



Step 1:

Print one copy of each label type. Take each copy, with a stack of paper you wish to use for the labels, over to the nearest copy center and make some copies.

Step 2:

Measure the height of the can. Make a cardboard template using the height of the can and whatever length is most convenient to you. I recommend at least the length of a piece of paper.

Step 3:

Center your Cardboard Template over the label and cut. I recommend using a paper cutter, but if you don't have access to one use whatever means is most convenient.

Step 4:

Rip those labels off those cans and put your new ones on. I just use Scotch tape, but I guess you could use glue.

Step 5:

Get a can opener that doesn't leave behind rough edges. Krupps makes a good model that retails for around 30 dollars.

Step 6:

Cut open the 11 or 12oz can that you will be using as your "B" Portion (we use gravy cans). **Make sure you leave some space, perhaps 1/4in. left uncut.** This way you can re-seal the can. I suggest using something other than tomato cans. They are messy, and

will stink up everything like tomatoes (Believe us!). But if that is the cheapest can you can find go with it.

Step 7:

Put inside the can the correct (or as close to correct that the can will allow for) amount of items inside. We have not found biscuits that will fit inside the can, so we use 8-12 inexpensive crackers (Home Harvest Brand). For the confection we use 3-5 caramels in a cubed form. For the sugar we use between 3-5 small sugar packets. And for the coffee we use 1 small travel-size package (these look like tea bags; Eight O' Clock makes them).

Step 8:

We then use super glue on the inside rim of the lid of the can. After that we press done and hold for 1-2min. When the glue dries we add the label.

Step 9:

For the "M" Portion we use a 11 or 12oz meat product (Campbells Pork n' Beans works good). We use any can that has the label of a Beans and Meat product. After finding the product add the label. While the cans will be ribbed (if you can find them unribbed more power to you! The ribs were added so the can would be easier to grip), that is ok as the label will cover up the ribs.

FOR LABELS SCROLL DOWNWARDS! Made by John Pittner and Pat Costa: v1.1
3/8/02

U.S. ARMY FIELD RATION

M-1 UNIT

**MEAT &
BEANS**

**INGREDIENTS BEEF, BEANS (SOAKED), TOMATO PUREE,
PORK, WATER, SUGAR, SALT AND SPICES**

NET WEIGHT 12 OZ.

KEY INSIDE B UNIT CAN

U.S. ARMY FIELD RATION

M-1 UNIT

**MEAT &
BEANS**

**INGREDIENTS BEEF, BEANS (SOAKED), TOMATO PUREE,
PORK, WATER, SUGAR, SALT AND SPICES**

NET WEIGHT 12 OZ.

KEY INSIDE B UNIT CAN

U.S. ARMY FIELD RATION

B UNIT

CONTENTS

2.50 OZ. B I S C U I T

1.00 OZ. CONFECTION

.50 OZ. S U G A R

.25 OZ. SOLUABLE COFFEE

KEY FOR M UNIT INCLUDED

U.S. ARMY FIELD RATION

B UNIT

CONTENTS

2.50 OZ. B I S C U I T

1.00 OZ. CONFECTION

.50 OZ. S U G A R

.25 OZ. SOLUABLE COFFEE

KEY FOR M UNIT INCLUDED