

ANNEXURE 'A' TO AIR FORCE INSTRUCTION NO. 4/S/69

Scale of Rations for Non-Combatants (Enrolled) personnel in the Air Force in peace areas.

SI No.	Standard items	Scale per day in Grams	Substitutes	Scale per day in Grams	Remarks
(A)	DAILY				
1.	Atta OR Rice (under milled) (a) OR par-boiled and atta	600 450 140 *	Bajra	600	(a) (i) When stocks available for turnover grams of flour may lieu of 60 grams of (ii) When stocks of flour are available for other purposes 470 grams of rice service may be issued 600 grams of Atta of rice and 140 grams * Except for the patient the scale will be 400 grams of rice and 200 grams of atta. (b) A proportion of Dal exceeding 40 grams may be issued in the form of dal meal (based on 40 grams of Dal) (c) 30 grams sugar is to be issued in emergency cut in (d) (i) Air Force Commanders are authorized to purchase locally for use as a condiment within the entitlement of 80 grams :- (a) Chillies (b) Turmeric (c) Corriander (d) Seed (e) Corriander seed (f) Corriander seed (g) Garam Masala. The alternative item is :- (a) Vinegar – 110 grams (b) Mustard – 8 grams (c) Peppercorns – 8 grams. (ii) Garam Masala is to be issued in 8 grams. Following items are to be drawn as a part of Garam Masala :- Cinnamon, Cardamom,
2.	Dal (b)	90	Peas dried/Beans dried (including Soya Beans)/ Gram whole white Kabuli	90	
3.	Oil hydrogenated	70			
4.	Sugar (c)	90	Gur	110	
5.	Tea	08	Coffee	16	
6.	Salt, evaporated OR Rock	20 10			
7.	Condiments (d)	16			

					Ani Seed, Bay leaf, Poppy Seed, Asafoetida, Mustard. (iii) Condiments purchased within the entitlements. (iv) The quantity of Vinegar/Mustard/Pepper may be purchased in such quantity so purchased may be deducted from entitlements admissible.
8.	Meat fresh (with bone) (e)(f)	100	Fish fresh	170	(e)(i) Meat will be of the following quantity: 100 grams for units electing to slaughter in accordance with caste rites. Units electing to purchase 200 grams, meat fresh for two days or 300 grams for three days if so desired. (ii) In such places where contracts for meat (with bone) do not exist or where dressed cannot be purchased, units may elect to purchase 100 grams meat on hoof in lieu of 100 grams (with bone). In all other cases, units electing to purchase meat on hoof in lieu of meat (with bone) on religious grounds the existing entitlements shall apply. Units may, if so desired, purchase double or triple the quantity of meat fresh as provided in (i) above. (iii) For vegetarians units electing to purchase (f) Subject to the provisions of I(b) units wishing to have meat fresh, will draw under the existing arrangements. The equivalent quantity of meat fresh 100 grams is dahi.
	OR Meat on hoof (e)		OR Milk standard/fresh/blended	190	
			OR Milk Tinned	80	
			OR Eggs	Nos. 2	
			OR Pork fresh	80	
			OR Fowl (live weight)	135	
			OR Whole milk powder	28	
9.	Milk standard/fresh/blended (g)	230 ml	Milk Tinned (sweetened or unsweetened)	92	

					vegetarians only:- Milk standard/fresh/blended 190 ml OR Milk Tinned (iii) 80 gms Or Whole milk above 28 gr Units may draw 380 fresh/standard/ blender two days or 570 millilitr days, if so desired.
			OR Whole Milk powder	33	
10.	Vegetables fresh (h)	180	Vegetables (j) tinned/curried	90	(h) Vegetables issued sh varieties laid down in an specification No. 199. (j) When the extent of fresh vegetables by vegetables exceeds 50 fruit fresh is NOT av; germinating pulses sho thrice weekly. If necess will also be issued recommendations (see s
			OR Dal whole for germinating	90	
			OR Peas dried or Beans dried (including Soya Beans)/Grams whole white kabuli	90	
			OR Beans haricot	50	
11.	Potatoes fresh	110	Potatoes tinned	80	(I) Not more than twice
			OR Sweet Potatoes	110	
			OR Yam (ordinary or elephant)	110	
			OR Vegetables fresh	110	
			OR Vegetables tinned/ curried	60	
			OR Arvi (I)	110	
			OR Peas dried	60	
			OR Dals	60	
			OR Flour	30	
			OR Beans Haricot	30	
12.	Fruit fresh Citrus	50	Fruit tined	40	(m) Requirements may units once, twice or thi desired subject to au being not exceeded.
	OR Not-citrus	100	OR Fruit dried	12	
13.	Onions fresh	60	Onions spring green gandel	90	(n) Issues will be rest weekly and be made onl by units.
	OR Garlic (lassan) (n)	10	OR Onions dehydrated	14	
			OR Vegetable fresh	90	
14.	Baison	15	Dal Chana	15	
(B) WEEKLY					

15.	Matches safety boxes				(o) (i) For strength upto two match boxes per week. (ii) For strength members, match for every 25 mem thereof.
(C) ON MEDICAL RECOMMENDATIONS					
16.	Coffee	28	Tea	07	(p) To be issued under the local Air Force Static to meet special fatigue c conditions on the recon the Air Force Sta authorities subject to a days at a time and 9 da month. (q) To be issued in mc circumstances or when c NOT available.
	and Sugar	30	and Sugar	30	
	and Milk fresh/blended/standard (p)	80 ml	and Milk fresh/blended/standard	80 ml	
	OR Milk Tinned	28	OR Milk Tinned	28	
	OR Rum 25° u.p. (q)	60 ml			
	OR Rum London Proof (100% Proof)	40 ml			
17.	Compound Vitamin Tablets (r)	01 No.			(r) To be issued on mec recommendation. Demar approved by D.M.S. (Air) of units under Air Headq PMOs Commanders in th units under their control above).

* For Scale of rations and fuel for NCs(E) personnel in Concessional areas and High Altitude areas please see original AFI.

