

FEEDING INFANTS AND CHILDREN FROM ARMY RATIONS

1. Where special foods for infants and young children are not available C and K type rations (or their equivalent in British Army rations) may be used. The War Department has issued a bulletin on the subject: War Department Technica 1 Bulletin, TBMED 53, "Emergency Feeding of Infants, Children, and other Special Groups of Civil Populations," 12 June, 1944. The following paragraphe from a U.S. Children's Bureau publication may be helpful.

2. Modification of "C" rations for infants and young children.

The "C" biscuits and the day's cocoa allowance and the lemonade crystals provide a fairly balanced diet for a day for two small infants. Vitamin A is entirely lacking, and should, if possible, be provided from Army Medical stores.

a. *For infant feeding.*

Cocoa: Prepare 2 1/2 ounce packet in the ration according to directions on the packet, but make paste with previously boiled cool water, and add boiling water up to a total volume of one canteen cup (1 1/2 pints). Give 1/2 canteen cupful to each infant, divided into 4 feedings (4 oz.).

"C" biscuits: Pour boiling water over 10 "C" biscuits and allow to soak until soft. Mash with a fork. Add more water if necessary to make a soup or gruel consistency. Half the total amount, divided into 4 feedings for each infant.

Lemonade: Dissolve contents of 1 envelope of crystals in 1/3 canteen cup of cooled boiled water. Add 4 lumps of sugar. Stir well. Divide between two infants.

b. *For older infants and young children.*

In addition to above give each older infant and young child: "C" biscuits, 2 to 3 additional.

Meat and vegetable hash, 1 to 2 mess-kit spoonfuls, with water added to make proper consistency for feeding.

3. Modification of "K" rations for infants and young children

a. *For Infant feeding.*

Six "K2" biscuits and one-half a can of the American cheese and one-half the lemonade crystals contained in the ration will provide enough food for 24 hours for a small infant. The cheese and biscuit mixture should be divided into 4 equal feedings.

Cheese and biscuit formula: Pour boiling water over all receptacles and implements to be used in making up the mixture immediately before using them.

Pour boiling water over 12 "K2" biscuits and allow to soak. Melt 1 can of cheese over hot water. Add a few Mess Kit

spoonfuls of boiling water and stir until a smooth mixture is obtained.

Mash up the soaked biscuits and add them and the water in which they have been soaking to the melted cheese.

Add enough water to make a thin gruel which can be fed by spoon. If nursing bottles are to be used, add boiled water up to a total volume of 2 canteen cups (1 1/2 qts.). This will provide 8 feedings of 3/4 canteen cup (6 oz.). Four feedings of this amount would be required by one infant for one day.

Lemonade: Dissolve contents of 1 envelope in 1/3 canteen cup of cool boiled water. Add 4 lumps of sugar and stir well. Give one-half of this amount to each of 2 infants.

b. *For older infants and young children.*

Older infants may not be satisfied by the above mixture. For these additional "K2" biscuits soaked in boiling water and mashed may be fed as a cereal.

4. Reconstituted milk.

- a. Dried skim milk powder should be reconstituted by adding about 9 lbs. water to 1 lb. milk powder. It should not be used for infants.
- b. Condensed milk should be reconstituted by adding an equal volume of water. It should be reserved for infants and young children, with second priority to pregnant and lactating mothers.