



Food in the American Military: A History

John C. Fisher, Carol Fisher

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American military food programs have progressed from simple campfire cooking to today's nutritionally sound, menu diverse, high tech, and ethnically correct feeding options. This book describes the historical development of rations used by America's military from the Revolutionary War to the present, recounting challenges and opportunities faced by war planners in obtaining and transporting food to soldiers, sailors, and marines. It discusses ration research and development, the evolution of food personnel training, and the various methods of food storage, preparation, and distribution. In addition, numerous first-person accounts document the military's efforts to supplement regular rations through foraging activities and by using local food sources. Finally, the book demonstrates how food is necessary not only for health and sustenance, but also as a vital morale builder.

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