

EVERYONE WAS HUNGRY

The rations provided by the Nazis for the Kriegies (German for POW) were less than meager. According to a post-war debriefing of POWs by the Army (see below) if not for the Red Cross parcels provided weekly to the POWs during the early days, captivity would have been miserable. It is estimated that the daily caloric intake per man was 700 calories.

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AMERICAN PRISONERS OF WAR IN GERMANY
Prepared by MILITARY INTELLIGENCE SERVICE, WAR DEPARTMENT 1 November 1945
OFLAG 64
(Ground Force Officers)

FOOD

From the time the camp opened until the evacuation, the German rations were very poor in both quality and quantity. The Red Cross food parcel became the means of subsistence in the camp and the difference between complete misery and tolerable existence. From 10 Oct. to 3 Dec. 1944, no Red Cross parcels were delivered in camp and the men suffered accordingly. During the period from 20 Oct. to 15 Nov. 1944, all men in camp were checked for weight loss, and the average was 9 pounds per man. The German ration during that period was as follows:

Per day each man received:			
Meat	...35	7/10	Grams
Cooking Oil...	9	7/10	"
Barley.....	25		"
Cabbage.....	200		"
Dried Veggies...	6	2/5	"
Margarine.....	21	4/10	Grams
Cheese.....	4	1/2	"
Potatoes.....	353		"
Carrots.....	100		"

ONE ONLY OF THE FOLLOWING:

Turnips.....	400	Grams
Sauerkraut....	25	"
Jam.....	25	Grams
Soup Powder....	3	1/2 "
Sugar.....	25	Grams
Tea(ersatz)...	1	"
Bread.....	318	"
Coffee(ersatz)	2	1/2 "

"SOURCE MATERIAL FOR THIS REPORT CONSISTED OF INTERROGATIONS OF FORMER PRISONERS OF WAR MADE BY CPM BRANCH, MILITARY INTELLIGENCE SERVICE, AND REPORTS OF THE PROTECTING POWER AND INTERNATIONAL RED CROSS RECEIVED BY THE STATE DEPARTMENT (Special War Problems Division)." Taken from the general introduction of camps.