

## **Humanitarian Daily Rations**

- Humanitarian Daily Rations (HDRs) are self-contained packages of food designed to address the immediate nutritional deficiencies of a malnourished population.
- HDRs were developed to meet the widest range of cultural and religious dietary restrictions, containing an assortment of vegetable entrees and fruit, nut, and grain-based items, but excluding animal or animal by-products.
- HDRs provide a stopgap feeding method for a distressed or migrant population until more conventional relief programs can be initiated or resumed.
- DoD developed HDRs in 1993 as a civilian-use alternative to the military's Meals Ready-To-Eat (MREs). They were first used for humanitarian relief operations in Bosnia. Since 1993, approximately 8 million HDRs have been delivered to over 20 countries, including Iraq, Cuba, Bosnia, Rwanda, and Haiti.
- DoD consulted a range of nutritional and relief experts to develop the HDR, including the US Agency for International Development, the World Food Program, the Centers for Disease Control, the Food and Drug Administration, the Department of Agriculture, and the Army's Surgeon General's Office.
- Each HDR is high in energy and protein and provides at least 2200 calories per day. HDRs are fortified with vitamins and minerals to improve an individual's immune system and general health.
- HDRs can be eaten without cooking or adding water.
- HDRs can be airdropped to remote locations in a manner that allows individual packets to flutter to the ground with minimum risk to the population below.
- This method is ideal for airdrops in regions with many hungry people because it permits wide dispersal and minimizes the potential for struggle over pallet-sized loads.