



# **The PA Army National Guard**

**Live Here. Serve Here. Train Here.**

Presented by

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## What is the National Guard?

- We are the oldest branch of the military. We date back to 1636 as the militia.
- We are a part of the Army.
- We work part time, one weekend a month.
- Our units are close to home.
- We can attend college full time since we are only part time. Or do anything else we choose.
- We go through Army basic training and job training.
- We have two missions. We serve both community and country. Our main mission is usually in your home state, when the governor calls a state of an emergency. The second part of that mission is if we are needed by the President during a war time.
- We work closely with our communities.
- We are citizen soldiers.



# History of Military Rations

- In the beginning of the Revolutionary War, the colonies fed their own Militia
- Once the Army had grown, the problem of feeding the militia had become very difficult.
- The earliest legislation fixing the components of the Army ration was passed November 4, 1775
- The first ration contained the following components:
  - 16 Oz. of beef
  - 18 Oz. of flour
  - 16 Oz. of milk
  - 1 qt. of spruce beer
  - 6.8 Oz. of peas
  - 1.4 Oz. of rice
  - .1830 Oz. of soap
  - Candle



# History continued:

- The military made several more changes to the way they fed the troops throughout the years
- The War of 1812
- 20 oz. of beef
- 18 oz. of flour
- 1 gill of rum (1 gill= 4 oz.)
- 1 gill of vinegar
- .64 oz. salt
- soap and a candle
- Eventually coffee and sugar substituted for rum.
- The military changed rations during the Mexican War, Civil War, World War I and II, Operation Desert Storm, and Vietnam.



# History continued:

- The somewhat modern MRE was adopted as the Department of Defense combat ration in 1975
- Received the concept of the modern MRE from NASA.
- They tested the MRE's on the 25<sup>th</sup> Infantry Division for 34 days
- The soldiers ate MRE's 3 times a day
- They added a chocolate bar, which was only 4 ounces, but equaled 2400 calories.
- What will that do to your body?
- Entrée: the main course
- Side dish: rice, corn, fruit, mashed potatoes, etc...
- Cracker or bread
- Spread: Peanut butter, jelly, or cheese
- Dessert: cookies or pound cake
- Candy: M & M's, skittles, or tootsie rolls
- Beverages
- Hot sauce or seasoning
- Flameless ration: Powered food grade iron, magnesium, and sodium
- Accessories: spoon, matches, creamer, sugar, salt, chewing gum, TOILET PAPER
- Each MRE contains an average of 1,250 calories (13% protein, 36% fat, and 51% carbohydrates) and 1/3 of the Military recommended daily allowance of vitamins and minerals.
- There are 24 menus currently available
- A full day's worth of meals consists of 3 MRE's.





# History continued:

## Men in tanks must eat quickly and well

### Actual meat meals from the new 5-in-1 Ration carried by U. S. Armored Forces operating in enemy territory

When U. S. tanks smash their way through enemy lines our men are often in the thick of fighting for days at a time. That's when food is a No. 1 munition—when time lost preparing meals can turn victory to defeat.

Yet, even during active fighting, U. S. soldiers get three well-balanced meals, their pound of nourishing meat per man per day — through this new 5-in-1 ration. Developed by U. S. Army Quartermaster Corps for mechanized

units, landing parties, all mobile operations — this ration is mainly composed of canned and dehydrated foods.

Armour and Company, largest producer of canned meats in America, is supplying millions of tins of meat for Army rations. And Armour, with the other packers, is also providing millions of pounds of *fresh* meat and dairy products *every day* for America's war needs.

That's why civilians must get along on less meat . . . why every loyal American will seek only his fair share. By limiting the amount of meat you eat, you'll be doing your part to help keep our fighters better fed — and maintain the strength of our nation at home.



#### Breakfast

Tomato Juice Cocktail (dehydrated)  
Instant Whole Wheat Cereal  
Sliced Canned Bacon  
Coffee (soluble)  
Biscuits  
Sugar and Canned Milk  
Cigarettes

#### Dinner

Bean Soup (dehydrated)  
Canned Roast Beef  
Instant Rice  
Canned Peas  
Biscuits  
Peas (dehydrated)  
Hard Candy  
Lemonade (lemon powder)  
Sugar

#### Supper

Meat and Vegetable Stew  
Prunes  
Biscuits  
Apricot Jam (dehydrated)  
Cocoa  
Sugar and Canned Milk

### 3 Hearty Meals for 5 Men



This new 5-in-1 ration in a single package feeds five men for one day. It's a nutritious, well-balanced, amazingly compact ration. Three different units give variety in menus — provide each man 4200 calories daily.

Unit 2 (meals shown above) contains: Canned bacon, roast beef, meat and vegetable stew . . . dehydrated tomato juice cocktail, bean soup, peas, apricot spread . . . instant whole wheat cereal, rice . . . canned peas . . . evaporated prunes . . . canned milk . . . biscuits . . . army spread (preserved butter) . . . soluble coffee . . . lemon juice powder . . . sugar, salt . . . hard candy . . . cigarettes.

For finest quality and flavor ask for  
*Armour's Branded Products*

Star Canned Meats • Star Ham and Bacon  
Star Beef, Veal and Lamb • Star Sausage  
Cloverbloom Poultry and Dairy Products

*Armour  
and  
Company*

# CHOPPED MRE EDITION



# Prepare



**CHOPPED EVENT:** Your team must combine ingredients from all of the different MRE kits to make ONE ELEVATED MEAL. You **MUST** use at least two (2) items minimum from each of the MRE kits to make one new elevated meal that includes:

- Appetizer
- Main Dish
- Dessert
- Drink

**Selection of MRE Kits:** Individual team members will get their MRE Kit selections based on the “[Wheel Generator](#)”. Each student will spin and have the possibility of:

- Picking an MRE of your choice
- Picking an MRE blindly
- Trading with the other team (you pick)
- Having the other team pick an MRE for you



# Rules



- You will be able to use additional ingredients from my available pantry only.
- We will not be purchasing anything.
- To get first dibs on specialty items, you must answer some trivia questions from presentation.
- Your team will have 25 minutes to prepare, heat, and create the meals you will present to the judges.

## Judging

Will be scored 1-5 and based on the following criteria:

- Appearance
- Taste
- Creativity



# Food Service Support Specialist MOS 92G



## Army Food Service Specialist (MOS 92G) Duties & Responsibilities

The Army's website says that food service specialist "bakes, fries, braises, boils, simmer, steams and sautees as prescribed by Army production schedule." That covers pretty much any type of food they'd serve in a DFAC or Mess Hall.

Like a traditional sous chef or kitchen assistant, the food service specialist does duties that include the following:

- Set up serving lines
- Garnish food items
- Ensure food protection and sanitation measures are followed both in the field and in the garrison
- Receive and store food items from suppliers
- Perform general housekeeping duties
- Operate, maintain and clean field kitchen equipment
- Perform preventive maintenance on garrison and field kitchen equipment to keep the kitchen running and soldiers fed

# Nutrition Care Specialist MOS 68M



These soldiers are responsible for ordering and inspecting food supplies and preparing meals for fellow soldiers. The Nutrition Care Specialist is primarily responsible for assisting in the supervision of medical nutrition care operations.

This involves providing dietary treatment and counseling for patients in nutrition clinics, wellness programs and others with nutritional restrictions or needs. These soldiers assist the [dietitians](#) with food prep, menu planning, and production, make food recommendations, and screen patients for nutritional restrictions.

Soldiers in MOS 68M will prep and cook modified and standard food items according to these nutrition care treatment plans, all under the supervision of a dietitian or non-commissioned officer



## Education Assistance Program (EAP)

- 100% paid tuition to state-funded colleges
- \$8,184 per year towards non state-funded
  - \$4,092 per semester
- **Federal Tuition Assistance (FTA)**
  - \$4,000 per year for up to 5 years
- **Montgomery G.I. Bill (MGIB)**
  - \$407/month for 36 academic months in paycheck
  - \$3,663 per academic year
  - \$14,652 over 4 academic years
- **College Credit for Military Experience**

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### **Basic Training (BT) & Job Training (AIT):**

- E-1 \$1,785.00/month
- E-2 \$2,001.00/month
- E-3 \$2,105.00/month
- E-4 \$2,300.00/month

### **One-Weekend Per Month (M-Day):**

- E-1 \$231.06/month
- E-2 \$266.76/month
- E-3 \$280.52/month
- E-4 \$310.72/month





## EDUCATION ASSISTANCE PROGRAM

– Up to **\$4,097/semester** (\$8,194/year)

or

**100%** to the following schools:

### UNIVERSITY

### COMMUNITY COLLEGE

Bloomsburg  
California  
Cheyney  
Clarion  
E. Stroudsburg  
Edinboro  
Indiana

Kutztown  
Lock Haven  
Mansfield  
Millersville  
Shippensburg  
Slippery Rock  
West Chester

Alleghany County  
Bucks County  
Cambria County  
Harrisburg County  
Luzerne County  
Northampton Area  
Philadelphia Area  
Westmoreland County

Beaver County  
Butler County  
Delaware County  
Lehigh County  
Montgomery County  
Northwest Tech  
Reading Area

# Path To Become A Citizen Soldier

- Pre-Qualification with Recruiter (RRNCO) over phone/in-person
- Interview with RRNCO
- Armed Services Vocational Aptitude Battery testing (ASVAB)
- Research/Select Military Occupational Specialties (MOS)
- Medical Exam at Military Entrance Processing Station (MEPS)
- Contracting//reserve MOS & ship-date to Basic Training/AIT
- Oath of Enlistment Ceremony at MEPS
- In-Process at Recruit Sustainment Program (RSP)
- Drill one weekend/month until basic training ship-date
- Ship to & Graduate Basic Training/AIT
- Out-Process from RSP
- In-Process to your Unit
- Drill one weekend/month at your Unit and refer your friends/family!

PENNSYLVANIA  
**ARMY**  
NATIONAL  
**GUARD**



# Pennsylvania Army National Guard

## Questions?

**Citizen Soldiers**

"Live Here. Serve Here. Train here."