

## EMERGENCY KIT - FOOD MENU for 4 to 6 days

### 4 to 6 days of food & water for 2 people

(8) 1 gal drinking water.  
2 boxes of Milk. ( no refrigeration)  
1 can Pam.  
1 small bottle cooking oil.  
1 3oz coffee, & 8 tea bags.  
1 small jar peanut butter.  
1 small jar of jelly.  
3 (7.5oz) packet Bisquick  
Condiments in closed containers.  
1 container of Mrs Dash

#### Breakfast

10 single serving Oatmeal packs.  
1 Bisquick Shake & Pour.  
1 small bottle syrup ( no refrigeration).  
1 Country gravy mix.  
2 4-pack can fruit.

#### LUNCH

1 box of crackers  
2 cans of soup  
1 can spaghetti & meatballs  
1 can chili  
2 cans of Ravioli (One for dinner)  
1 can Bush's baked beans  
2 packet of Knorr Pasta Sides  
1 container of lemonade

#### Dinner

2 Knorr Rice Sides  
1 can roast beef  
1 can salmon  
1 can of chicken  
1 can tuna  
1 Packet Knorr  
4 small cans vegetables

#### Breakfast menus

##### 2 days

Oatmeal & milk  
Can fruit  
Coffee  
Lemonade.

##### 2 days

Pancakes & syrup  
Can fruit  
Coffee  
Lemonade

Peanut Butter & jelly  
Biscuits from bisquick  
Can ham  
Coffee  
Lemonade

Biscuits from bisquick  
Country gravy mix  
Can ham  
Coffee  
Can Fruit  
Lemonade.

#### Lunch menus

##### 2 days

soup  
Crackers.  
Peanut butter & jelly.  
lemonade

Spaghetti & meatballs  
Bisquick dumplings.  
lemonade

Can chili  
Crackers  
Knorr Rice Side  
lemonade

Can ravioli  
Can fruit  
Crackers  
lemonade

Knorr Pasta Sides  
Can Bush's baked beans  
Soup  
lemonade

#### Dinner menus

Can roast beef  
Can vegetable  
Bisquick dumplings  
Drink

Can chicken  
Can vegetable  
Knorr Pasta Sides  
Drink

Can salmon  
Knorr  
Red beans & Rice  
Drink

Can tuna  
Can vegetable  
Knorr Rice Sides  
Drink

Can ravioli  
Can vegetable  
Bisquick dumplings  
Drink

Leftovers from  
Breakfast & lunch