



Compact and portable 72-hour food kit

This kit was designed to be small, kid-friendly, and fit into a one-gallon dry goods container. It can easily be stored in a car or go-bag. The food requires no cooking or heating making it ideal for any situation. While this kit includes some liquids, you should have additional water or liquids available.

Shopping List	Quantity
Think protein bars 2.1 oz	3
granola bars 0.85 oz	2
peanut butter 16 oz jar	1
Slim Jims 0.28 oz	14
Fruit roll-ups 0.5 oz	6
pears 15 oz	1
Nilla wafers 1.0 oz	2
Capri Sun 177ml	3
fork	1
spoon	1
knife	1
hard candy (optional) to fill in space	



Day One				
Breakfast				
	Think bar	1	230	230
	Roll-up	1	50	50
				280
Lunch				
	Peanut Butter	4	190	760
	Slim Jim	2	40	80
				840
Dinner				
	Pears	1	350	350
	Slim Jims	2	40	80
	Roll-up	1	50	50
				480
	Day total			1600

Day Two				
Breakfast				
	Think bar	1	230	230
	Roll-up	1	50	50
				280
Lunch				
	Peanut Butter	4	190	760
	Nilla wafers	1	130	130
				890
Dinner				
	Granola bar	1	100	100
	Slim Jim	4	40	160
	Roll-up	1	50	50
				310
	Day total			1480



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Day Three					Extra Servings	Serv	Calories	Total cal.
Breakfast					Peanut butter	2	190	380
	Think bar	1	230	230	Slim Jims	2	40	80
	Roll-up	1	50	50	Capri Suns	3	60	<u>180</u>
				280				640
Lunch								
	Peanut Butter	4	190	760	Day One			1600
	Nilla wafers	1	130	130	Day Two			1480
				890	Day Three			1480
Dinner					Extra Servings			640
	Granola bar	1	100	100	Total calories in container			5200
	Slim Jim	4	40	160				
	Roll-up	1	50	50				
				<u>310</u>				
				1480				

* Brands and items selected are for demonstration purposes only. Substitute similar items to fit your preferences, tastes and allergy restrictions.

** In an emergency, waste nothing and be resourceful. Be sure to drink the pear juice. You can use the food container to collect rain or other water. You can use the empty pear can to boil and purify water.