



RAW FOODS

Uncooked foods are said to be unprocessed, meaning they are raw. Survivors tend to think of these things as being “fresh.” They can be made into prepared dishes for dining or cooked and stored for later consumption as preserved foods. Unless stated otherwise, serving sizes are defined by the table below.

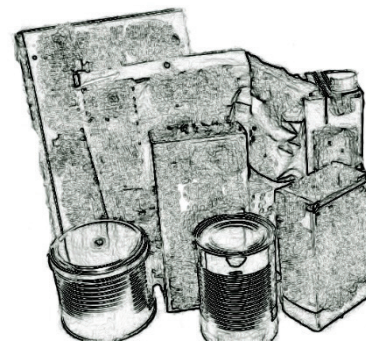


RAW FOODS				
<u>Random d12</u>	<u>Description</u>	<u>Value</u>	<u>Weight/Volume</u>	<u>CAL*</u>
1	Beans	8	1.0 lb/0.45 kg	1300
2	Citrus Fruit	1	1.5 oz/42.5 g	75
3	Fish	5	1.0 lb/0.45 kg	1000
4	Grain	10	1.0 lb/0.45 kg	1500
5	Honey	1	1.0 oz/28.35g	85
6	Leafy Greens	1	4.0 oz/113.4 g	30
7	Pork	7	1.0 lb/0.45 kg	900
8	Poultry	3	8.0 oz/226.8 g	1400
9	Milk	1	1.0 oz/28.35g	100
10	Red Meat	6	1.0 lb/0.45 kg	600
11	Rice	5	1.0 lb/0.45 kg	1600
12	Seasonal Fruit	1	1.5 oz/42.5 g	70

PROVISIONS

Post-Collapse Survivors tend to think of provisions as condiments or seasonings for food. They are often considered extremely optional because they are not always available or easy to come by. Some can be used to mask unpleasant flavors. Others are necessary when Characters and NPCs are preparing structured meals (see: Basic Skill, Cooking I or II).

PROVISIONS				
<u>Random d12</u>	<u>Description</u>	<u>Value</u>	<u>Weight/Volume</u>	<u>CAL*</u>
1	Butter	1	4.0 oz/113.4 g	500
2	Flour	5	1.0 lb/0.45 kg	1600
3	Garlic	8	1.0 lb/0.45 kg	1300
4	Herbs/Spices	3	8.0 oz/226.8 g	1400
5	Hot Sauce	1	1.5 oz/42.5 g	75
6	Onion	4	1.0 lb/0.45 kg	2000
7	Potato	1	1.5 oz/42.5 g	70
8	Pepper	10	1.0 lb/0.45 kg	1500
9	Salt	1	1.0 oz/113.4 g	100
10	Sugar	6	1.0 lb/0.45 kg	600
11	Vinegar	7	1.0 gal/3.79 l	900
12	Yeast	5	1.0 lb/0.45 kg	1000





PRESERVED FOODS

Cooked foods (i.e., baked, dried, canned, pickled, smoked, and/or salted) are edible consumables that have been processed. Survivors often think of these things as part of prepared dishes for dining or to be stored for later use as provisions. Unless stated otherwise by the referee, serving sizes are defined by the table below.

PROCESSED FOODS				
<u>Random d20</u>	<u>Description</u>	<u>Value</u>	<u>Weight/ Volume</u>	<u>CAL*</u>
1	Beef, dried	8	1.0 lb/0.45 kg	1400
2	Beef, smoked	10	1.0 lb/0.45 kg	1600
3	Bread, grain, hard	1	8.0 oz/226.8 g	1400
4	Bread, white, soft	3	8.0 oz/226.8 g	1700
5	Cheese, hard, yellow	2	4.0 oz/113.4 g	500
6	Cheese, soft, white	4	4.0 oz/113.4 g	600
7	Corn meal	5	1.0 lb/0.45 kg	1600
8	Egg, hard-boiled	1	1.5 oz/42.5 g	75
9	Egg, pickled	1	1.5 oz/42.5 g	80
10	Fish, smoked	5	1.0 lb/0.45 kg	500
11	Hardtack	4	1.0 lb/0.45 kg	2000
12	Meat, pickled	10	1.0 lb/0.45 kg	1500
13	Poultry, cooked, chicken	6	1.0 lb/0.45 kg	800
14	Poultry, cooked, quail	8	1.0 lb/0.45 kg	800
15	Poultry, cooked, squab	10	8.0 oz/226.8 g	400
16	Poultry, cooked, turkey	14	1.0 lb/0.45 kg	800
17	Pork, bacon	3	1.0 lb/0.45 kg	700
18	Pork, ham, cured	5	1.0 lb/0.45 kg	600
19	Pork, salted pork	7	1.0 lb/0.45 kg	800
20	Rock candy	1	1.0 oz/113.4 g	100

