

The soldiers at Fort Ticonderoga made their meals from flour, meal, beef or pork, and dried vegetables. Soldiers were divided into “messes,” with each mess having 5 or 6 soldiers in it. Each soldier received a “ration” of food—a ration being a certain amount of food over a given time, usually a day or week.

## Weekly Ration for a Continental Soldier

Each week, a soldier in the Continental Army was to receive the following rations:

7 pounds of flour or bread  
10 ½ pounds of beef or pork  
2 ¼ gallons of beer  
5 pints of peas  
1 pint of meal  
6 ounces of butter



While each soldier was supposed to receive these rations every week, the food soldiers actually received was different from place to place, depending on the availability of food in the area where the soldiers were. At Fort Ticonderoga, it was often difficult to provide things like butter to the soldiers.

## Questions about Feeding the Continental Soldiers at Fort Ticonderoga

### 1. If five soldiers make up a mess, and they pool their weekly rations:

How many pounds of flour or bread does the mess have?

How much beef does the mess have for one day?

How many quarts of meal does the mess have?

### 2. You are in command of a battalion of 200 men at Fort Ticonderoga in the fall of 1776. General Horatio Gates has ordered you to take your battalion to help build a road connecting Mount Independence with Rutland, Vermont. Your battalion will be working on the road-building crew for 14 days. You have to go to the Commissary (the person who distributes the rations) and order enough rations for all of your men for this assignment.

How much beef or pork is required for each man?

The meal is delivered to the commissary in 30 gallon kegs. How many kegs of meal do you need?

How much beef or pork in total will the battalion need to receive from the commissary?

The peas come in bags containing 10 gallons of peas. How many bags of peas do you need?

A cart can carry one ton of cargo. How many carts are required to carry the beef or pork for your 14-day mission?

How many pounds of butter do you need?