

READY TO EAT MEALS (MRES)

The Rhode Island Community Food Bank is working with the Rhode Island Emergency Management Agency (RIEMA) to distribute Ready to Eat Meal (MREs) packages to municipalities throughout the state. Each city or town will receive their allotment and be responsible for dispersing them to members of their communities.

What are MREs?

MREs are individually packaged food ration containing one meal, side dish, and snacks. They are often used by soldiers in combat but also provided to civilians during natural disasters.

How are MREs Distributed?

The Food Bank is working with RIEMA to deliver 45,000 MREs to towns and cities across Rhode Island. Each community will receive their requested supply and issue them to individuals at the local level. The MRE kits will not be available directly to the public through the Food Bank but a supply will be delivered to member agencies in our network.



How are MREs Prepared?

Although MRE kits contain a heating pouch for field use, the best way to prepare them at home is in a sauce pan or in boiling water. **Do not heat them up in a microwave.**

Heating MREs in Boiling Water

- Fill a saucepan about half way with clean water.
- Heat water on a stovetop or burner, bringing the water to a boil.
- Reduce heat to medium/medium-high (slow boil).
- Remove the MRE pouch from the outer cardboard box and place MRE retort pouch into the boiling water.
- Heat MRE pouch in water at a slow boil for several minutes (5–8 minutes).
- Remove the saucepan from the heating source and carefully pour the water out of the pan to safely remove the MRE pouch. Caution: MRE Pouch and water will be HOT!
- Carefully cut open the MRE pouch and the contents are ready to eat!

Heating MREs in a Saucepan

- Remove the MRE pouch from the outer cardboard box.
- Cut open the MRE pouch and empty contents in a saucepan.
- Heat contents at "Medium to Medium-high" temperature for approximately 5 minutes.
- Remove the saucepan from the heating source, transfer contents to a clean dish, and eat! Caution: Saucepan and contents will be HOT!