

MRE Heating Methods

MRE "Flameless Ration" Heater (FRH)

- Remove the MRE pouch from the outer cardboard box.
- Follow instructions on the MRE Heater.
- Slide the MRE pouch into the plastic sleeve of the Heater.
- Add approximately 1oz (1–2 tbsp) of water (or saltwater activation packet if provided) to the Heater and place the Heater into the cardboard box. Note: The chemical reaction will begin the heating process immediately upon adding the water.
- Place the cardboard box at a 45-degree angle by resting it against a firm vertical surface. Allow the MRE pouch contents to heat for several minutes (3–7 minutes).
- Carefully remove the Heater from the cardboard box, then carefully remove the MRE Pouch. Items will be HOT!
- Carefully cut open the MRE pouch and the contents are ready to eat!

In Boiling Water

- Fill a saucepan about half way with clean water.
- Heat water on a stovetop or burner, bringing the water to a boil.
- Reduce heat to medium/medium-high (slow boil).
- Remove the MRE pouch from the outer cardboard box and place MRE retort pouch into the boiling water.
- Heat MRE pouch in water at a slow boil for several minutes (5–8 minutes).
- Remove the saucepan from the heating source and carefully pour the water out of the pan to safely remove the MRE pouch. Caution: MRE Pouch and water will be HOT!
- Carefully cut open the MRE pouch and the contents are ready to eat!

In a Saucepan

- Remove the MRE pouch from the outer cardboard box.
- Cut open the MRE pouch and empty contents in a saucepan.
- Heat contents at "Medium to Medium-high" temperature for approximately 5 minutes.
- Remove the saucepan from the heating source, transfer contents to a clean dish, and eat! Caution: Saucepan and contents will be HOT!

In the Microwave

- Remove the MRE pouch from the cardboard box.
- Cut open MRE pouch and place contents in a clean microwave-safe bowl or plate. (Do not place the MRE retort pouch in a microwave!)
- Cover with paper towel.
- Microwave on high for a couple of minutes (2–3 minutes).
- Carefully remove from microwave (caution: contents will be hot!) and your MRE is ready to eat!

In the Oven

- Remove the MRE pouch from the cardboard box.
- Cut open MRE pouch and place contents in a clean oven-safe dish. (Do not place the MRE retort pouch in an oven!)
- Heat in a 350° oven for approximately 7–10 minutes.
- Carefully remove from oven (caution: contents will be hot!) and your MRE is ready to eat!

Other Alternately-used MRE Heating Methods

- Remove the MRE pouch from the cardboard box.
 - Hold the MRE pouch next to your warm body
 - Place the MRE pouch on your vehicle's warm engine manifold