

1 Year Rotation Date \_\_\_\_\_ (Write the date here, 1 year from today.)

\*Place this sheet in a plastic baggie or in the candy bag and keep in pack.

\*\*Officials heading the emergency operations with the Katrina disaster found that a 4 day emergency supply of food was essential. Emergency rescuers are very likely to not be able to help before that.

## 4 DAY – 96 HOUR EMERGENCY KIT – FOOD ONLY

This kit needs no water to prepare food. No cooking or heating.

4 Nature Valley Granola Bars	12 pieces Gum
4 Fruit Leather .5oz	4 Applesauce Cups 4 oz.
8 Capri Sun 7 oz. juice drinks	4 Plastic Spoons
4 Peanut Packs 2 oz.	4 Peanut Butter Cracker packs
4 Canned Soup with pop top	1 Gallon or 4 1Liter bottles of
20 Hard Candy (wrapped)	Water
4 “Power Bar” type food bars	

Put the gum, candies and spoons in a sandwich bag. In a small backpack, put the heavy items in first, soup, drinks, applesauce and bars then layer the other items with the crackers on top of the packed items. \*Add this food pack to your non-food emergency essentials pack.

### DAILY MENU

BREAKFAST	1 Pkg. Granola Bar, 1 Capri Sun
SNACK	1 Fruit Leather
LUNCH	1 Can Soup, 1 Pkg. Peanut Butter Crackers
SNACK	1 Pkg. Peanuts
DINNER	1 Food Bar, 1 Applesauce Cup, 1 Capri Sun
OTHER	5 Hard Candies, 3 Pieces Gum throughout the day

This is about 1735 Calories

Weighs aprox. 7 lbs. without water

## SUBSTITUTIONS

\*Substitute whatever you like to eat in this pack. This food pack is a basic low cost life sustaining emergency food pack. It is designed to be easy and used without a heat or cooking source. I have used these particular items to keep the cost of each pack to a minimum while teaching it to large groups. The idea is to have high calorie dense foods and items that do not need water added or to be cooked. *Do tailor it to fit your needs and foods that you like.*

-GRANOLA AND FOOD BARS – Use any kind of individually packaged nutrition or power type food bar, breakfast bar or meal replacement bar. Look for the higher calorie bars. \*Some of these bars (mostly the cookie type) have less than a year expiration date and could be replaced before a year.

-JUICE DRINK – Any type canned or plastic bottled juice, fruit, or veggie juice. Capri Sun type pouch drinks are great if you protect them from being punctured. 8 small bottles of water are ok, but you want the extra calories from juice type drinks. \*No glass. No carbonated drinks. Juice boxes leak.

-SOUP – Any kind “pop top” prepared, ready to eat, soup, chili, ravioli or prepared pasta meals, in a container 10 to 19 oz. (\*I have heard from 1 person that a pop top can popped open in their pack, but have never had that experience. This person had the pack stored for over two years.) If you are concerned with this use regular cans and include a small can opener. Campbell’s chicken noodle and tomato are inexpensive and may be eaten cold from the can without adding the extra water called for.

-APPLESAUCE – Any 4 to 6 oz. “peel top” or “pop top”, prepared, canned fruit, fruit cocktail, pudding, etc.

-PEANUT BUTTER CRACKERS – Any small size individually wrapped type of crackers, cheese, etc. Pringles, Cheetos, corn chips, etc. (\*Note- these foods usually have a shorter shelf life than 1 year and should be rotated out at about 6 months.) The cheese filled crackers may go rancid faster.

-FRUIT LEATHER & PEANUT PACK – Any kind of nuts, pumpkin seeds, boxed raisins, etc. Fruit snacks melt but are still edible.

GUM/CANDY- Use gum that has sugar for a few extra calories. Mint flavored gum can be strong and flavor other items in the pack. If you are not a mint fan use another flavor gum. \*Jolly Rancher type candy will melt and be a mess. Chocolate, even M&M’s can melt and be a big mess. *Hard sugar candies are ideal.*

- Extra water- Ideal 1 gallon per day.

## TIPS

- Look for higher calorie foods for energy.
- Places to keep a 4 day kit. *Have more than one.* Keep one in your car, in your home, at work, vacation home, camper etc. *Anywhere you are.* Emergencies are not predictable. You need a 4 day pack with you.
- A small suitcase or medium backpack will hold food for two people and stores easily in car or closet.
- Extra pack can often be found at dollar stores, thrift stores, etc.
- Rotate food at same time each year. Just add new items and eat the old. Most dates on the canned food last 2+ years, but if they have been subjected to the temperature changes in the trunk of your car use them at the year rotation date. \*Never eat anything from a can that is bulging or if you think it is questionable. If the can has been frozen the soup will look chunky but can be stirred up and is usually still good.
- ADD special needs for each person. Medication, special food, baby formula and foods. Extra water for baby formula.
- Pets- Pack some pet food and extra water for the 4 days. Depending on the size of your pet, a dog or cat needs up to 1 quart of water a day.
- Adding 4 cans of tuna or canned meat will be a great nutritional benefit each day. Meat takes longer to digest, creates heat energy and will keep you full longer.
- The pack is usually OK if it freezes or gets hot in the trunk of your car. Soup may look clumpy, but it is still good.
- CAUTION. Never eat the contents of a can or container that is bulging. It may be spoiled. \*Examine the emergency food packs you keep in your car and update these packs more often if needed. Every 6 months would be good due to the temperature extremes. Never eat any food that may be spoiled or is questionable *even in an emergency situation.*
- Disclaimer- Recommendations for use of this pack are merely suggestions. Design or use your pack in any manner that will best suit your needs.

**\*I welcome your input. If you are interested in other emergency preparedness information or in premade Emergency Packs. Please see my website for more information or to contact me.**

<http://lananelson.com/emergency-preparedness/>

I would be happy to present to your organization or group.  
These are some of the Emergency Preparedness Classes.

➤ **3 to 4 Day Emergency Food Pack**

➤ **Create your Own Emergency Preparedness Pack**

➤ **How to Store Water**

- What to store it in
- Where and why to store it and much more!

➤ **Baby Steps to Storing Food and Being Prepared**

- *How to easily start storing food for What-May-Come*
- *Different plans and methods for storing food*
- *How to store what you eat and eat what you store*
- *Ways to be **More Self Reliant** and **Less Dependant!***

➤ **Amazing Ways to Use Powdered Milk**

*Make your own Yogurt, Cheese, "Cream", Recipes and much more*

Email [info@lananelson.com](mailto:info@lananelson.com)

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