

SURVIVE CASCADIA ON \$1.58 A MEAL

This is an example of a survival food cache updated in 2023. It will feed two people for a week. This requires 3 meals a day for 7 days for 2 people which is 42 meals plus snacks. We did not use butter or milk with any dry mix. Liquids from cans were used to hydrate pasta. The challenge was to create an appealing, healthful menu for minimum price. The total price came to \$66.30 or \$1.58 per meal. Listed below is a menu for each day with weight, calories, and price of each item. The shopping list is on the following page.

DAY	ITEM	Weight (oz)	Calories for 2	Calories for 1	Cost for 2	Store
1	Maple & Brown Sugar Oatmeal (2)	2.74	320	160	\$0.80	Walmart
	Original Oatmeal (1)	1.37	100	50	\$0.40	Walmart
	Raisins (2)	2.00	180	90	\$0.76	Walmart
	Chicken Ramen Express Soup (2)	3.00	740	370	\$0.72	Walmart
	Can of Chunk Chicken Breast (1)	7.50	110	55	\$1.34	Walmart
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Alfredo Knorr Pasta (1)	4.40	470	235	\$1.25	\$1 store
	Can of Armour Vienna Bites (1)	10.00	275	137.5	\$1.25	\$1 store
				1797.5	\$9.02	
2	Raisin & Spice Oatmeal (3)	4.11	450	225	\$1.20	Walmart
	Raisins (1)	1.00	90	45	\$0.37	Walmart
	Cocoa Hot Chocolate (2)	2.76	320	160	\$0.62	Walmart
	Mac & Cheese Family size (1)	14.50	1440	720	\$1.25	\$1 store
	Can of Armour Vienna Bites (1)	10.00	275	137.5	\$1.25	\$1 store
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Chicken Knorr Pasta (1)	5.60	600	300	\$1.25	\$1 store
	Can of Chunk Chicken Breast (1)	7.50	110	55	\$1.34	Walmart
				2342.5	\$9.78	
3	Apples & Cinnamon Oatmeal (2)	2.47	260	130	\$0.78	Walmart
	Raisins (2)	2.00	180	90	\$0.76	Walmart
	Cocoa Hot Chocolate (2)	2.76	320	160	\$0.62	Walmart
	Chicken Ramen Express Soup (2)	3.00	740	370	\$0.72	Walmart
	Can of Chunk Chicken Breast (1)	7.50	110	55	\$1.34	Walmart
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Alfredo Knorr Pasta (1)	4.40	470	235	\$1.25	\$1 store
	Can of Tuna (2)	5.00	200	100	\$1.68	Walmart
				1840	\$9.65	
4	Cinnamon & Spice Oatmeal (3)	4.11	510	255	\$1.17	Walmart
	Raisins (2)	2.00	180	90	\$0.74	Walmart
	Can of Chunk Chicken Breast (1)	7.50	110	55	\$1.34	Walmart
	Alfredo Knorr Pasta (1)	4.40	470	235	\$1.25	\$1 store
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Hotter & Spicier Chili Ramen Express (2)	3.00	740	370	\$0.72	Walmart
	Can of Armour Vienna Bites (1)	10.00	275	137.5	\$1.25	\$1 store
				1842.5	\$8.97	
5	Maple & Brown Sugar Oatmeal (2)	2.47	320	160	\$0.78	Walmart
	Original Oatmeal (1)	1.37	100	50	\$0.39	Walmart
	Raisins (1)	1.00	90	45	\$0.37	Walmart
	Cocoa Hot Chocolate (2)	2.76	320	160	\$0.62	Walmart
	Cheddar Broccoli Knorr Pasta (1)	5.70	600	300	\$1.00	Walmart
	Can of Tuna (2)	5.00	200	100	\$1.68	Walmart
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Creamy Garlic Shells Knorr Pasta	4.40	480	240	\$1.32	Walmart

	Can of Armour Vienna Bites (1)	10.00	275	137.5	\$1.25	\$1 store
				1892.5	\$9.91	
6	Apples & Cinnamon Oatmeal (3)	2.47	260	130	\$1.17	Walmart
	Raisins (2)	2.00	180	90	\$0.74	Walmart
	Chicken Ramen Express Soup (2)	3.00	740	370	\$0.72	Walmart
	Can of Chunk Chicken Breast (1)	7.50	110	55	\$1.34	Walmart
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Creamy Garlic Shells Knorr Pasta	4.40	480	240	\$1.32	Walmart
	Can of Tuna (2)	5.00	200	100	\$1.68	Walmart
				1685	\$9.47	
7	Raisin & Spice Oatmeal (1)	1.37	150	75	\$0.39	Walmart
	Cinnamon & Spice Oatmeal (1)	1.37	170	85	\$0.39	Walmart
	Original Oatmeal (1)	1.37	100	50	\$0.39	Walmart
	Raisins (2)	2.00	180	90	\$0.74	Walmart
	Cocoa Hot Chocolate (2)	2.76	320	160	\$0.62	Walmart
	Mac & Cheese Family size(1)	14.50	1440	720	\$1.25	\$1 store
	Can of Armour Vienna Bites (1)	10.00	275	137.5	\$1.25	\$1 store
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Beef Ramen Express Soup (2)	3.00	740	370	\$0.72	Walmart
	Can of Armour Vienna Bites (1)	10.00	275	137.5	\$1.25	\$1 store
				2525	\$9.50	

\$33.15 cost per person per week

\$1.58 cost per person per meal

1,989 calories per person per day

TOTAL COST **\$66.30**

WALMART SHOPPING LIST

QTY	ITEM	COST EACH	STORE	TOTAL
1	Instant Oatmeal, variety pack of 20	\$7.86	Walmart	\$7.86
1	Swiss Miss Marshmallows hot cocoa mix-8	\$2.48	Walmart	\$2.48
2	6 pk raisins	\$2.24	Walmart	\$4.48
2	Knorr Creamy Garlic Shells Knorr Pasta	\$1.32	Walmart	\$2.64

Ramen Noodle Soups

6	Chicken Ramen Express Soup (6)	\$0.36	Walmart	\$2.16
2	Beef Ramen Express Soup (2)	\$0.36	Walmart	\$0.72
2	Hotter & Spicier Chili Ramen Express (2)	\$0.36	Walmart	\$0.72

Canned Meat

5	Can of Chunk Chicken Breast	\$1.34	Walmart	\$6.70
6	Can of Tuna	\$0.84	Walmart	\$5.04

\$1 STORE SHOPPING LIST

QTY	ITEM	COST EACH	STORE	TOTAL
2	Mac & Cheese Family size	\$1.25	\$1 store	\$2.50
3	Alfredo Knorr Pasta (3)	\$1.25	\$1 store	\$3.75
1	Chicken Knorr Pasta	\$1.25	\$1 store	\$1.25
1	Cheddar Broccoli Knorr Pasta	\$1.25	\$1 store	\$1.25
6	Armour Vienna Bites	\$1.25	\$1 store	\$7.50
14	Snack, Mt. Trail Mix	\$1.25	\$1 store	\$17.50
Grand Total				\$66.30