



FIRST STRIKE RATION® (FSR™) | DoD CFD

The FSR™ is a compact, eat-on-the-move assault ration designed for high intensity combat operations. The FSR™ is substantially lighter and more compact than the Meal, Ready to Eat™, enhancing Warfighter consumption, nutritional intake, and mobility.

HISTORY:

The FSR™ was designed to improve tactical mobility by lightening the load of the joint Warfighter during combat operations. It was developed to meet the needs of Warfighters in Iraq and Afghanistan, particularly during multi-day operations without logistical support. The First Strike Ration® has been extensively tested in combat and received positive feedback.

TECHNOLOGY:

The FSR™ utilizes advancements in food processing, preservation, nutrient delivery, and packaging technologies, including intermediate moisture formulations, glucose optimization, and novel packaging materials and configurations.

KEY FEATURES:

Enhanced Mobility: All components of this lightweight ration are familiar, eat-out-of-hand foods that require little or no preparation by the Warfighter. Innovative packaging technologies enable the beverages to be reconstituted and consumed directly from the drink pouch.

Shelf Life: Warfighters deserve food that is as fresh tasting in the field as the day it was made. The FSR™ has a shelf life of 24 months at 80° F (27° C).

Nutrition: The FSR™ provides 24 hour fuel for Warfighters on the move. Each menu provides an average of 2900 calories per day, nutritionally balanced with 14% protein, 34% fat, and 52% carbohydrate.

Logistics: A single FSR™ provides a day's worth of subsistence at approximately 50% the weight and volume of 3 Meals, Ready to Eat™. FSR™ is issued 9 menus per case.

CONTINUOUS IMPROVEMENT:

Like the entire family of combat rations, the FSR™ is part of a continuous product improvement program based on Warfighter feedback. In 2011, the FSR™ is expanding from 3 to 9 menus, including over 40 new items.

POINT OF CONTACT:

Combat Feeding

Phone: COMM (508) 233-4670, DSN 256-4670

E-MAIL: nati-amsrd-nsc-ad-b@conus.army.mil

Website: hotchow.natick.army.mil



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TECHNOLOGY DRIVEN. WARFIGHTER FOCUSED.



FSR MENU EXPANSION:

In 2011 over 40 new items have been added to the First Strike Ration®, dramatically expanding the variety available to Warfighters. These new items are noted below.

MENU 1:

Filled french toast, Bacon cheddar pocket, Pepperoni pocket, Jalapeño cheese spread, pretzel sticks, Mini First Strike™ bar (choc), Peanut butter dessert bar, Sweet BBQ beef snack, Teriyaki beef snack, Bev Base - carb fortified, Caffeinated gum (cinnamon)

NEW ITEMS: Wheat snack bread (twin pack), Cinnamon Zapplesauce®, Fruit nut mix type II, Chocolate protein drink

MENU 2:

Italian pocket sandwich, Chunk chicken, Tortillas, Peanut butter, Crackers, Mini First Strike™ bar (apple cinnamon), Mocha dessert bar, Sweet BBQ beef snack, Teriyaki beef snack, Zapplesauce®, Bev base - carb fortified (×2), BBQ sauce, Hot sauce

NEW ITEMS: Whole grain toaster pastry (brown sugar/cinnamon), Dried cranberries, Smokehouse almonds, Caffeinated gum (arctic mint)

MENU 3:

BBQ beef pocket, Lemon poppyseed pound cake, Cheese spread, Crackers, Mini First Strike™ bar (mocha), Mini First Strike™ bar (cran raspberry), Chocolate banana nut dessert bar, Fruit nut mix type III, Zapplesauce®, Bev base - carb fortified (×2), Fat free mayonnaise, Hot sauce, Instant coffee, Non-dairy creamer, Sugar

NEW ITEMS: Lemon pepper tuna, Tortilla, Corn nuggets, Caffeinated mints

MENU 4:

Peanut butter Dessert bar, Jalapeño cheese spread, Zapplesauce®, Mini First Strike™ bar (mocha), Bev base - carb fortified (×2), Caffeinated gum (cinnamon), Hot sauce, Instant coffee, Non-dairy creamer, Sugar

NEW ITEMS: Cinnamon bun, Mexican beef wrap, BBQ chicken pocket, Wheat snack bread (twin pack), Cranberry beef snack, Mixed berryenergy gel, Cheddar-filled pretzels, Raisins

MENU 5:

Filled french toast, Crackers, Peanut butter, Mini First Strike™ bar (cran raspberry), Bev base - carb fortified

NEW ITEMS: Whole grain toaster pastry (brown sugar/cinnamon), BBQ chicken pocket, Mango chipotle salmon, Corn nuggets, Turkey snack, Nut raisin mix with chocolate, Mixed berry energy gel, Cinnamon Zapplesauce®, Chocolate protein drink, Caffeinated mints, Sugar free beverage

MENU 6:

Cheese spread, Mini First Strike™ bar (apple cinnamon), Mocha dessert bar, Tabasco® sauce, Bev base - carb fortified

NEW ITEMS: Apple turnover, BBQ pork wrap, Garlic and herb chicken, Plain bagel, Cranberry beef snack, Dried cranberries, Cheddar-filled pretzels, Caffeinated chocolate pudding, Strawberry-banana dairy shake, Caffeinated gum (arctic mint), Sugar free beverage

MENU 7:

Fat free mayonnaise, Fruit nut mix type III, Crackers, Mini First Strike™ bar (Choc), Mini First Strike™ bar (Apple Cinnamon), Zapplesauce®, Bev base - carb fortified (×2), Caffeinated gum (Cinnamon), Instant coffee, Non-dairy creamer, Sugar

NEW ITEMS: Blueberry turnover, Nacho beef stick pocket, Sweet and spicy tuna, Wheat snack bread (twin pack), Hot n' spicy baked snack cracker, Turkey snack, Cheddar potato bacon spread

MENU 8:

Albacore tuna, Filled french toast, Mini First Strike™ bar (mocha), Sweet BBQ beef snack, Teriyaki beef snack, Chocolate banana nut dessert bar, Bev base - carb fortified, Fat free mayonnaise, Instant coffee, Non-dairy creamer, Sugar

NEW ITEMS: BBQ chicken pocket, Plain bagel, Cinnamon Zapplesauce®, Nut raisin mix with chocolate, Vanilla dairy shake, Caffeinated gum (arctic mint)

MENU 9:

Italian pocket, Tortillas, Crackers, Mini First Strike™ bar (cran raspberry), Bev base - carb fortified

NEW ITEMS: Garlic and herb chicken, Cinnamon bun, Cheddar potato bacon spread, Cranberry beef snack, Caffeinated chocolate pudding, Raisins, Corn nuggets, Vanilla dairy shake, Caffeinated mints

