

Meals-Ready-to-Eat Information

MRE Information

Convenience	Preparation	Variety	Storage Life
Meals-Ready-to-Eat were originally developed for the military. They are packaged in individual triple-layer foil and plastic pouches--the secret behind their long storage life. MREs give you the variety and storage life you want in food storage with the convenience and taste of everyday meals. They're also easy to add to your 72-hour kits for on-the-go preparation.	MREs don't require water or a can opener for preparation. Although they can be eaten cold, most of the meals will taste better warmed up and can be heated a variety of ways, such as in the sun for 15 to 20 minutes, on a vehicle engine, in boiling water, emptied onto a plate and microwaved, or even by using your own body heat in emergencies.	During recent years, great attention has been focused on developing MREs that are as hearty and wholesome as home cooking. Some great new additions have been added to the line-up. Emergency Essentials offers one of largest selections available in the preparedness market, and this month we even have several new items.	The storage life shown in the chart below was determined by food safety experts for the military. After a range of tests, they discovered that MREs retain most of their taste and nutrition if rotated within 5 years and stored in cool temperatures. The wide range of MRE flavors available makes them a great storage addition.

MRE Storage Recommendations	
Temperature (Fahrenheit)	Months Storage
120❖	1
110❖	5
100❖	22
90❖	55
80❖	76
70❖	100
60❖	130
Note: When stored at 60❖ or lower; no data was collected. Projections are that the 130	

months will be extended.