



Defense Security Cooperation Agency
NEWS RELEASE

On the web: <http://www.dsca.osd.mil>

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Over 100,000 Humanitarian Daily Rations Airdropped to Afghans; 8 Million Distributed Globally Since 1993

(Washington, D.C.) The Department of Defense relief effort in Central Asia has passed a significant milestone. More than 100,000 Humanitarian Daily Rations (HDR) have been distributed to Afghan refugees in support of Operation Enduring Freedom.

“The HDR is a nutritious and convenient form of aid which can be delivered anywhere the US Government can get to” said Michael Ritchie, the head of DSCA’s Humanitarian Affairs and Demining Program. “The HDR is acceptable to all cultures. It has a proven track record of alleviating starvation and misery all over the world.”

The HDR was first produced in 1993. The Department of Defense devised it after extensive consultation with a wide variety of expert sources, to include the World Food Program, the Centers for Disease Control and the Department of Agriculture. One ration will provide 2300 calories to a refugee, the total daily requirement. The rations are entirely meat-free, and thus are culturally acceptable to people all over the world. HDRs are designed to be fully digestible by people who are suffering the effects of malnutrition.

The HDR can be eaten without heating or without adding any water. It is shelf-stabilized, and does not require any special refrigeration or handling. It can either be delivered as conventional freight, or can be airdropped to people scattered in remote regions. “The HDR is an effective ration to ward off starvation until bulk food can be delivered” said Ritchie. “It can be delivered in a variety of ways and consumed without any preparation.”

Since 1993, over 8 million HDRs have been distributed to refugees and disaster victims around the world. These refugees have been in over 20 countries, to include Bosnia, Cuba, Haiti, Rwanda and Iraq.

More information on the makeup of the HDR can be found on the internet at:

<http://www.dscp.dla.mil/subs/rations/meals/hdr.htm>