

How to eat a MRE

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Meal-Ready to Eat or MRE
User-Submitted Article

MRE's are a meal that can be eaten on the go. They are made for the Military, with the proper nutrients for an active person. There are many ways to eat them, and here are a few.

Difficulty: Moderately Easy

Instructions

Things You'll Need:

- MRE
- Sharp Knife
- Water

1. 1

There are many different types of MRE's. There are 24 different types of meals. Meals 1-12 are in one box and 12-24 in another. Some are more palatable and sought more than others. Meatloaf with mashed potatoes and Chicken breast are, in my opinion, the most sought after meals.

2. 2

First, open the outer package by pulling the two sides of the top apart. In you have access to a knife, cut the top open.

3. 3

Next, take out the contents of the package. All come with the main course that is printed on the outer package. Then there are is the condiment package or "fun pack". These vary greatly, most having these items: Matches; chicklet gum; Tabasco sauce; salt or seasoning pack; coffee; toilet paper, sugar, cider and other items.

4. 4

Other items to look for after opening: fruit packages, nut packages, candy, cookies, crackers, peanut butter spread, cheese spread, jam' s and jellies. Some Packages even come with Skittles or milkshakes; you add water to those.

5. 5

To heat the main course and side if there is one. Take out the green bag with a heater that activates when water is added. Open the top and place The unopened package inside. Add water to the line on the bottom of the bag, roll up the top and wait eight to ten minutes for it to heat up.

6. 6

MRE's are precooked and can be eaten cold if there is not time for you to heat it. Most of them don't taste very good, but you will not starve if eaten.

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