

## **One gallon plastic food container per kit** (found at Walmart)

### **3 Day Food Supply for One**

#### **Day 1**

Breakfast 2 Granola bars, 1 Capri Sun pouch  
Lunch 1 pkg Lipton soup, 1 pkg crackers  
Dinner 2 pkg beef sticks, 1 fruit roll  
Snack 9 pieces of candy

#### **Day 2**

Breakfast 1 hot chocolate mix, 1 fruit roll  
Lunch 2 pkg beef sticks, 1 pudding cup  
Dinner 1 canned soup, 1 pkg crackers

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#### **Day 3**

Breakfast 1 fruit roll, 1 Capri Sun pouch  
Lunch 1 pkg Ramen Noodles, 1 pkg crackers  
Dinner 2 granola bars, 1 pkg nuts, 1 hot choco  
Snack 9 pieces of candy, 1 Rice Krispie treat

### **EXTRA ITEMS TO KEEP WITH YOUR CONTAINER**

Water- 2 liters per day  
Small can opener  
Plastic utensils  
Garbage bag  
Container to heat soups and drinks

### **ONE YEAR ROTATION**

Shove the food into the container as best you can.

This is merely an example. Change out the food items to your family's liking, or if you have someone with food allergies.

**Tip:** If you use mints keep them in a separate baggie or they will make your crackers taste like mint. **GOOD TO KNOW!**