



Homemade 72 Hour Emergency Food Supply Kits

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You never know when some sort of disaster might happen, but you can be ready. Please note that this is only a 72 hour supply, so I like to put in some comfort foods, this is in no way similar to my longer term food storage, which is geared to a longer survival period...

MATERIALS:.....

One gallon plastic food container per kit (it is very hard to fit all the food into the container or extra large zip lock bags)

Food items on the menu:

3 Day Food Supply for One

Day 1

Breakfast 2 Granola bars, 1 can juice

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

Snack 9 pieces of candy

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, 1pkg cookies

EXTRA ITEMS TO KEEP WITH YOUR CONTAINER

Water- 2 liters per day

Small can opener

Plastic utensils or a hobo utensil set

Container to heat soups and drinks

Garbage bag

ONE YEAR ROTATION

Shove the food into the container as best you can and store with your 72 hour kit.

*** Note: Some food items last longer than others. always check the shelf life of your food. This "menu" is purely an example. You can put in your jar/container what ever you want. Food preferences and choices are and should be up to the individual making the kit..

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