

C-RATIONS

Commercially prepared meals were used in the field and at times when hot meals were not available. These meals came in a case containing 12 meals. Each meal was in its own cardboard box, which contained the individual items sealed in cans. A can opener (called both a "John Wayne" or a "P-38") was needed to open the cans. The accessory pack with each meal was sealed in a foil pouch.

This is the official Quartermaster's description of C-Rations used in Vietnam" The Meal, Combat, Individual, is designed for issue as the tactical situation dictates, either in individual units as a meal or in multiples of three as a complete ration. Its characteristics emphasize utility, flexibility of use, and more variety of food components than were included in the Ration, Combat, Individual (C Ration) which it replaces. Twelve different menus are included in the specification. Each menu contains: one canned meat item; one canned fruit, bread or dessert item; one B unit; an accessory packet containing cigarettes, matches, chewing gum, toilet paper, coffee, cream, sugar, and salt; and a spoon. Four can openers are provided in each case of 12 meals. Although the meat item can be eaten cold, it is more palatable when heated. Each complete meal contains approximately 1200 calories. The daily ration of 3 meals provides approximately 3600 calories."

There were 4 choices of meat in each B group. Because there were several "vintages" of C's issued to the Marines and Seabees in Vietnam, more than 4 items may be listed in the B groups as well as the brands of cigarettes included in the accessory pack.

B-1 Units	B-2 Units	B-3 Units
<p>Meat Choices (in small cans):</p> <ul style="list-style-type: none"> Beef Steak Ham and Eggs, Chopped Ham Slices Turkey Loaf <p>Fruit:</p> <ul style="list-style-type: none"> Applesauce Fruit Cocktail Peaches Pears <p>Crackers (7)</p> <p>Peanut Butter</p> <p>Candy Disc, Chocolate</p> <ul style="list-style-type: none"> Solid Chocolate Cream Coconut <p>Accessory Pack*</p>	<p>Meat Choices (in larger cans):</p> <ul style="list-style-type: none"> Beans and Wieners Spaghetti and Meatballs Beefsteak, Potatoes and Gravy Ham and Lima Beans Meatballs and Beans <p>Crackers (4)</p> <p>Cheese Spread, Processed</p> <ul style="list-style-type: none"> Caraway Pimento <p>Fruit Cake</p> <p>Pecan Roll</p> <p>Pound Cake</p> <p>Accessory Pack*</p>	<p>Meat Choices (in small cans):</p> <ul style="list-style-type: none"> Boned Chicken Chicken and Noodles Meat Loaf Spiced Beef <p>Bread, White</p> <p>Cookies (4)</p> <p>Cocoa Beverage Powder</p> <p>Jam</p> <ul style="list-style-type: none"> Apple Berry Grape Mixed Fruit Strawberry <p>Accessory Pack*</p>

***Accessory Pack**

Spoon, Plastic
Salt
Pepper
Coffee, Instant
Sugar
Creamer, Non-dairy
Gum, 2 Chicklets
Cigarettes, 4 smokes/pack
Winston
Marlboro
Salem
Pall Mall
Camel
Chesterfield
Kent
Lucky Strike
Kool
Matches, Moisture Resistant
Toilet Paper