

Emergency Food Worksheet

EAT WHAT YOU BUY & BUY WHAT YOU EAT!



_____ Members of family (30 days of meals)

_____ Pets (30 days of meals)

BREAKFAST:

We eat: _____

We have fridge: _____ We have freezer: _____

We have pantry: _____

Need (120 meals): _____

Long life foods to get: _____

LUNCH:

We eat: _____

We have fridge: _____ We have freezer: _____

We have pantry: _____

Need (120 meals): _____

Long life foods to get: _____

DINNER:

We eat: _____

We have fridge: _____ We have freezer: _____

We have pantry: _____

Need (120 meals): _____

Long life foods to get: _____

SNACKS:

Get: _____

DOG (PETS):

Need: _____

MISC: Vitamins and medicines for 30 days.

Paper cups / plates / bowls / utensils

*LABEL & ROTATE

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