

Contents of 1 Day MRE

Heaters - - - 2
Entrees - - - 2
Vanilla Dairyshake - - - 1
Crackers - - - 2
Cheese Packet - - - 1
Jam Packet - - - 1
Strawberry Toaster Pastry - - - 1
Oatmeal Cookies - - - 2
Drink Mixes - - - 3
Accessory Packets - - - 2

Approximately 2200 Calories

Shelf life: 5-7 years depending on temp:

60° - 10.8 years
70° - 8.3 years
80° - 6.3 years
90° - 4.6 years
100° - 1.8 years