

Food, Rations and Related Guidelines.

Daily Rations for Union Soldiers:

Campaign (On the March)

Meat: ¾ lb. of salt pork or bacon,
Or
1 ¼ lb. of fresh beef (or salt beef)

Bread: 1 lb. Of hard bread (Hardtack) (About 10 pieces)

Roasted Coffee: 1.28 oz. (Beans) (about ¾ of a cup)

Sugar: 0.24 oz. (About 2 tablespoons)

Salt: 0.6 oz. (About 3 tablespoons)

Garrison (In Camp) In addition to or instead of Campaign rations

Soft bread (1 ¾ lb.) or corn meal (1 ¼ lb.),
May be substituted for hardtack.

Beans or peas - ¼ oz.

Rice or hominy- 1 ⅔ oz.

Green Coffee beans (1 ⅔ oz.) may be given,
Instead of roasted beans.

Or ¼ oz. of tea

Candles- ¼ oz.

Soap- ⅔ oz.

Other foods

When available, other foods would supplement a soldier's diet. Such as: potatoes, onions, various vegetables and fruits, also vinegar and pickles. The army tried a dehydrated compressed vegetable ration, called "Desiccated Vegetables". It was not a success, and was referred to as "desecrated vegetables" or "baled hay".

How to make a cup of coffee in a tin cup or tin can.

Cover the bottom of your tin cup or can with coffee and sugar, and use your bayonet socket to grind them up.

Grinding the beans thoroughly will take a couple minutes. When ground, fill your cup about half way with water.

Place cup on the coals of the fire, and bring to a boil for about two minutes or less. (Boiling longer will make bitter coffee.)

Remove cup from fire and pour in cold water (From your canteen) until cup is about ¾ full. This will cool coffee and cause the beans to settle to bottom.

The following are only suggestions and do not apply in every instance.

Modern anachronisms to be avoided.

Please do not use stainless steel or aluminum cups, plates or silverware.

Avoid the use of tin foil, plastic, soda cans and Styrofoam containers.

Please avoid wrist watches, ear rings, cell phones and cigarettes in camp. (Hide them in poke bags.)

What Do I carry in my haversack to eat?

Meat and cheese and such: Cooked beef or pork (½ to ¾ lb. chunk)
Slab bacon, Summer Sausage, Hard cheese
Hard boiled egg

Bread: Hardtack

Soft bread, small loaf, hard roll or a chunk, brown, multi grain or rye. Please no sliced white wonder bread.

Other stuff: Small potatoes, onions or carrots, Small apple or dried fruit. Dry beans, rice or peas.

Talk to the veteran campaigners and get ideas.

Please avoid modern foods such as pizza, Spaghetti-O's and such.

Canned goods were in use, but you don't want to carry them around in you haversack.

Meats and cheeses can be wrapped in wax paper (Brown wax paper is best) and then in a poke sack.

Everything else in a ration bag or poke sack.

Submitted by Dan Girton from "The Columbia Rifles Research Compendium, 2nd edition." And other sources.