

Emergency Food Worksheet

EAT WHAT YOU BUY & BUY WHAT YOU EAT!



4 Members of family (30 days of meals)

1 Pets (30 days of meals)

BREAKFAST:

We eat: coffee, almond milk, sweetener, eggs, oatmeal, fruit, toast, cheese, peanut butter

We have fridge: all We have freezer: none

We have pantry: oatmeal, bread, PB, Mt. House 12 pouches B'fast FD food @310 calories each (rotate/donate 2028)

Need (120 meals): have 42 meals, need 78

Long life foods to get: powdered milk, Thrive FD eggs, large can oatmeal (to rotate), Thrive FD fruit, bread?
Thrive FD cheese or canned cheese, large jar of PB, ground coffee

LUNCH:

We eat: soup/chili, salads/veggies/whole grain something/sandwiches, burritos

We have fridge: fresh produce, lunch meats We have freezer: lots (2 days worth)

We have pantry: 6 cans soup, 3 can's chili, tuna fish, Mt. House Costco FD meals-18 meals @250 cal each

Need (120 meals): have 22 meals, need 98

Long life foods to get: freeze dried/canned chili, soup, tuna, casseroles (get 80), MRE (get 20)

DINNER:

We eat: meat, veggies, whole grains, dessert, wine

We have fridge: fresh veggies We have freezer: 2 days worth

We have pantry: dried grains, wine

Need (120 meals): have 20 meals, need 100

Long life foods to get: freeze dried/canned meats and veggies, Bags of brown rice/grains, dessert (chocolate)
wine in storage-cover so doesn't fall and break, MRE's (get 20)

SNACKS:

Get: dried fruit, snack bars, nuts (120 servings)

DOG (PETS):

Need: 2 cups of food a day x 30 days = 60 cups

MISC: Vitamins and medicines for 30 days.

Paper cups / plates / bowls / utensils (4 people, 3 meals/day, 30 days)

*LABEL & ROTATE

See PrepLO website for your own worksheet template, storage ideas, etc.