

# Emergency Meals

*To be used in the first days of an emergency*

**A FIVE GALLON FOOD BUCKET** should be packed with a variety of meals, comfort food, and drinks that have the following characteristics:

- High caloric value
- Taste good (*household members will enjoy*)
- Require only water to prepare
- Require a minimal cooking time (*saves fuel*)
- Long shelf life

## **POSSIBLE MEALS** to consider:

*Mountain House* freeze-dried meals

- Two Beef Stroganoff with Noodles (*2.5 servings each*)
- Two Chicken and Rice (*2.5 servings each*)
- Two Chili Mac with Beef (*2.5 servings each*)

*Wise Company* and/or *Augason Farms* just add water meals (*Walmart*)

- Cheesy Lasagna (*4 servings*)
- Teriyaki Rice (*4 servings*)
- Chili Mac (*4 servings*)

*Bear Creek Meals* – just add water (*WinCo*)

- One Chicken Noodle soup mix (*8 one cup servings*)
- One Minestrone (*8 one cup servings*)
- One Vegetable Beef (*8 one cup servings*)

Instant Oatmeal packets

- Two Original
- Two Maple and Brown Sugar
- Two Apples and Cinnamon
- Two Cinnamon and Spice

Pancake Mix

- Krusteaz* 3.5 lb family size buttermilk pancake mix
- Small bottle of maple syrup with butter flavor

Comfort food and drink (*very important if children are involved*)

- Jello, 6 oz box, containing real sugar (*family favorite flavor*)
- Assorted candies (*non-oily candies have a long shelf-life, no chocolates*)
- Starbucks VIA* instant freeze dried coffee packets (*Costco*)
- Hot chocolate and/or cappuccino mocha packets
- Favorite teas

**The contents of this 5-gallon food bucket** contains enough food to feed a family of four for 4 days.