

72- Hour Emergency Food Kit (Sustains 1 Person)

Day 1

Breakfast	Granola Bar	Apple Juice
Lunch	Ramen Noodles	Trail Mix
Dinner	Jerky (1)	Diced Fruit
Snack	3 sticks gum	2 Jolly Ranchers

Day 2

Breakfast	Oatmeal	Apple Cider
Lunch	Jerky (1)	Fruit Snack (1)
Dinner	Potatoes	Hot Chocolate
Snack	3 sticks gum	4 Tootsie Rolls

Day 3

Breakfast	Granola Bar	Diced Fruit
Lunch	Trail Mix	Fruit Snack (1)
Dinner	Instant Soup Mix	Raisins
Snack	4 sticks gum	Sucker & Apple Cider

Store with: 2 liter bottle of water

****Apple juice bottle is used for drinking cup. Ramen Noodle container should be saved to mix potatoes, oatmeal, and soup in.**

Canned on: August 15, 2011