

MST / CST Funding for Army Cadets

Star Level		Supported Days / Weekends						
		Mandatory Activity (MST)				Complementary Activity (CST)		
		1 (1 Day)	2 (1 Day)	3 & 4 (1 Weekend)	5 & 6 (1 Weekend)	7 (1 Day)	8 (1 Day)	9 & 10 (1 Weekend)
Green	Combination of Mandatory Activities (All Star Levels)	Combination of Mandatory Activities (All Star Levels)	Field Training Exercise (Note 8) (All Star Levels)	Navigation / Trekking Exercise (Note 1) (All Star Levels)	Combination of Complementary Activities (All Star Levels)	Combination of Complementary Activities (All Star Levels)	Adventure Training Exercise or Cold Weather Exercise (All Star Levels)	
Red				Zone Expedition Training / Regional Expedition (Note 2) (Silver & Gold Star Levels Only)				
Silver								
Gold								
Master Cadet				Year 5				
	Year 6							
Support Requirements								
Bus	No (Note 3)	No (Note 3)	Yes	Yes	No (Note 3)	No (Note 3)	Yes	
Safety Vehicle	No	No	Yes	Yes (Note 4)	No	No	Yes	
Accommodations	No	No	Yes (Note 5)	Yes (Notes 4 & 5)	No	No	Yes (Note 5)	
Rations	1 Meal (Note 5 bracketed items preferred (1),2,(3),4,5,(6),8 most cost effective means practical	1 Meal (Note 5 bracketed items preferred (1),2,(3),4,5,(6),8 most cost effective means practical	5 Meals (Note 6)	5 Meals (Note 6)	1 Meal (Note 5 bracketed items preferred (1),2,(3),4,5,(6),8 most cost effective means practical	1 Meal (Note 5 bracketed items preferred (1),2,(3),4,5,(6),8 most cost effective means practical	5 Meals (Note 5 bracketed items preferred 1,(2),3,(4),5,(7),8 most cost effective means practical	
Training Facility	No (Note 3)	No (Note 3)	Yes (Note 5)	Yes (Notes 4 & 5)	No (Note 3)	No (Note 3)	Yes (Note 5)	
Training & Learning Aids (Note 8)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Trained SME	No	No	No	Yes (Note 7)	No	No	Yes (Note 8)	

- Note 1:** Conducted by Corps for Green and Red Star levels as they **cannot** participate in the Zone Expedition Training.
- Note 2:** Conducted by Expedition Centres for Silver and Gold Star and Master Cadet levels.
- Note 3:** These mandatory and complementary activity days are intended to be conducted at the corps' parade facility or within their community. Occasionally a corps could select an activity or combination of activities that require transportation to another location within the Community or an adjoining community and/or rental of a facility (i.e. gym, hall, etc.).
- Note 4:** Dependent upon the Expedition Centre set up for Silver, Gold and Master Cadet expeditions.
- Note 5:** Box lunch, low risk rations, prepared meals, haybox meals, IMPs/MREs (if suitable and available), as amplified below etc.
- Note 6:** IMPs/MREs as per table below
- Note 7:** Field accommodations (park or permit fee, cabin rental, Regional Training Centre fees, etc.)
- Note 8:** Details of the training and learning aids requirements can be found in the Star level QSPs.
- Note 9:** Expedition Centre staff or contracted / volunteer suppliers for Silver and Gold Star and Master Cadet levels.
- Note 10:** Specialist instructors or contracted / volunteer suppliers as required for adventure training activities.

NOTE 5

In support of Cadet Activities, corps, squadrons, groups and individuals who require food services but are not entitled to procure fresh rations might be supported using one or more of the following options: *the most cost effective means practical for the type of activity and training location shall be chosen:*

1. Hot meals prepared, cooked and served by a military unit/kitchen at the site of production;
2. Hot meals in insulated food containers (Haybox) produced by a military unit/kitchen and served away from the production kitchen;
3. Individually prepared cold meals (box lunch), produced by a military unit/kitchen for consumption away from the production kitchen;
4. Individual Meal Packs (IMP) and/or Meals Ready to Eat (MRE) (allocation required);
5. Prepared hot or cold meals provided by a contract caterer at a specified location as per A-85-269-001/FP-006 Food Services Contracts Manual or;
6. A monetary allowance for the purchase of prepared meals at the training location or en route to/from the training location such as restaurants, pizza, submarines, chicken etc. IAW CFAO 210-35 and CBI 210.83.
7. A monetary allowance for the purchase of non perishable food items at training locations or en route to and from training locations. Types of approved food items will consist of but not be limited to the following:
 - a) **CANNED MEALS:** Stews, chilli, spaghetti sauce, meatballs, soups, pasta, potatoes, vegetables, fruits, juices, desserts, canned milk etc.
 - b) **DEHYDRATED FOOD ITEMS:** pre-seasoned dry pastas, cereal, rice dishes, potatoes, vegetables, fruits, desserts, jerky, pepperettes or other similar types of food that can be reconstituted with water and do not require refrigeration.
 - c) **DRY FOOD ITEMS:** coffee, tea, hot chocolate, pancake mix, nuts, fruits, cookies, crackers, jerky (beef or other types), trail mix, fruit bars, cereals, pastas, breads, ultra high temperature milk, milk powders and other such food items that do not require refrigeration.

8. Individually prepared meals produced using these types of low risk food items for consumption away from the production kitchen but kept in some form of cooler;
- a) **PRE-COOKED ITEMS:** these products must be from retail stores and **NOT** cooked and packaged at home
Bacon, sausages, premade and precooked hamburgers, chicken, beef, hot dogs
 - b) **FROZEN ITEMS:** these products **MUST** remain in the frozen state and be consumed on Day one of training.
They must be stored in some type of cooler or refrigeration unit;
Bacon, sausages, minute steak, pre-cooked frozen hamburgers, hot dogs, pork chops and European sausages;
 - c) **PACKAGED SLICED MEATS:** these products **MUST** be **vacuumed packed** and used on Day 1-4 from date of purchase for exercises only (provided there is proper refrigeration);
Cooked ham, bologna, chicken, beef, etc.

NOTE 6

When MRE’S or IMP’S are consumed commencing day one, there is a requirement to supplement these types of rations with fresh food. Previous experience with Cadets has shown that when MRE’S or IMP’S are consumed, personnel tend to eat less; consequently, they may not consume a nutritionally complete diet. This situation can result in loss of energy, weight reduction, loss of stamina, and generally reduced operational effectiveness. To decrease boredom and repetition in meal choices, the variety of food items offered in each meal has been increased, and different menus are used for each year of MRE or IMP production. To provide additional nutritional requirements, as well as to address the social and comfort aspects, this MRE and IMP supplement table is to be used. Items will be issued one per group as by serving size indicated. The daily expenditures per cadet will be set regionally. The MRE / IMP Supplement Allowance from day one is to be provided IAW with following table:

<i>MRE / IMP SUPPLEMENT ENTITLEMENT TABLE (Day one onward)</i>
The following food and/or beverage items should be provided daily, with the choice and quantity limited to the following groups:
GROUP 1
Coffee or tea or hot chocolate plus cream or milk, plus sugar (1 serving) or
Milk (2 x 250 ml) or
Fruit juice (1 x 250 ml) or
V8 (1 x 156 ml) or Soup (250), and soda crackers (1serving) or
Pop (333 ml) (1serving)
GROUP 2
Cereal (1 pkg) or Bread 2 slices and spreads (e.g. peanut butter, cheese spread, jam, etc.) (3 servings)
GROUP 3
Fresh Fruit (orange, apple, pear, banana, etc.) (1 serving) ¹ and
Fresh Vegetables (carrot sticks, celery, broccoli florets, etc.) (1serving 90 g)
GROUP 4
Snacks (e.g. muffin, breakfast bar, toaster pastries, cookies, granola bar) or Trail Mix (130g) or nuts(130g) or seeds (130g) (1serving)
GROUP 5
Group Condiments (hot sauce, steak sauce, etc)

¹ Fresh fruit and vegetables contain fibre that is not present in juice. In the event that the provision of fresh fruits and vegetables is not possible, juice may be considered a suitable substitute.