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SOLDIERS' ATTITUDES TOWARD FOODS IN A TROPICAL ENVIRONMENT

Part 1: The Nature of the Tropical Environment and Soldiers' Reactions Toward Operational Rations

Interim Report

by

John L. McCoy

Food Acceptance Branch, Food Division

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ARMED FORCES FOOD AND CONTAINER INSTITUTE
U.S. ARMY QUARTERMASTER RESEARCH AND ENGINEERING CENTER
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PROJECT: Human Factors in QMC
Operations 7X95-01-001

TASK: Attitude toward and accept-
ance of QM materiel

PHASE: Effect of military opera-
tions in the tropics upon
soldiers' attitudes toward
QM Materiel

SOLDIERS' ATTITUDES TOWARD FOODS IN A TROPICAL ENVIRONMENT

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Reactions Toward Operational Rations**

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SOLDIERS' ATTITUDES TOWARD FOODS IN A TROPICAL ENVIRONMENT

Part 1: The Nature of the Tropical Environment and Soldiers' Reactions Toward Operational Rations

At the request of the Army Research Office a Tropics Research Program was established to investigate human factors problems as they are related to jungle environments. A Tropics Research Team was organized by the Engineering Psychology Laboratory of the Pioneering Research Division, Research and Engineering Center, Natick, Massachusetts, to examine the problems soldiers may have with their food, clothing, and equipment. The site selected for the research activities was the Jungle Warfare Training Center, Canal Zone.

The Armed Forces Food and Container Institute was invited to cooperate in the investigations since a major part of the team's efforts included operational rations.

This report discusses the nature of the tropical environment and research phases related particularly to food behavior. It also includes the writer's qualitative observations and systematic findings based upon interview responses. It is intended primarily as an introduction and general orientation to reports which will follow. A subsequent report will contain the findings of attitude change experiments concerning novel and familiar foods.

Section A

The Nature of the Tropical Environment

The Environmental Setting

The Jungle Warfare Training Center at Ft. Sherman, Canal Zone, is located on the Caribbean side of the Isthmus of Panama. The greater area of the Ft. Sherman military reservation extends outward into the Caribbean and is bounded on the East by Limon Bay, the entrance to Gatun Locks of the Panama Canal. The area encompasses several of the major climatic, terrain, and vegetation types which are typical of land masses located within the tropics. The climate is predominantly tropical marine and the temperature variation is small. The average annual rainfall is about 130 inches, most of which falls during the period from May through December. During this time there are frequent torrential rainfalls which come suddenly at any time throughout the day and night.

Terrain Characteristics

The terrain varies from flat, low-lying swamp lands to low hills with elevations up to 700 feet. The hills generally have rounded tops with steep slopes and narrow valleys. Within these variations there is a wide range of vegetation types such as: red and white mangrove swamps, manicaria swamps, raffia palm swamps, coastal thickets, palm groves, catival, rain forests, secondary growth areas, tropical deciduous forest, and savanna grasslands (McCullough, 1956).

Among these types the mangrove swamps offer the greatest challenge to navigation skills and mobility. Deadfall areas are also considered

as a great obstacle and can slow movement considerably. However, since most movement takes place as an extended column in a follow-the-leader fashion only those men leading the column are likely to experience the initial impact of the changing terrain and vegetation.

Wet Season Characteristics

Rains during the daylight hours are often followed by a quick rise in temperature, extremely high humidity, and winds of low velocity; however, rainfall at night is likely to be accompanied by reduction in temperature. Consequently, soldiers experience chills, especially if they have not prepared an adequate shelter or made provisions to have dry clothing to change into when they sleep. A pair of dry socks or a T-shirt can be a great morale booster and quite comforting after a long muggy day's march. It is not uncommon to be awakened by a sudden down-pour and to have at least part of one's clothing and equipment soaked. Soldiers soon learn to place within their shelter areas everything they wish to keep dry.

Jungle operations during wet season present realistic challenges. Water may permeate into the pack, adding weight and increasing the soldier's energy output. Polyethylene plastic bags and used accessory packs from C-rations are popular items and are often used to keep maps and personal items dry.

Dry Season Characteristics

The dry season (January through April) presents a contrasting set of environmental factors. Conditions of mobility over the surface of

the terrain are greatly improved. Walking and climbing activities are easier. Jungle boots do not accumulate mud as extensively as they do during wet season. Traction is improved. Movement up-hill seems more easily accomplished. Small streams begin to dry and the streams diminish in size. Diffusion of daylight beneath the canopy in the dense sections of the rain forest is increased. General physical comfort is correspondingly improved. Similarly, feelings of psychological comfort and personal security are evidenced.

The jungle has an autumn-like appearance: deciduous trees in the barren form are more conspicuous. Dry wood for evening tactical fires is more easily found. There is a greater penetration of light through breaks in the canopy which extends the visual coverage of the surrounding landscape. Even at night there is a greater source of light since the moon is able to penetrate areas otherwise darkened by overcast skies.

Contrast and Change

The unique harshness which is characteristic of the wet season is alleviated by these contrasting changes. One soldier remarked: "This is no different from woods in the United States except that it is a little more dense and a lot more tangled." The jungle, however, does not lose its uniqueness and mystery for the soldier seeing it for the first time.

Most students are unaware of these major seasonal variations. For them there still remain many experiences which will likely have an impact of personal strangeness and uneasiness. Students seldom have the opportunity to witness the contrast effects of the two seasons since

their assignments at JWTC usually do not last long enough for them to experience the overlap.

When students arrive for training they bring with them firm preconceptions about the jungle environment. These feelings are often reinforced by their associates' ignorance. However, there are notable exceptions such as students whose former experience in similar types of terrain within the continental United States serves to make the adjustment easier.

Training Emphasis

One of the functions of the jungle curriculum is to reconstruct and to clarify early misgivings. To emphasize this realistic approach to the problem, students are told in their orientation lecture: "We do not harass you here; the jungle does it for us."

The major part of training takes place within the actual jungle setting and includes outside classroom lectures and practical field exercises. Students are assigned to four-man fire and navigation teams which are also part of a larger squad and company organization. Within this arrangement each student learns to function both as an individual and as an integral part of a team. In general, there is greater emphasis placed on team performance since in most instances soldiers must operate as small units often isolated from larger organization elements.

The first week of training and orientation begins with a practical exercise in jungle living. Each team constructs a jungle house (bohio) from trees and branches cut with machetes, and is required to live in

it for a period of one week before they move out to other areas of the bush. During this time they learn such things as: the effects of heat, terrain features, plants and animals, the preparation of indigenous foods, the jungle at night, communications, obstacle crossing, knot tying, and other jungle expedients (FM 31-30). The climax of training includes a reconnaissance and combat patrol problem and a raid followed by an escape and evasion exercise (FM 21-75). Among these, the raid and escape and evasion problems are the most realistic and expose the student to more of the severity of jungle operations. During the raid students must make a landing from an LCM, bargain with friendly and unfriendly guerillas, attack an objective, regroup and escape through aggressor lines over a wide variation of terrain types.

Food Resources

The resources of the jungle include several varieties of plant and animal life. However, the student seldom encounters more than a small sample of those commonly available. Early in the training program each student tastes several of the prepared indigenous foods which may be meats, such as boa constrictor, coati-mondi, iguana, and monkey; or vegetables and fruits, such as yucca, dasheen, coconut, pineapple, mango, papaya, breadfruit, and banana. All varieties of vegetables and fruits are subject to seasonal maturation and are widely distributed throughout most tropical regions. Students seldom have the opportunity to discover them even when they are in season, however, since they are occupied most of the time with more compelling activities. During this time their food is primarily the C-ration, or modified A-ration. An

exception to this is one meal, served in a friendly guerilla camp, which includes a few of the indigenous foods.

Squad and Team Unity

Students are seldom alone in the jungle. As a matter of policy, the faculty stresses the importance of being with at least one other person at all times. Because of this continuous proximity to others, the strangeness of the environment is unlikely to be perceived as a soldier entirely cut-off from his fellows might perceive it. In general, there are always shared opinions which can act as checks on serious individual misconceptions. There are also organizational factors which tend to alter individual reactions to the environment. On the combat patrol, for example, teams and squads were often interwoven to such a degree that team identity was forgotten. Squads became bunched together so that some men lost the meaning of the exercise and reacted to it with a certain spirit of frivolity. Under these conditions there were no surprises since every message was passed throughout the column from forward to rear and vice versa. Warnings concerning the presence of black palm needles, or various other hazards and obstacles became commonly shared events. The presence of 100 marching men seemed to increase the feelings of closeness and personal security.

Individual team unity, on the other hand, seemed at its maximum during the period for making camp after the columns had been broken apart and separated into their smallest units.

Group solidarity is likely to be stronger during night activities. Individuals within groups pair up to clear campsites and construct shelters. During these hours there is more time for jokes, laughter, and humor, as well as contemplation of the fearful jungle wildlife.

Wildlife: Feelings and General Attitudes

Various forms of animal life are not as noticeable as students may be led to believe. The jungle zoo has a sampling of indigenous animals painstakingly cared for and preserved for interested students. However, because of the almost continuous training activities over the surrounding terrain, few of these animals are actually encountered. Ordinarily, most animals avoid man. Several venture forth at night to engage in predatory activities. One night during sentry duty, the writer observed such creatures as the opossum, marmoset, coati-mondi, and raccoon. Snakes are also more active at this time since they prey upon several of the nocturnal rodents. Students are especially cautioned to develop good bivouac habits so as to prevent possible encounters with reptiles. During the history of the school very few soldiers have been bitten by snakes. Among these almost all were saved because of proper emergency treatment. Nevertheless, soldiers show an exaggerated fear of snakes, a fear which they bring with them to Panama.

The faculty is alert to these and other natural dangers and concentrates part of their training mission on the identification of poisonous snakes and the appropriate measures to follow when they are encountered. By the time the student has completed his training, he has learned to identify bushmasters from boa constrictors and to be at least

passingly familiar with the venomous fer-de-lances, coral snakes, and eye-lash and sand-box vipers (Ramsey, 1960).

Insects

Insects in their numerous forms are perhaps less feared, but more of a problem. Unquestionably, insects are omnipresent and seem more aggressive than the larger animals. Ants can be seen marching along the small animal trails or near the paths cleared by soldiers as they penetrate through the dense forest. Dead-fall areas are especially full of them and also include termites. Soldiers are particularly cautioned to avoid the stinging ants, which include several varieties. One particular tree, the Cycopia, is avoided with the machete because it is inhabited by these ants whose bite have been known to paralyze their victim for several hours. Soldiers refer to the tree simply as the ant tree and learn quickly that the ants within can inflict a very painful bite. The following example should serve as a case in point. During the writer's journey through a particularly rugged section of the rain forest, the point man on his navigation team accidentally chopped down an ant tree. Immediately numerous infuriated little insects penetrated into his shirt and began stinging. His only measure of comfort was a nearby stream into which he jumped to alleviate his distress.

Insect Repellant

Insect repellant is liberally used against the exasperating types of insects such as gnats or mosquitos, as well as chiggers and ticks. The writer's experience indicated that it was satisfactory for most of

these but generally ineffective against ants which have been unduly aroused. During the wet season the constant precipitation tends to dilute the repellent. During the night it seemed more effective. It was also often used to kindle the green damp branches for the limited tactical evening fires.

Water Utilization

Water is probably the most important single resource. Ordinarily water problems are negligible. During the wet season it is easy for a student to accept the idea that there is an over abundance. The constant precipitation of wet season makes water easy to locate. However, during the January Cycle (dry season) some men expressed concern over the scarcity of potable water, a concern which was more evident among students using dehydrated foods. They felt that the foods might create unusual demands on their water supply which is ordinarily a two canteen maximum. For others there was more concern over the "purity" of the water. Even during dry season several streams are crossed during the patrol exercises so students have the opportunity to fill their canteens with water -- water which takes on various hues depending upon the amount of sediment present. Water full of colloidal particles is unappealing aesthetically but with proper iodine treatment is potable.

Section B

Operational Rations: Attitudes and Usage Patterns

Purposes

The primary purpose of the present investigation was to determine the operational suitability of, and receptivity toward, a dehydrated meal prototype specially designed and assembled for jungle conditions. Secondary purposes included lateral observations on rations and feeding conditions, and a pilot experiment to estimate the effectiveness of various methods for introducing dehydrated foods to groups of soldiers in the field. This pilot experiment will be discussed in a later report.

Instruments

Data were gathered by three procedures: (1) paper and pencil questionnaires, (2) wire-recorded observations and interviews, and (3) personal notations of a participant-observer. The pilot experiment relied almost entirely upon paper and pencil questionnaires. Routine observations were made during various periods of the training schedule.

Limitations

Patrol and raid problems made up the greatest proportion of the sampled training periods because they were considered to be more like actual jungle warfare conditions and because administrative procedures facilitated the data gathering. All students were assigned to student companies, squads, and four or five-man navigation teams. Since non-interference with this organizational structure was important, all

investigations were limited to squad and team assignments determined by the school.

Nine squads took part in the research activities. One of these was given dehydrated foods, and was later intensively observed. The remaining squads were divided into two major feeding conditions with four receiving dehydrated foods and the remaining four receiving C-rations. These eight squads are the central focus of the pilot experiment and only selected observations concerning them are reported here.

Questionnaires

Attitudinal and preference data were obtained at three intervals of the training period. On the final day of training students were asked to rate their preferences for the experimental foods. Items included the 9-point hedonic scale, requiring the student to rate each food eaten in its dehydrated and rehydrated form.

Subjects

Observations were made on a sample of students during an earlier training cycle in the Wet Season of 1962. At that time the faculty of the JWTC and other interested individuals were interviewed.

Subjects of the central investigations were 96 non-commissioned officers who were selected from the January 1963 training cycle. Most had airborne and ranger training and a smaller number were Special Forces personnel. None had prior jungle warfare training and all were experiencing the jungle for the first time. All were volunteers for the training, had at least three years of service experience, and had come directly from the continental United States.

Experimental Food

An experimental meal was assembled from various freeze-dehydrated items and packaged in polyethylene-foil-polyester envelopes similar to the type of container used for the accessory package in the Meal, Combat, Individual. Items furnished included: Meats -- beef, ham, and fish patties and meat-loaf slices; Fruits -- strawberries, peaches, pears, and apples. Bread was also furnished in the form of individually baked rolls flexi-packed in the same manner. Two beverage items were included: an instant orange-grapefruit mix, and a commercial instant cocoa. Two candy items, a jelly bar and a chocolate bar, were also provided. The dehydrated items were assembled systematically into four basic menus and placed in an unsealed polyethylene-polyester bag. Each person was given one of the assembled meals at random along with a sheet of suggested ways to prepare the dehydrated foods. Each meal contained one each of a meat, fruit, bread, an accessory pack, candy, and one envelope of instant cocoa and of grapefruit-orange crystals.

Observations

Carrying Methods and Storage Patterns

The flexi-packed foods were carried in various ways with no particular pattern emerging as the dominant method. Some students chose to remove the separate envelopes from the larger polyethylene-polyester bag and put them in their upper shirt pockets. The purpose of the envelope-packaging was to encourage more convenient storage of the items, but a smaller number actually took advantage of the idea than was expected. Rumors spread along the student "grape-vine" that the Army was trying out a "Breast-Pocket" ration;; yet, many students

preferred to store it in other ways. Upper pockets were set aside for items of immediate and frequent use such as cigarettes, lighters, matches, insect repellent, pencils, and, sometimes, maps of the local area. Some students admitted that there just simply was not enough room for both the food envelopes and their personal items.

Another group did not break down the ration into the separate items but instead left all components inside the polyethylene bag. They placed the bag with all of its contents either inside of their packs, usually on top, or they stuffed the bag inside of their shirts. Soldiers appeared to have done this for two reasons: (1) because they followed the methods learned in earlier training; or (2) because it was easier to suspend the entire bag of items inside their shirts. Many of the latter felt that a clear plastic bag had good protective value. They tended to be suspicious of the metallic envelopes because of their lack of flexibility. Some said that they scratched their skin especially if they put them over their chest or in the upper pockets. Students also expressed the feeling that the assembled meal was too bulky, even though it was light in weight. The bulkiness factor was more noticeable among students who did not break the ration into separate units. Lightness of the ration was well received by all students and was favorably compared with the C-ration.

It was evident from personal interviews that dehydrated foods, as they were packaged, were considered to be fragile and easily crushed, a possible factor for the resistance to storing it in upper pockets. Soldiers give their equipment rough treatment in the jungle and their food is considered as another piece of equipment that must stand the

test of rugged tropical activities.

Ventilation also appeared to be a crucial factor affecting storage patterns. Several students were observed with the shirt hanging loose or unbuttoned at the top. Students did not want to impede the flow of air which they felt that extra objects, such as the food packages, might do.

Soldiers are encourage not to wear T-shirts since they cut-down on ventilation. Thus, those who stored individual items inside their shirts had the envelopes in direct contact with the skin. During the up and down hill activities these envelopes shift position and can irritate the skin wet with perspiration with sharp edges of the flaps. This occurred in two known instances.

Instructions and Labeling

Labeling was not of central concern in the trials. Typed instructions for rehydration had been included with each ration although several students did not bother to read or follow the suggestions.

The Rehydration Process

Foods were often tried both ways: in the rehydrated and dehydrated forms. Students generally used a "guess method" for rehydration. They would pour a certain amount of water at ambient temperature from the canteen over the item, wait about three minutes and then pour off the excess. Most of the time this method worked surprisingly well, except for the few instances in which the items were soggy.

On a few occasions students asked if the foods could be rehydrated with unpurified water. They thought that there was something in the food that made it safe to consume with water which had not been iodine treated.

This was surprising since all students are given iodine tablets and told to use them for all water taken from the jungle.

Three instances of food spoilage were observed though none were reported by students. In all three cases, the packages had been punctured either during shipment or storage and the food had rehydrated from exposure to the humid atmosphere. Students asked if dehydrated foods, once exposed to the humid air, could be partially consumed and saved for a later snack period. Such information should be supplied in future introductions of the foods in the field.

Particular difficulties arose with the hygroscopic qualities of the foods, because of excessive humidity. Once the seal was broken on the package of orange-grapefruit powder it began to form small lumps. Some of the crystals also accumulated around the lips of the canteen. This latter difficulty arose because the students did not follow the proper instructions. They tried to pour the powder directly into their canteens instead of first mixing it with a small amount of water and then adding the liquid to the canteen.

Discussion of Preferences

The experimental foods were generally well liked and were often compared in quality with C-rations. This was natural for the men to do since C-rations made up the greater part of their field dietary. The contrast between the two rations probably made the novelty of the dehydrated meal prototype a more salient characteristic. A longer period of feeding would have partly controlled for this effect.

Table 1 shows the mean hedonic ratings of the items. There were a different number of men who tried the foods in each for, since some

tried them only one way. The N's are generally small since the foods were limited to the size of squad units.

Table 1 Mean Hedonic Ratings of Components of Experimental Meal Prototype (9 = Most Favorable 1 = Most Unfavorable)					
	Experimental Item	Eaten			
		Rehydrated	N*	Eaten Dry	N*
<u>Meats</u>	Meat Loaf	8.4	8	7.8	14
	Fish Patty	7.3	10	6.4	10
	Beef Patty	7.2	8	5.4	10
	Ham Patty	6.3	12	5.6	7
<u>Fruits</u>	Pears	8.5	6	7.3	3
	Apples	8.3	16	7.6	17
	Peaches	8.0	11	8.1	10
	Strawberries	8.0	13	7.8	8
			<u>Reconstituted</u>		<u>N</u>
<u>Beverages</u>	Orange-grapefruit Juice (Instant)		7.6		29
	Cocoa - Instant (Commercial)		8.8		26
			<u>Over-all Mean Rating</u>		<u>N</u>
<u>Bread</u>	Rolls		7.7		36
<u>Candy</u>	Starch-jelly Bar		7.7		21

* N's vary because some men did not try foods both ways.

Fruits were preferred to meats -- about one scale point difference -- and were liked about equally in both the dry and the rehydrated forms. A tart taste was often mentioned and was considered by several as thirst-quenchers.

Meats were liked better after rehydration. Meat-loaf had the highest preference rating (8.4) and was also liked dry (7.8). The beef patty was much less liked in the dry form. The ham patty was the least liked of the rehydrated foods and also had a low score when eaten in the dry form. The fish patty was better liked rehydrated and was preferred to both the dehydrated versions of the beef and ham. Some men expressed surprise by its "freshness". The absence of grease in all of the meats was commented on and considered a desirable characteristic.

Both beverage products were liked although the cocoa had a higher score. Both products were reconstituted with water at ambient temperature. Perhaps the great liking for the cocoa was partly based upon its ready solubility as compared with C-ration cocoa which was mentioned as difficult to dissolve unless heated. The orange-grapefruit mixture was liked because of its tartness and was mentioned by several men as a good thirst-quencher.

The individual flexi-packed rolls were described as "fresh, right from the bakery, more like real bread; moist, not dry." The packaging was very functional in that once the envelope was opened the bread could be eaten without being handled. Some men also liked the idea of making sandwiches with the rolls and meat although very few were observed doing this. The majority of the men wanted to see spreads included which they felt would have made the bread more acceptable.

Starch-jelly bars were usually consumed in mid-morning prior to the rest of the meal. No particular comments were made about them except that they were liked better than the chocolate bars which were often described as old and stale.

Improvisations of the Field Dietary by Experienced Personnel

Experienced personnel at JWTC are the senior and junior instructors, a number of whom administer the patrol and raid problems during each training cycle. A sample of these men were interviewed concerning their food habits.

They either added to or deleted items in the standard C-ration or made up their own "ration" from foods purchased at the Post Exchange. Their improvised dietary aimed toward greater utility, compactness, and reduction in weight. Their packs included only especially liked items from the C-ration, such as peaches, a B-1 unit, and an accessory package. Meats were included less frequently. Items purchased from the PX included: sausage, sardines, assorted dried fruits such as peaches, apricots, and apples, and hard candies like sour balls and fruit flavored Life Savers.

One instructor, for example, designed his own "ration" which consisted of a polyethylene bag full of assorted salted nuts, raisins, and dried fruit. To him, its great merit was convenience.

Thus, experienced men try to maximize their individual preferences while aiming for a ration system having a high degree of convenience and utility. The underlying concept of the dehydrated meal prototype and its observed use among inexperienced students suggests that it is designed to achieve these same objectives.

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Appendix A

A Typical Schedule of Training at the
Jungle Warfare Training Center

<u>Day of Training*</u>	<u>Type of Instruction and Activity</u>
1	<u>Initial Processing, Orientation, etc.</u> <u>Physiological Effects of Heat on Man</u>
2	<u>Terrain Appreciation</u> <u>Plants and Foods</u> <u>Snakes and Animals</u> <u>Jungle Living</u> <u>Night Training</u>
3	<u>Commence Jungle Living in Bivouac Area</u>
4	<u>Communications</u> <u>Supply and Evacuation</u> <u>Trails and Bridges</u> <u>Quick Fire</u> <u>Shotgun Familiarization Firing</u> <u>Rappel Knot Typing and Rope Bridges</u>
5	<u>Obstacle Crossing</u>
6	<u>Day Navigation</u>
7	<u>Performance</u> <u>Contact Drill</u> <u>Boat Drill</u> <u>Patrolling Class</u> <u>Night Navigation</u>
8	<u>Guerrilla Operations</u> <u>Ambush</u> <u>Warning Order, General and Special Situations for</u> <u>Operation "In and Out"</u>
9-11	<u>Operation "In and Out"</u> <u>(Reconnaissance and Combat Patrols)</u>

Appendix A
continued

A Typical Schedule of Training at the
Jungle Warfare Training Center

<u>Day of Training*</u>	<u>Type of Instruction and Activity</u>
12	<u>Evasion and Escape</u> <u>Seminar</u> <u>Examination</u> <u>Raid Briefing</u>
13-16	"Operation Baptism" (Raid Problem, Escape and Evasion)
17	<u>Graduation</u>

*Weekend breaks in training, when they occur, are left out of the number sequence.

Appendix B

Instruction for use of Dehydrated Foods*

This meal contains two foil envelopes of Ready-to-Eat dry food: one envelope of meat and one envelope of fruit.

Meat Patty

Try Meat Patties in two ways:

- (1) Dry, as they come from the foil envelope.
- (2) Rehydrated in hot or cold water.

To Rehydrate:

- (1) Open foil envelope, cover patty with hot water, let stand 15 seconds, drain.
- or (2) Cover patty with cold water, let stand 1 to 1½ minutes, drain.
- or (3) Slowly pour three to five canteen capfuls of water onto the surface of a patty, allowing time to soak in.

NOTE: DO NOT OVERSOAK OR THE MEAT WILL BECOME MUSHY.

Fruit Patty

Try Fruit in two ways:

- (1) Dry, as it comes from the foil envelope
- (2) Rehydrated with cold water

To Rehydrate with cold water

Cover fruit with cold water and let soak 1 to 5 minutes as necessary to soften. Drain the excess.

*INCLUDED WITH EACH MEAL

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