

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 a soldier receives 7 pounds of flour or bread per week, how much is he receiving for one day?
2. If a soldier receives 10 ½ pounds of beef or pork per week, how much is he receiving for one day?
3. A soldier receives 2 ¼ gallons of beer per week. If there are four quarts in a gallon, how many quarts is that? Does that provide him with more than a quart per day or less than a quart per day?
4. If there are two cups in a pint, five pints of peas equals how many cups? About how many cups of peas does a soldier have each day?