

Two Weeks of Emergency Preparedness Food

This list was created to serve one person enough calories from all the food groups over the course of two weeks. Most of the food can be stored for long periods of time without deterioration. Some are foods we hope you have on hand to make things tastier (like sour cream).

It was priced out in 2019 to cost about \$100 or \$50/week. Shopping List & Recipes

Shopping List:

Meat \$7 (20 servings)

- 8 cans tuna in water = 8 servings = \$8
- 4 cans canned sausage = 8 servings = \$2
- 4 cans chicken breast = 4 servings = \$4

Breads \$9.00 (58 servings)

- Boxes of crackers = 44 servings = \$5.00
- 2 box noodles -14 servings \$4.00

Vegetables - \$25 (54 servings)

- 2 jars tomato sauce – 10 servings = \$5.00
- 2 24oz jar salsa = 12 servings of veg = \$6.00
- 2 cans diced tomatoes – 4 servings = \$2.00
- 2 cans sweet corn -4 servings = \$2.00
- 2 28 oz can green enchilada sauce – 24 servings = \$6.00
- 2 cans mixed veggies – 12 servings - \$4.00
- 2 jars dill relish = \$2.00

Dairy \$26 (28 servings)

- boxed or canned milk -24 servings \$24
- 16 ounces sour cream - \$3

Fruit = \$7 (23 servings)

- 14 oz jar Fruit spread / jam – 19 servings = \$5
- 40 oz canned fruit – 8 servings = \$2

Nuts & Legumes \$8.00 (34 servings)

- 32 oz jar peanutbutter = 26 servings = \$5.00
- 2 cans black beans -\$2.00
- 2 cans pinto beans =\$1.00

Sauces & Seasonings \$5.50

- 2 cans chicken broth \$2.00
- 20 oz Ketchup - \$2.00
- Salt and pepper - \$1.50

Recipes & Meal Ideas

7 Can Chicken Soup

1 can black beans, drained and rinsed

1 can pinto beans, drained and rinsed

1 can diced tomatoes, drained

1 can sweet corn, drained

1 can chicken breast, drained

1 can green enchilada sauce

1 can chicken broth

Dump in together & heat. Serve with sour cream.

Spaghetti w/ sausages

Cook & rinse noodles

Top w/ spaghetti sauce & canned sausages

Tuna or Chicken Salad Sandwich

Mix can of meat with sour cream, salt, and 1 TB dill relish

Eat with crackers

Peanutbutter & Jelly Cracker Sandwiches