

ARMED FORCES DAY MRE COOK-OFF RULES

Armed Forces. It originated from the c-rations and k-rations from World War II. This contest will challenge a team of up to 4 cooks to use their culinary experience and creativity to work together and prepare a meal.

EVENT TIMING

- Teams will be given 30 minutes to get their MREs, Review instructions and ask questions
- Then each Team will have a TOTAL of 45 minutes to complete the best Entrée they can combining ingredients from their MREs
- Event start will be staggered by 15 minutes - 3 different groups; Teams will be assigned to a group prior to event

NUMBER OF TEAM/KIND OF TEAMS

- 25 Teams total
 1. 4 people per team
 - * Teams can have more people than that, but only 4 people at a time cooking
 - * Each team WILL ONLY BE PRESENTING ONE ENTRÉE
 2. Space:
 - * 15 ft each team – will be marked off prior to contest
 - * MAX 10 X 10 ft tent – Each team supplies their own tent
TEAMS will be on asphalt – so be prepared in case you need to anchor your tent

SUPPLIES AND MATERIALS

- To be supplied by each team:
 1. Can bring:
 - * Cookware: anything that will fit under the tent – small generators only
 - * Basic Pantry items that each team can bring
 - 1 # Butter
 - 1 # Flour
 - 1 qt cream
 - 1 qt stock
 - Fresh herbs
 - Small bag of spices/seasonings
 - 2 lemons
 - 1 fresh pepper of choice

2. Each Team Must Bring:

- * Own tent and table
- * Small 1st Aid Kit
- * Fire Extinguisher (must not be expired)

• To be supplied by SAVC:

1. 3 **SURPRISE MREs** per team – You get what you get and don't pitch a fit!
2. Presentation plate for entrée
3. Tasting plates with covers for presentation of entrée

AWARDS – the Judging standards will be published the week prior to the event and at the event site

1. Best Overall (Taste, Presentation, Creativity)
2. First, Second and Third place for each of the following categories: Taste, Presentation, or Creativity
3. Best Out of the “MRE Bag” award



2025 ARMED FORCES DAY MRE COOK OFF

Saturday, May 17, 2025 @ 11 AM

Event Address: **USS ALABAMA Battleship Memorial Park**

Contact us at (251) 209-3228 or [2025 Armed Forces Day MRE Cook Off](#)

MREs, or Meals Ready to Eat, are the main operational food ration for the United States Armed Forces. It originated from the c-rations and k-rations from World War II. This contest will challenge a team of up to 4 cooks to use their culinary experience and creativity to work together and prepare a meal.