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.

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

					Ani Seed, Bay leaf, Poppy Seed, Asafoe Pepper, Mustard. (iii) Condiments po drawn within the ent grams. (iv) The qu Vinegar/Mustard/Pepp may be purchased quantity so purcha deducted from entitlements admissib
8.	Meat fresh (with bone) (e)(f)	100	Fish fresh	170	(e)(i) Meat will be of s slaughtered in acc caste rites. Units r 200 grams, meat fre two days or 300 three days if so desir (ii) In such places contracts for meat bone) do not exist or dressed cannot be grams meat on hoof in lieu of 100 gran (with bone). In all ot where units elect to hoof in lieu of mea bone) on religiou grounds the existi grounds the existing grams meat on hoof grams meat fresh (v apply. Units may, h meat on hoof als double or triple issu desired, as meat fres vide (i) above. (iii) For vegetarians s (f) Subject to the provisi I(b) units wishing to ha of meat fresh, will draw prepare dahi under arrangements. The equi 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	(g) This scale will be inc following quantity in

					vegetarians only:- Milk standard/fresh/blended 190 ml
			OR Whole Milk powder	33	OR Milk Tinned (iii) 80 gms Or Whole milk above 28 gm Units may draw 380 fresh/standard/ blende two days or 570 millilitr days, if so desired.
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 ava 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 thr 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 b 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 mo 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 Altitute areas please see original AFI.