during military deployments, exercises or operations.

1.3. AIM

1. The aim of this agreement is to improve interoperability of NATO military forces by standardizing the essential minimal characteristics and quality assurance of general purpose individual operational rations, describing special purpose rations and providing guidance for supplying these rations. This common set of standards will provide the primary tool to enable multinational interoperability and to support enhanced operational effectiveness in the planning and execution of joint and combined operations for alliance missions. The result of this collective effort will be a common expectation and output designed around shared knowledge and expertise that will serve as an achievable capability multiplier. This standard reflects performance requirements that align with interoperability goals and satisfy current military needs and broad mission requirements.

2. STANAG 2937 and this publication acknowledge and reference related agreements only to the extent that there are important collateral influences on the functionality, performance and consumption of individual operational rations as a result of availability of potable water and its dietary contribution, effective logistics planning ranging from product design to supply chain processes, the necessity of predictable and reliable food safety and hygiene, and the ability to meet user expectations in all operational environments. The core of this agreement will focus on those design characteristics that will broadly support the provision of individual ration systems that meet specific operational requirements and capabilities. These attributes will ensure nutritional needs (energy, macro- and micro-nutrients) of individuals who operate across a range of environmental conditions, often under arduous physical demands, are consistently met; that food components will be safe and highly acceptable to promote consumption; and that the ration systems will be shelf stable and durable to survive the rigors of the intended operational environment as well as those of the supply chain itself. These standards are essential to deliver a critical sustainment capability that will nourish and enhance the mental, physical and military task performance of personnel particularly during sustained operations in all environmental extremes and operational scenarios to enable mission execution and success.

CHAPTER 2 GENERAL PURPOSE INDIVIDUAL OPERATIONAL RATION**2.1. INTRODUCTION**

To provide soldiers in the initial term of operation with appropriate food it is necessary to be independent of any infrastructural or deployment conditions. In a particular situation, it is important to cover the basic human needs adapted to circumstances like nutritional requirements or calorie consumption. Since an operation can occur in various climate zones long shelf life is essential. Provisions need to be simple to prepare without additional tools or devices supplied. The individual operational ration is adjusted accordingly to these conditions and meets special requirements consisting of one ration pack (three meals) per day that can be easily carried by each individual soldier. The rations include meals, desserts, snacks, beverage powder as well as bread and spread in order to provide adequate variety. Individual operational rations are a part of an evolving feeding concept. Individual rations have limitations and should only be used in appropriate operational settings as part of the overall feeding concept.

General Purpose Individual Operational Rations are self-contained rations providing adequate food for 24 hours for one person to maintain health, physical performance, and cognitive function under routine training or operational conditions. This ration is shelf stable and may require water to rehydrate some of the contents. The contents may be eaten hot or cold. General purpose individual operational rations are intended to be used during standard military operations in very broad but typically moderate operational conditions.

2.2. FEEDING CONCEPT

1. Military field feeding operations must be compatible with the full range of potential military actions and deployment options associated with modern warfare and a broad spectrum of military operations and environments encountered by NATO forces. These include collective defense, crisis management, cooperative security activities. This is the responsibility of the operational Command and logistics elements.

2. Common elements across all military service field feeding programs consist of the right mix of rations, equipment, personnel and training in order to support commanders in a broad range of military operations in all theatres from small-scale contingencies to major combat operations. The minimum feeding standard is three quality meals per day regardless of the situation or type of ration employed. The feeding concept or specific feeding plan will always be condition-based, to include the ration cycle (daily mix of rations), the issue cycle (which ration for a particular meal), and expected timeframe or transition.

3. The feeding concept addresses how deployed units or individuals are fed while conducting or executing missions. It includes operational field feeding requirements ranging from initial entry of forces at the start of an engagement up to stabilization of an area of operations with a mature theatre supply chain and support infrastructure. The feeding concept is intended to evolve from individual operational rations or special purpose rations to group feeding options including group rations or fresh feeding in accordance with STANAG 2556.

4. The feeding concept is designed to enable progressive movement of the ration cycle to an improved feeding standard over time. Units deploying to theatres with developed logistics infrastructure may immediately start at an improved ration cycle.

2.3. INDIVIDUAL OPERATIONAL RATION

1. The feeding concept addresses how deployed units or individuals subsist while conducting or executing missions. Individual operational rations are used when food service capabilities do not exist or mission conditions dictate other feeding methods or group operational rations cannot be issued or prepared. As such, general purpose individual operational rations are designed as packaged, pre-cooked, shelf-stable, quality foods that will nutritionally sustain individuals. They are issued to individuals for daily consumption/sustainment and typically support use in combat, transit, movement to contact, or in convoy.

2. Supplying sufficient sustainment for one person for a full day (24 hours) is generally achieved either by a ration or on a meal basis. A ration provides nutritional requirements for a complete day and typically includes three meals (usually breakfast, lunch and dinner). The meal-based concept is typically modular in design and is usually issued as a single meal (breakfast, lunch, dinner or unspecified). In this concept three meals are required for a single day's food supply. In planning and in distribution, this is vital information to ensure effective sustainment is provided. Therefore, it is advised that the description of the ration addresses the amount of standard DOS it provides (e.g. individual meal, "menu name", 1/3 DOS or general purpose individual operational ration, "menu name", 1 DOS).

2.4. SHELF LIFE

The shelf life describes the length of time a food or drink is considered suitable for use or consumption and during which the characteristics as defined in the STANAG (chemical, physical, microbiological, sensory and nutritional) are maintained or not degraded to the extent that the food is no longer edible. The ration is to be shelf stable for the specified period, under the specified conditions of storage, temperature, distribution, and packaging without the need for refrigeration. Conditions of storage and distribution may be indicated as:

- A specific time period according to a particular storage temperature;
- A series of time periods based on a specified range of temperature exposures;
- Humidity range, requirement for shade; or
- More than one of the above conditions.

The shelf life may also be indicated as a specific time period according to a particular storage temperature or a series of time periods based on a specified range of temperature exposures.

The shelf life of the ration from the time of delivery to the contracting authority must be at least 24 months at a storage temperature of 25 °C (77 °F). Elevated temperature exposure may result in various chemical and physical reactions that effectively reduce

the remaining product shelf life. Therefore, product shall be protected from environmental exposure (elevated temperatures, solar loading, etc.) throughout the supply chain.

2.5. NUTRITIONAL CONTENT

1. NATO forces include mission-ready and technologically advanced land, air, sea and Special Forces components that deploy as part of NATO responses to worldwide crises, including evacuations, disaster management, and counterterrorism operations. NATO military personnel engaged in these missions will likely subsist partially or entirely on general purpose individual operational rations for extended periods. Therefore, nutrient content of such rations needs to be sufficient to maintain the health, combat readiness and performance, both physical and cognitive, of those personnel.

2. Soldiers will engage in a broad spectrum of tasks during NATO operational deployments, thus, the total daily energy expenditures of those personnel will span the range from that of sedentary office work to strenuous, physical labor. However, operational rations are primarily designed to meet the energy needs of personnel performing uniquely military missions. Recently, it was estimated (1) that energy expenditure of military personnel would be approximately 3,600 kcal per day (15.1 MJ/d) for “normal” operations, i.e., missions comparable to urban police and peace keeping, firefighting or construction work, and 4,900 kcal per day (20.5 MJ/d) for combat operations, i.e., missions involving sustained, dismounted light-infantry or Special Forces operations. The latter was thought to be the “worst-case” or the most physiologically stressful condition. Therefore, a reasonable standard for minimal energy content for a general purpose individual operational ration would be 3,600 kcal (15.1 MJ). However, personnel subsisting on such a ration without being provided a dietary energy supplement and engaged in sustained combat operations are likely to experience a negative energy balance. This progressively accumulating energy deficit could eventually contribute to weight and lean body mass losses with associated health and performance degradation.

3. To satisfy total daily energy requirements, it is recommended that dietary macronutrients in general purpose, individual operational rations be distributed such that dietary carbohydrate contributes 45-65% ^(1, 2, 3) which corresponds to 404-584 g carbohydrate in a 3,600 kcal (15.1MJ) ration. For dietary protein content, a reasonable estimate of the lower limit for content can be calculated using the midpoint for the range recommended for athletes ⁽³⁾ which is 1.5 g/kg body weight. Accepting assumptions about body size of NATO personnel used previously by NATO expert panels ⁽¹⁾, the NATO “reference man” averages 79 kg, therefore the lower limit for protein content of the general purpose, individual ration would be 118 g or 13% of a 3,600 kcal (15.1MJ) ration. Previously, NATO experts ⁽¹⁾ concluded that some military personnel could benefit from consuming additional protein, as much as 2 g/kg body mass. High quality protein sources in ration components containing adequate levels of the essential amino acids are required. The balance of the ration’s energy content would be derived from dietary fat however, no more than 35% of the total ration energy content should be derived from fat.

4. In addition to energy and macronutrients, other specific nutrients, though important for maintaining Soldier health and performance, have been selected as Minimum Nutrient Content Standards for the General Purpose, Individual Operational Ration (Table 1). The micronutrients specified among these minimum nutrient standards are those most likely to become depleted if suboptimal levels are consumed over periods as short as a month, and those nutrients with documented storage sensitivities that could decrease the active compound or bioavailability ⁽⁴⁾. All micronutrient values correspond to previous recommendations from a NATO expert panel ⁽¹⁾ except for selenium. The lower selenium value specified in Table 1 was adopted from current recommendations by the Institute of Medicine ⁽⁵⁾, because no health or performance benefit appears derived from consuming higher amounts than that value. Note that the expert panel determined the optimal sodium content for operational rations to be 2,300-12,000 mg with the lower limit to be achieved by the sodium content of the ration's primary food components and additional sodium (up to 9,700 mg) provided in supplemental items (e.g. salt and seasoning packets) intended to be consumed on an individual basis as required. Although higher than the recommended sodium intake for most healthy civilian individuals, the higher end of the range accounts for increased needs of the Soldier (e.g. increased work rate and sweating). Additional Nutrient Content Recommendations for the General Purpose Individual Operational Ration are specified in Table 2, and incorporate the remaining nutrients of concern and necessity for the Soldier. Every effort should be made to achieve the recommended value stated in table 2.

**Table 1. Minimum Nutrient Content Standards,
Operational Ration**

Nutrient	Unit	Value
Energy	Kcal	3,600
Carbohydrate	g	404
Protein	g	118
Fat*	*	*
Vitamin A	µg	900
Thiamin	mg	1.2
Vitamin B ₆	mg	1.3
Vitamin B ₁₂	µg	2.4
Folate	µg	400
Vitamin C	mg	45
Vitamin D	µg	5
Calcium	mg	1,000
Zinc	mg	11
Iron	mg	8
Magnesium	mg	410
Potassium	mg	3800
Sodium	mg	2300
Riboflavin	mg	1.3
Niacin	mg	16
Vitamin E	mg	10
Vitamin K	µg	70
Phosphorous	mg	700
Iodine	µg	150
Selenium	µg	55
Fluoride	mg	4
Pantothenic acid	mg	6

* Refer to discussion at paragraphs 3 for Fat macronutrient content.

**Table 2. Additional Nutrient Content Recommendations,
Operational Ration**

Nutrient	Unit	Value
Total fiber	g	30
Biotin	µg	30
Choline	mg	550
Molybdenum	µg	45
Copper	mg	1.8
Chromium	µg	35
Manganese	mg	5.5

5. Nutrient content specifications should be confirmed at the time the ration is produced and packaged. Nutrient content confirmation must be performed by an accredited laboratory in accordance with chemical analyses as described in the *Official Methods of Analysis* published by the AOAC International ⁽⁶⁾ or other equivalent and validated method. Commanders should understand that certain nutrients degrade during storage, particularly thiamin, riboflavin, niacin, folic acid and vitamins A, B₆, B₁₂, and C. Although manufacturers may fortify rations (increase the quantities of some of these nutrients) during production to mitigate storage losses, that is not practical or valuable for all nutrients. Storage in high temperature conditions for long periods will worsen nutrient degradation, but storage effects cannot be predicted accurately. Nevertheless, it is unlikely that persons subsisting on individual operational rations manufactured to meet the specifications in Table 1 will experience any nutrient deficiencies of health significance within 30 days if they begin the deployment in good health and having normal nutrient status. When subsistence on individual combat rations is extended for periods beyond 30 days, it is desirable that supplementation of the diet with fresh foods be employed and medical surveillance for effects of nutrient deficiencies be increased.

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- (5) Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium and Carotenoids. Washington, DC, National Academy Press, 2000.
- (6) AOAC International. Official Methods of Analysis, 18th Ed. Gaithersburg, MD, USA, 2005.

2.6. INTEROPERABILITY

Interoperability of rations is influenced or determined by a large number of factors to include acceptance by user personnel, nutritional aspects, and collateral issues such as specific or unique legislation, food restrictions, and supply chain management. This section will focus exclusively on the functional considerations that may preclude full interchangeability of rations when used by multinational NATO or alliance forces. These functional factors may affect the planning phase and/or the actual consumption of the ration during military operations.

2.6.1. Ration Volume and Weight

During the design of an operational ration, the product developer or technologist should give sufficient consideration to the ration volume and weight in order to achieve the smallest and lightest ration possible that satisfies the range of requirements of individual Soldiers (food content, accessories, functional and performance characteristics, etc.), the mission and tasks, and is acceptable for consumption.

2.6.2. Palletizing of the Ration

1. Individual ration packs are typically grouped in fiberboard boxes that are in turn stacked on a pallet as a unit load. It is recommended that the rations be stacked on NATO type pallets (1200 x 1000 millimeters) for standardization purposes. Pallets must be free from foreign material and/or growth(s) such as, but not limited to, adhering dirt, filth, mud, mildew, mold, etc.
2. The boxes must be uniformly arranged in a pattern that results in efficient utilization of the pallet's entire surface area. These boxes should be stacked to form a compact squared load centered on the load base and squared with all corners of the pallet with no overhang. The boxes of each pallet load should also be interlocked where possible by reversing the pattern in each layer. Consideration should be given to the dimension of the case and pallet to facilitate interlocking.
3. Pallet loads must be properly and sufficiently secured utilizing straps, shrink or stretch films, netting and/ or caps such that the load will be secure, stable, and provide added protection against moisture, dust and contamination under shipping, handling and distribution rigors without causing damage to the boxes.
4. The quantity of individual operational ration packs on a pallet must be readily

identified and clearly and legibly marked on the pallet unit load.

5. The minimum number of rations on a pallet position (i.e., on one single or on two stacked pallets) should be 150 days of supply (DOS)¹. The height and weight for a single pallet position, including the pallet(s), shall not exceed 2.2 meters and 1000 kg respectively. A pallet of rations should contain different menus.

2.6.3. Required Cutlery, Mess Kit/Cup, Tools, Heating Device and Fuel

It is desirable that all necessary equipment to heat and consume an individual ration be included in the ration pack. However, in those instances where it is restricted or simply not practical or feasible to include all required equipment in the ration pack, (e.g. expensive items; large, bulky or heavy items; contamination of food by fuel; etc.) the issuing country shall establish a NATO Stock Number (NSN) for a set containing the ration pack and all the necessary individual equipment to properly consume the ration. These unique set NSNs should be used when rations are ordered and issued in multinational settings. Every ration or meal shall contain at least a spoon, unless all food items are intended as eat-out-of-hand and do not require any eating utensils for consumption.

2.6.4. Water Requirements

The vast majority of operational rations require potable water to reconstitute dried or dehydrated components and/or rehydrate powdered beverages or drink mixes. The amount of potable water required to prepare a ration can vary significantly as some rations require water to reconstitute beverages only while others also require water to rehydrate the main course or entrée. The amount of potable water needed to prepare a ration is an important planning factor to ensure the ration can be consumed as intended providing both nutrition and increased acceptability. It is therefore, required that this information be made widely and readily available to support operational planning.

2.6.5. Food Packaging

1. Protective packaging of components or items in a ration that are typically in contact with the product or food items must be food grade and is referred to as primary packaging. Secondary packaging is that packaging which is outside the primary packaging layer and in the case of general purpose individual operational rations this packaging is used to group several primary packages together. Lastly, outer packaging is that used to support bulk storage, shipping, and handling of product in the distribution supply chain. Rations are grouped at this level in fiberboard boxes or cases and subsequently palletized as unit loads for ease and efficiency of handling

¹ Days Of Supply (DOS) - A unit of measure derived by total inventory/ daily consumption. In the case of individual operational rations DOS can be issued one ration pack per individual per day or three meal bags per individual per day. This figure is a critical logistics planning and interoperability factor when sustaining deployed units.

and distribution.

2. It is preferable that the packaging be easily opened without specific tools. If specific tools are required, they should be included in the ration, or alternatively a set should exist containing the ration and all necessary specific tools.
3. Primary and/or secondary packaging should be waterproof. Secondary packaging should be insect resistant. Outer packaging must be water resistant.²

2.6.6. Labelling

1. The net weight should be declared on the packaging of a ration. Outer packaging must mention the production date or best before date at least as an ordinal date (year + number between 1 and 366, 1 being January 1st) or in the day/month/year format (e.g., 01 Jan 2011). The date will be identified as production date or best before date.
2. The food items should be identified on the primary package of these items. Food components must also have an ingredients list where appropriate. The instructions for proper preparation and consumption should be printed on each of the components or provided with each ration as appropriate. Non-food components should be identified and labelled with instructions for use when appropriate.
3. The number of servings should be identified on the outer packaging or readily available.

2.6.7. Metric vs. Non-Metric

The use of disparate or unfamiliar units of measure on packaging and other product labeling requires Soldiers to convert to some familiar baseline and may result in errors during preparation of meals and beverages. This lack of standardization may potentially and unnecessarily complicate the distribution, handling, and intended use of the ration and adversely affect component use, overall ration consumption, and user satisfaction. It is advised that all ration or component measurements be indicated in metric units and if deemed necessary, accompanied by the equivalent non-metric unit.

2.6.8. Language

1. Often the only direct way to communicate with Soldiers consuming a ration is through labeling provided directly on the ration and components themselves. This information is essential to provide the ration type or purpose, identify food and non-food components, offer nutritional data or performance related information, and provide proper instructions for preparation, use and consumption of the ration or other items included in the ration pack. This information is critical to ensure and encourage proper use, consumption, and identify cautions, warnings, or safety of use messages

² Water resistant is the ability of packaging material or barrier property to slow the transmission of water but not prevent entirely the penetration of water.

for components where a burn, cut, ingestion or other hazard or safety concern may exist. The language issue takes on considerable significance during an exchange of rations among multinational forces which may be necessary due to disruption of supply chains and logistic shortfalls during operations or exercises, particularly in the absence of, or limitations in joint training, exposure or use of exchanged ration systems.

2. The nomenclature of the ration and/or menu is considered minimum essential information and shall thus be clearly identified on the individual ration (outer packaging) in at least the two official NATO languages; English and French. It is also highly desirable that additional information regarding the ration such as component listings, instructions for proper use or preparation, and safety warnings be provided in English and French.

2.6.9. Water Treatment

1. Several nations provide water treatment or disinfection tablets as components of the ration, while other nations provide chlorine disinfection tablets, water filters, or other means such as flocculating agents via individually issued kits or as part of specific mission requirements available to special operations.

2. Planners should put maximum effort in providing forces with ample amounts of potable water. The importance of water logistics cannot be overstated. Hydration requirements will be influenced by the operational tempo, mission, geography and climatic conditions. The provision of ample amounts of potable water in suitable means of conveyance is the best way to alleviate the need for water treatment and thus a sure and safe way to avoid problems with the provision or use of water treatment products. Ample provision of potable water for sustainment may still not fully eliminate the need for individual water treatment in all situations, particularly in operations where field expedient water sources may be necessary based on environment, deployment and battlefield threats encountered. In this case it is advised to provide the water treatment equipment separately accompanied by clear instructions for use (even if some means of treatment is already included in the ration). This is a sure and safe way to provide adequate means for any specific situation and minimize the risk that the water treatment items provided may be used incorrectly due to insufficient training and/or lack of clear instructions.

3. Water treatment items are not required in the ration. If any water treatment items are included in the rations, their outer packaging should clearly mention that these items are for water treatment only (and not for direct consumption). In this case clear instructions for use should be provided on the primary packaging of the items or with the secondary packaging.

2.6.10. Waste Bag

Some rations include a separate bag intended for collection and disposal of packing materials or packaging waste generated from consuming/using the ration components. Proper disposal of packaging waste may be of tactical importance during operational situations. It is highly desirable that the ration include such a bag.

2.6.11. Religious/Ethnic/Cultural Needs

1. The broad religious, ethnic, and cultural diversity among NATO alliance partners is acknowledged. This multiplicity of force composition and broad spectrum of use for rations also dictates variety in menus.
2. It is recommended that the variety of menus issued in the ration contain at least one menu that is vegetarian. Issuing menus/rations that meet specific ethnic or religious requirements/dietary restrictions (e.g., Halal, Kosher) remains a national responsibility.

2.6.12. National Requirements

1. Each nation has its own specific set of comprehensive rules, regulations, and legislation/governance with respect to food production to ensure public health, consumer protection, and nutritional adequacy. Cross-checking diverse, sometimes dissimilar national requirements among all NATO nations and standardizing rations based on the consolidation of these collective requirements, is both an unrealistic and unachievable goal.
2. An operational ration shall contain only items or components that do not harm the health and wellness of a normal, healthy individual. This means that while a ration may not meet all national requirements of another partner country, its consumption will neither result in adverse health, nutrition or dietary conditions nor present issues in operational performance, readiness or routine fitness for duty.
3. If a nation considers any specific national requirement (e.g. trans fats, genetically modified organisms) to be of such magnitude, significance, or health concern that would preclude their consumption, it is up to this nation to monitor compliance and take appropriate actions as warranted. This may include prohibiting personnel from consuming non-complying rations and exercising alternative feeding plans.

2.6.13. Safety Warnings

Any safety warnings related to preparation, consumption and use of the ration or its components must be clearly identified on each ration. The warnings shall appear in at least the two official NATO languages or be conveyed through the use of a suitable warning pictogram that clearly and universally conveys the intended message. This requirement also applies to specific tools, heaters, and fuel issued separately

2.7. ACCEPTANCE

2.7.1. Important Factors That Enhance Ration Intake

Acceptance can be defined as the act of taking something that is offered; the act of accepting or the state of being accepted or acceptable; the act of accepting with approval; favorable reception with approbation; satisfaction in receiving what is offered. Thus acceptance has in itself the meaning of “receiving with satisfaction”. With reference to food, the process by which individuals accept or reject food is multi-dimensional in nature. Military rations are consumed by an individual in a particular location, thus eating can be viewed as the interaction of a person, a product, and an environment. In the context of military rations, these three factors become the ration, the Soldier, and the field.

2.7.2. Usability and Acceptability Testing

All ration components (both food and nonfood) should be evaluated for usability and acceptability and using a 9-point scale by evaluators that are representative of the end user or target audience (Reference Annex A). For sensory acceptability no ration component should be included in the ration with a mean score lower than 6.0 for overall quality. Acceptability testing should be conducted by a statistically sound number of sensory evaluators. Instances where acceptability testing should be performed are:

- a. When introducing a new ration component;
- b. Field acceptability confirmation including both sensory and operational suitability of all components.

Repeat acceptability testing should be done on a regular basis to assure continued acceptability.

2.7.3. Food Behavior

Food Behavior is how well a food is liked and how much is consumed. Sensorial aspects such as appearance, odour, flavour, texture, taste and colour must be taken into consideration when evaluating operational rations. The following aspects are likewise important when designing the ration:

- a. Serving temperature
- b. Food variety and monotony (minimum number of days before repetition of a meal)
- c. Religious, ethnic and cultural influences
- d. Socialization and community behavior
- e. Location during consumption
- f. Meal duration
- g. Ease of use
- h. Duration of use (number of days of continuous, uninterrupted, exclusive consumption of the ration, as approved by competent national medical authorities)

2.7.4. Serving Temperature

It is desirable that the main course components and hot beverages be provided with a heater to enable these components to be heated to at least 62 °C from an ambient temperature of 20 °C in maximum 12 minutes. However, main course components or entrées must be palatable without heating.

2.7.5. Menu Fatigue

1. To avoid menu fatigue resulting from lack of variety in the ration, all 24-hour operational rations should, at a minimum, include:

- a. Main courses (breakfast, lunch, dinner, or unspecified) generally intended to be eaten heated;
- b. Snacks, savory and sweet (bars, chocolates, caramels, dried meat, nuts, crackers, cookie etc.);
- c. Beverages, hot and cold (coffee, tea, hot chocolate, sports drinks, etc.);
- d. Spreads (cheese, jam, peanut butter, etc.) and breads.

2. The NATO report cited previously, (1) concluded that the acceptability and consumption of each of the ration components described above will increase if the products are familiar to the Soldier. Therefore, it is recommended that commercially available (recognizable) labels/branded products be utilized to the extent practical.

3 Sufficient variety shall be available to allow each Soldier to have the option of two different hot meals each day for a period of 7 days, without repetition. Breakfast meal and a variety of small snack and beverage items may be repeated. It is recommended that coffee and/or tea be provided for each meal. A pallet of rations should contain different menus to ensure a variety of menus are available.

REFERENCES:

- (1) NATO (2010). Nutrition Science and Food Standards for Military Operations. RTO Technical Report TR-HFM-154: Final Report of RTO Task Group RTG-154. Research and Technology Organization of the North Atlantic Treaty Organization. Neuilly-sur-Seine Cedex, France. ISBN 978-92-837-0097-5

2.8. QUALITY, FOOD SAFETY, TRACEABILITY AND FOOD DEFENCE

2.8.1. Production of Individual Operational Ration

2.8.1.1 Quality

1. The quality of a product can be determined by comparing a set of inherent characteristics with a set of requirements. If those inherent characteristics meet or exceed all requirements, high or excellent quality is achieved. If these characteristics do not meet all requirements, a lesser quality level may result and most importantly, may render a product unsuitable for use and unacceptable by the requiring or procuring activity. Quality assurance is a set of planned and systematic activities intended to establish confidence that quality requirements will be met.

2. The general purpose individual operational ration should meet the minimum criterion established in this document and other relevant standardization documents. The contracting authority or representative reserves the right, at any time, to inspect any part of the manufacturing/production process.

3. The critically important steps of the supply chain shall be subject to an International Standards Organization (ISO) 9000 series quality approach, U.S. Department of Agriculture certification or other equivalent process for the production of components, assembly and packaging of rations prior to acceptance by the procuring activity and shipment to units for consumption.

- a. The selection of suppliers and vendors should be based on identified and well defined administrative and technical specifications or performance characteristics to ensure the reliability and fitness for use of the product.
- b. The rations components, subcomponents and raw materials should be available for inspection at any time prior to issue and distribution by representatives of the end user nation.
- c. The contracting authority should have in place a plan to deal with a food recall or alert event and have a technical subject matter expert available to address or advise on matters related to the incident and relevant products involved.

2.8.1.2. Food Safety

1. Food safety is the proper handling, preparation, and storage of food in ways that prevent food borne illness. This includes a number of routines and guidelines of acceptable practice that should be strictly followed to minimize the risk of potentially severe health hazards. Respective government agencies are responsible for setting food safety standards, conducting inspections, ensuring that standards are met, and maintaining a strong enforcement program to deal with those who do not comply with standards. The preparation, packaging and storage of food shall meet the minimum requirements of the end users.

2. Each supplier must purchase from approved sources in accordance with their national rules, regulations and legislations to ensure public health, and implement a process of hazard analysis and risk management (e.g. Hazard Analysis & Critical Control Points (HACCP)) and be evaluated on the effectiveness of the plan or management system in at least one of the following ways:

- a. Systematic monitoring of manufacturing components;
- b. Regular audits based on a predetermined reference standard (e.g. ISO 22000, International Food Standards, and British Retail Consortium).

3. Microbiological and chemical criteria should be European Union or U.S. regulatory compliant (e.g. European regulation 2073/2005 or U.S. Food and Drug Administration regulations). Testing shall be performed by laboratories accredited in accordance with ISO 17025, or similar standard, or governmental laboratories for the actual ration analyses they are performing. STANAG 2556, AMedP-4.5 provides minimum standards and is a useful guide for auditing of suppliers.

2.8.1.3 Traceability System

1. The traceability system is a technical tool to assist an organization in conforming and meeting defined objectives, and is applicable when necessary to determine the history, application, or location of a product or its relevant components. Traceability systems can be used to improve supply management, facilitate trace back for food safety and quality; and trace product variation.

2. Procedures and tools to ensure traceability at all stages of raw materials to finished products including production, packaging, storage, and food distribution operations (e.g. inventory management and traceability via bar codes, lot number³, etc.) should be implemented. This traceability includes the origin of any components and ingredients. Thus, the contracting authority and supplier will be advised that:

- a. It is desirable to establish traceability backward (upstream), such that rations are fully traceable to their origin and history within 48 hours.
- b. It is desirable to establish traceability forward (downstream), such that capability exists to identify distribution paths of the product (ration) within 48 hours. An alert system is also required to stop product consumption and a recall system for suspected noncompliant products.

3. Participating nations agree to establish a procedure for proper notification or warning considering areas of reasonable health concern.

4. The traceability system must be periodically tested, evaluated, and improved

³ The Lot number refers to a set production run of an item. This lot number is then the identification number assigned to a particular quantity or lot of materials from a single manufacturer and having uniform quality and characteristics because they were produced under the same conditions. Items in a lot are identical in size, type, conditions and time of production.

as needed.

5. It is recommended that all data relating to the traceability of components and rations be retained for one year beyond the end of the marked shelf life.

2.8.2 Food Defence

1. Food Defence involves the precautions taken to prevent intentional contamination of food/water or the food/water supply by individuals or groups that want to inflict harm to NATO Operations. It differs from general food safety in that food safety relates to the unintentional contamination of food. Although food defence is a separate concept, food defence measures need to be incorporated into the Food Safety System to ensure prevention measures are place within food services and food supply operations along the food chain. It is recommended that further information be utilized as provided in STANAG 2556 AMedP-4.12.

2. Intentional contamination of food can have a devastating effect on human resources. It erodes morale and confidence in the Food Safety System, but also can cause loss of life and/or a reduction in force readiness and mission capability. Effective food defence measures must be in place to ensure that intentional harm to the food safety system does not occur. From this perspective, all food catering and food or water companies personnel have a responsibility to do their part in preventing intentional contamination of food by being vigilant and reporting any suspicious activities involving food and water.

3. It is recommended that participating nations ensure protective measures are instituted to mitigate this risk, to apply recommendations, and use tools described in STANAG 2556, AMedP-4.12 food and water defence standards in deployed operations.

CHAPTER 3 SPECIAL PURPOSE RATIONS

3.1. SUITABILITY, OPERATIONAL AND ENVIRONMENTAL CONDITIONS

1. Special Purpose Rations are rations that are tailored towards specific circumstances, mainly climate specific rations (e.g. cold weather ration, hot weather ration) and task specific ration (e.g. First Strike Ration, Long Range Patrol, or Reconnaissance). These include Survival Rations, Emergency Rations, specialized Long Range Patrol Rations, Arctic/Mountain/Cold Weather/Hot Weather Rations, and other rations that may be required for extremes of environment or for Special Forces.

2. This chapter will deal with rations or supplements⁴ that are uniquely designed or tailored to specifically address performance requirements dictated by operational and/or environmental conditions that may preclude the use of general purpose rations. This difficult and often severe, climate, environmental and geographic elements together with highly specialized mission demands, present formidable challenges to equipment, materials and human performance. Proper sustainment and diet of individuals operating under these circumstances is equally challenging and critically important to the mission and operational needs of the military and may serve to mitigate the effect of these factors. Although this chapter generically describes these ration types and includes primary distinctions or differences as compared to general purpose rations, it does not contain prescriptions, recommendations or other technical requirements for these rations. Particular special purpose ration characteristics are often mission specific, based on national prerogative and the outcome of dedicated scientific research, user evaluation and operational experience under extreme conditions. The ration must be suitable for consumption under these extreme conditions. The majority of special purpose rations have a shelf life in excess of 24 months when stored at the recommended temperatures.

3.2. NUTRITION REQUIREMENTS

There is a potential for an increase in energy requirements associated with military training and operations in extreme environments (cold, hot and high altitude). A primary objective is providing additional energy to maintain health and optimal performance in all environments. Increased activity can result in an increase in requirement for micro nutrients such as Vit B6 and riboflavin by as much as 50%. (Woolf, 2006). This should be a consideration in the development of rations in these environments. For all other nutrients, minimum requirements in Table 1 of Chapter 3 apply.

⁴ Supplements are additional recommended food items or components that might be used to augment an operational ration to make it more nutritionally complete, increase acceptability and consumption or enhance overall mission or performance effectiveness.

3.3. COLD CLIMATE CONDITIONS

1. These rations or supplements are intended to meet the nutritional needs imposed by working in cold weather conditions. They will typically be employed in arctic areas and during mountain or winter operations where such environmental conditions can be expected. In addition to low temperatures, in cold climates other environmental elements including snow, wind, ice, and fog also in addition to low temperatures are likely to be encountered presenting extreme physical and operational challenges.
2. The main differences as compared to general purpose rations are as follows;
 - a. White exterior packaging may be employed to reduce visual signature and increase concealment.
 - b. These rations or supplements are lightweight (often dehydrated components to preclude freezing) and provide a higher available total energy. A minimum of 4600 kcal is recommended for all cold weather rations. Recent research indicates that military cold weather operations result in energy requirements exceeding 6000 kcals. As such cold weather feeding platforms should strive to exceed minimum requirements.
 - c. Additional dry beverage powders and drink mixes are provided to encourage fluid intake and thereby help reduce the risk of dehydration during cold weather activities.
 - d. The ration must be designed to reduce the risk of freezing damage, quality degradation and compromised food safety of the ration components due to lengthy uncontrolled storage.
 - e. Heating systems are essential to aid in consumption, promote hydration and increase acceptability.

3.4. HOT CLIMATE CONDITIONS

1. This special purpose category includes rations or supplements designed to meet the nutritional needs imposed by operating in hot, humid or arid conditions. These rations will typically be employed in the hot-dry, arid conditions of the desert, the hot-humid and windy conditions of the tropics or mid latitudes or in hot-humid jungle conditions. Such environmental conditions can be found seasonally and with daily fluctuation of intensity in many regions of the world. Proper hydration and nutrition is essential for preserving health, performance, and morale of Soldiers subsisting in such environments, particularly if a high level of physical activity is required based on operational imperatives. Hydration and nutrition take on even greater importance during heat acclimatization, which is largely complete after four or five days (if exposure to heat is accompanied by physical activity), but requires about two weeks to achieve near-maximal levels.

2. The main differences as compared to general purpose rations are as follows;
 - a. These rations or supplements provide additional energy and contain components that are less susceptible to heat degradation, resulting in quality loss.
 - b. The diet for hot weather operations will typically emphasize complex carbohydrates, with adequate protein and moderate fat.
 - c. Additional dry beverage powders and drink mixes are provided to increase fluid intake and help reduce the risk of dehydration due to excessive sweating and consequent loss of body fluid. Use of carbohydrate-electrolyte beverages may be beneficial during some hot-weather field operations to maximize fluid intake, replace electrolyte losses, and provide a carbohydrate source for energy during and following physical activity.

3.5. HIGH ALTITUDE CONDITIONS

1. Conditions at high altitudes or in mountainous operational settings are extremely demanding and present mental and physical challenges to individual performance and mission effectiveness. A Soldier operating at high altitude is often exposed to combined or synergistic environmental effects of severe cold, wind, difficult terrain and dangerous conditions such as deficient oxygen, yet is expected to perform skilled tasks with agility, coordination and repetition.

Consequently, training, equipment and skills proficiency coupled with health and fitness are essential for successful mission execution. Proper diet is vitally important and a significant contributor to overcoming fatigue, maintaining body weight, nutritional status, and mental and physical alertness as well as increasing tolerance to deleterious altitude effects.

2. The main differences as compared to general purpose rations are as follows;
 - a. These rations or supplements are intended to meet the nutritional needs imposed by working in high altitude, hypoxic conditions, often resulting in weight loss, dehydration, diminished sensorial perception and gastrointestinal complaints.
 - b. Components consist of lightweight foods (often dehydrated) and provide more energy especially in the form of additional carbohydrate.
 - c. Additional beverage powders are provided to help reduce the risk of dehydration.

3.6. SPECIAL FORCES, LONG RANGE PATROL, AND ASSAULT OPERATIONS

1. Rations or supplements that fall within this category are more mission or task oriented as opposed to primarily environmentally focused. As such, the overriding intent of these items is to satisfy the flexibility in operational needs or demands imposed by special operations, sustained dismounted light-infantry, long-range patrols, reconnaissance, initial assault and mission requirements that may broadly range from conventional to unconventional warfare capabilities.
2. The main differences as compared to general purpose rations are as follows;
 - a. These rations or supplements are lightweight (often dehydrated and energy dense) and have a reduced volume.
 - b. Special attention is given to the packaging (reduction of waste, noise or visual signal, etc.) and to providing some degree of "eat-on-the-move" components that help support ease of use and consumption.

3.7. SURVIVAL AND EMERGENCY RATIONS

1. Survival and emergency rations are intended to provide basic sustenance for periods of generally less than five consecutive days for situations where the main objective is to stay alive with minimal energy expenditure and with limited available water resources. These situations include survival, escape and evasion, under all environmental conditions, and when potable water is limited. These rations may be stored in the survival kits typically aboard aircraft or vessels.
2. The main differences as compared to general purpose rations are as follows;
 - a. These rations or supplements typically have limited energy content and primarily consist of carbohydrates.
 - b. They are lightweight, reduced volume, energy dense, are consumed cold, and without water if necessary.

Woolf, K. M. (2006). B-Vitamins and exercise: does exercise alter requirements? . *International Journal of Sport Nutrition and Exercise Metabolism*, 453-84.

CHAPTER 4 GUIDANCE FOR SUPPLY**4.1 TECHNICAL SPECIFICATIONS**

The technical specifications used in tenders for acquiring rations must contain the minimum requirements contained in accordance with this document. Any end user needs or requirements not addressed in this publication should be included in the tender as supplementary technical specifications, for example, assembly contract requirements, specific national requirements, sourcing requirements (i.e. sustainable, genetically modified organism, etc.). Special consideration should be given to the feeding concept, since one day of supply (DOS) can be supplied to the individual soldier in different ways:

1 DOS = 1 ration pack per Soldier per 24 hours

1 DOS = 3 meal bags (which equals 1 ration) per Soldier per 24 hours

4.2 COOPERATION DURING THE ACQUISITION PROCESS

Any contracting authority (e.g. NATO's contracting authority) must communicate with end user nation's technical authorities specialized in operational feeding throughout the contracting process in order to meet the end user needs. These needs may include operational considerations as well as other aspects such as sustainable production methods of the components, respecting national legislation, etc.

4.3 PRODUCT INFORMATION

The contracting authority must provide all information relevant to the contract on the rations to the nation's technical authority if requested. In order to do so, technical data sheets, pamphlets, booklets, etc. could be used.

4.4 LEAD TIME

Lead time for delivery of rations must be agreed to with the contracting authority and contractor. Maximum lead time must be determined in the technical specifications of the tender.

4.5 SURGE CAPACITY

The contracting authority must validate whether or not the contractor has the capability to meet surge requirements for rations within a specified period of time, if requested.

4.6 LAB ANALYSIS, SHELF LIFE VALIDATION AND SENSORY TESTING

The contracting authority is responsible for ensuring compliance for laboratory analysis, shelf life validation and sensory testing, as described in this document.

4.7 CONFORMANCE

During the execution of the contract, the contracting authority (in conjunction with the requiring nation's technical authority) is responsible for ensuring compliance of the delivered product against the technical requirements of this document.

4.8 WAIVERS, DEVIATIONS, AND NON-CONFORMANCE

The contracting authority must establish procedures to address waivers, deviations and non-conformance of the technical requirements detailed in the contract.

4.9 AUDITING

The contract should allow for documentation and physical auditing at any time during the production, distribution and storage process.

4.10 ENVIRONMENTAL AND SOCIAL RESPONSIBILITY

Participating nations agree to encourage the purchase of environmentally friendly and socially responsible products (e.g. Fair Trade; Marine Stewardship Council; Round Table on Sustainable Palm Oil Standards; recycled and/or recyclable packaging; organic production methods; etc.).

ANNEX A

EXAMPLE FOR HEDONIC SCALE

PURPOSE AND APPLICATION

1. The purpose of the hedonic scale in consumer research is to obtain a measure of the degree of how much something is liked or disliked by the consumer. This method is used extensively by both trained and untrained panelists contributing broadly to the work in sensory analysis, product development and marketing research. In the case of military rations, use of this subjective test methodology offers relative simplicity and can be easily and effectively used to measure the level of consumer/ Soldier liking of foods. It can be used to measure the degree of liking or disliking for a series of components, an individual main course or entrée, or ration in its entirety.

2. A typical hedonic scale utilizes 9 anchors or levels of determination and can be presented in either horizontal or vertical formats. The scale is ordinal in nature but is often treated as if it were interval (evenly spaced between categories). While other variations may also use 7 or even 5 anchor points, they will not be presented here. Figure 1 represents an example.

Figure 1. Shown below is a version of a 9-point hedonic scale. Note: This version includes optional numeric values. Such numbering is not necessary but may be helpful in coding and assessing the data.

**PRODUCT TASTING QUESTIONNAIRE
QUESTIONNAIRE D'ÉVALUATION DES PRODUITS**

For evaluation accuracy, please do not communicate with other tasters prior to completing tasting.
Afin d'obtenir une juste évaluation, veuillez ne pas communiquer avec les autres évaluateurs, avant de compléter votre évaluation.
Product/Produit: _____ Name/Nom: _____

Your opinion is important and has a bearing on whether or not this product will be included in the ration.
Votre opinion est importante et déterminera si oui ou non ce produit sera inclus dans la ration.
Please taste this sample and circle the appropriate rating number / S'il vous plaît, goûtez à cet échantillon et encerclez la note appropriée

Predisposition / Prédiposition:

If you are allergic to this product, please check the following square: ☐
If you don't usually eat this product (dislike this product or a component), please check the following square: ☐
If you have checked either one of these squares, please do not continue this evaluation.

Si vous souffrez d'une allergie a ce produit, veuillez cocher la case suivante : ☐
Si vous ne consommez pas normalement ce produit (aversion à ce produit ou à une composante),
cochez la case suivante : ☐
Si vous avez coché l'une ou l'autre des deux cases précédentes, veuillez ne pas continuer l'évaluation.

Appearance: / Apparence:

1	2	3	4	5	6	7	8	9
dislike extremely	dislike very much	dislike moderately	dislike slightly	neither like nor dislike	like slightly	like moderately	like very much	like extremely
extrêmement déplaisant	très déplaisant	modérément déplaisant	Légèrement déplaisant	ni plaisant ni déplaisant	légèrement plaisant	modérément plaisant	très plaisant	Extrêmement plaisant

Comments/ Commentaires:

Texture: / Texture:

1	2	3	4	5	6	7	8	9
dislike extremely	dislike very much	dislike moderately	dislike slightly	neither like nor dislike	like slightly	like moderately	like very much	like extremely
extrêmement déplaisant	très déplaisant	modérément déplaisant	Légèrement déplaisant	ni plaisant ni déplaisant	légèrement plaisant	modérément plaisant	très plaisant	Extrêmement plaisant

Comments/ Commentaires:

Flavour: (taste and aroma) / Saveur: (goût et arôme)

1	2	3	4	5	6	7	8	9
dislike extremely	dislike very much	dislike moderately	dislike slightly	neither like nor dislike	like slightly	like moderately	like very much	like extremely
extrêmement déplaisant	très déplaisant	modérément déplaisant	Légèrement déplaisant	ni plaisant ni déplaisant	légèrement plaisant	modérément plaisant	très plaisant	Extrêmement plaisant

Comments/ Commentaires:

Overall/Globale:

1	2	3	4	5	6	7	8	9
dislike extremely	dislike very much	dislike moderately	dislike slightly	neither like nor dislike	like slightly	like moderately	like very much	like extremely
extrêmement déplaisant	très déplaisant	modérément déplaisant	Légèrement déplaisant	ni plaisant ni déplaisant	légèrement plaisant	modérément plaisant	très plaisant	Extrêmement plaisant

Comments/ Commentaires:

INTENTIONALLY BLANK

AMedP-1.11(B)(1)