

Emergency (Survival) Rations

(Example: Datrex)

Food and Water for 1 person for 3 days

3,600 calories per package

1,200 calories per day

Pros: Very inexpensive (approximately \$9)
Very lightweight
Use in kit 1 when there is very little time to evacuate and travel is on foot

Cons: Does not meet MDR and are high in carbohydrates
Will not satisfy hunger

18 pieces (200 calories each) per package

*****three day supply – 1,200 calories per day**

Nutrition Facts per serving:

Calories from fat 52

Fat 10 gm 26%

Mono-Unsaturated 7 gm 65%

Cholesterol .378 gm

Total Carbohydrates 21 g 55%

Vitamin A 1%

Thiamin 8%

Niacin 4%

Calories 200 (1/18 per piece)

%Daily Value*

Sat fat 2 gm 21%

Poly-Unsaturated 1 gm 14%

Sodium .75 mg <1%

Protein 7%

Vitamin C 1%

Riboflavin 5%

***These are only intended for survival situations where there is little physical exertion.

MREs

Food for 1 person for 3 days

Average 1,250 calories per pouch

Pros: Do not require water or preparation.
Many include heaters.

Cons: Heavy to carry.
Most people do not like the taste
Difficult to find expiration (or "inspect by" date).
Relatively expensive

I would eat 2 pouches per day, not eat some of the carbohydrates, add a few items with high protein content and a multivitamin/mineral supplement.

Freeze Dried Foods

Food for 1 person for 3 days

Pros: Long shelf life (12+ years)
Very lightweight
Taste homemade.

Cons: Must be reconstituted with boiling water

Calorie Counts Vary

Everyday Foods

Food for 1 person for 3 days

Food in box provides approximately 2,000 calories/day

Pros: Most need no preparation
Familiar or comfort foods
Perfect for sheltering-in-place

Cons: Short shelf life (6 months – 2 years)
Must be replaced often
Check nutritional information carefully

Recommended Calories Per Day, Active (chose active because of stress)

Children 2 - 3, 1000 - 1400

Females 4 - 8, 1400 - 1800

Females 9 - 13, 1800 – 2200

Females 14 - 50, 2200 - 2400

Females 51+, 2000 – 2200

Male 4 - 8, 1600 - 2000

Males 9 - 13, 2000 - 2600

Males 14 - 50, 2800 -3000

Males 51+, 2400 - 2800