

72 HOUR EMERGENCY FOOD KIT
SUGGESTED MENU

Day 1

Breakfast

- 1 pkg Oatmeal
- 1 pkg Hot Cocoa

Lunch

- 1 Granola Bar
- 1 pkg Nuts

Dinner

- 1 pkg Ramen Noodles
- 1 Capri Sun

Snacks

- Gum
- 3 pcs of candy

Day 3

Breakfast

- 1 pkg Oatmeal
- 1 pkg Hot Cocoa

Lunch

- 1 Granola Bar
- 1 pkg Fruit Snacks

Dinner

- 1 pkg Ramen Noodles
- 1 Capri Sun

Snacks

- Gum
- 3 pcs of candy

Day 2

Breakfast

- 1 pkg Oatmeal
- 1 pkg Hot Cocoa

Lunch

- 1 Applesauce
- 1 pkg PB crackers

Dinner

- 1 pkg Ramen Noodles
- 1 pkg Fruit Snacks

Snacks

- Gum
- 3 pcs candy

CONTENTS OF PACKAGE

- 2 Granola Bars
- 2 Capri Sun
- 3 Ramen Noodles
- 3 Instant Oatmeal
- 2 Fruit Snacks
- 3 Hot Cocoa
- 1 Peanut butter crackers
- 1 Applesauce
- 1 package nuts
- Gum
- 9 pieces of candy

You will need two 1-liters of water to go with your kit. This is about 1 gallon. This kit is good for 1 year. You should also have utensils, a cup and a bowl with your kit.