

# All about **MREs**

## What is an MRE?

MRE stands for "Meals, Ready to Eat." They are shelf-stable, complete meals, popular for military, outdoor, and emergency use.

## The History of MREs

Prior to 1963 US soldiers commonly carried and ate heavy canned rations in the field. Lighter-weight, palatable, nutritious options were sorely needed. Alternate options were developed, but production costs made wide-spread use impractical. The modern MRE came into use in the 1980's using newer packaging and preservation techniques.



## Do you need to cook MREs?

MREs are ready to eat right out of the bag. Some will come with drink mixes or heater packs that may require water, but these are optional and the food components can be eaten right away.

## How long do MREs last?

3-10 years is the standard range for MREs. Most commercially available MREs will advertise a 5 year shelf life with proper storage conditions. There is a large market for older MREs, with many vouching for their freshness.

[totalprepare.ca](http://totalprepare.ca)

# Inside a Total Prepare MRE

## Flameless Meal Heater

A water-activated chemical heater that allows you to make a hot meal anywhere. Water does not need to be potable.

## Main Course

Each case contains 12 meal pouches with a variety of meat and vegetarian options.



## Sides and Snacks

Each meal pouch includes 3-4 side options. These can be a side, bread item, spread, snack, or dessert.

## Accessory Pack

Each meal pouch includes a beverage mix, coffee or tea, creamer, sugar, a spoon, napkin, and salt and pepper.

## A Sweet Treat

Each meal pouch also includes 1-2 pieces of candy. Current pouches include Tootsie Rolls, but this may vary on future production runs.