

**UNCLASSIFIED**  
**INFORMATION PAPER**  
**PROGRAMS DIRECTORATE**  
**HUMANITARIAN ASSISTANCE, DISASTER RELIEF & MINE ACTION DIVISION**

**SUBJECT:** Humanitarian Daily Ration (HDR)

**BACKGROUND:**

- In April 1993, the Secretary of Defense approved the procurement of the Humanitarian Daily Ration (HDR). The intent was to provide an alternative to the Meal Ready to Eat (MRE) in the form of a low cost, culturally neutral and easily deliverable daily food ration that can be provided during disaster relief operations.
- The HDR is designed to support short-term feeding operations until conventional relief programs and/or other targeted feeding can be established.
- The Defense Security Cooperation Agency (DSCA) manages and distributes HDRs from the DSCA Warehouse at the Marine Corps Logistics Base at Albany, Georgia.
- DSCA coordinates with the Defense Logistics Agency (DLA) for the continued development and procurement of HDRs. HDRs are produced by the same manufacturers that produce MREs.
- A single HDR pouch costs \$4.70; pouches are packaged ten per case (\$47.00/case).
- Each HDR pouch is designed to provide a one day supply of food for a moderately malnourished individual. Its caloric and nutritional content is designed for the widest acceptance and use by consumers with diverse religious and dietary restrictions.
- Each HDR provides approximately 2,300 calories (no less than 2,200), broken down as 10-13% protein, 27-30% fat, and no less than 60% carbohydrates.
- HDRs do not contain animal byproducts (though minimal amounts of dairy products, not to exceed levels considered acceptable for lactose-intolerant individuals are permitted) or products containing ethyl alcohol.
- Example HDR menu: Lentil Stew; Beans and Rice; Fig Bar; Fruit Pastry; Shortbread Cookie(s); Crackers; Peanut Butter; Fruit Flavored Spread; Salt; Pepper; Sugar; ground Red Pepper; Spoon; Napkin/Towellete.
  - Entrées may be eaten cold, but heating (either by immersing the entrée package in hot water or placing the contents in a pot for heating over a flame) may be desirable.

*Updated July 2012*

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