

## Food Storage Ideas for up to 3 Weeks - A Few Thoughts On Emergency Food Storage

1. Keep it simple
2. Keep it small
3. Keep it Easy
4. Store only items that you like to eat. In an emergency you will want comfort food
5. Rotate regularly.
6. Eat it up and replace it as you use it
7. Or: Donate food to a food bank, homeless shelter, food care program every year. Set any date you choose to have as the regular date just so you don't forget to do it each year.

Three weeks of food doesn't have to take much space. Options:

1. A suitcase stored in a closet (near a door) filled with easy to prepare and eat items
2. A "Bankers Box" can work nicely.
3. A Five Gallon plastic bucket with a tight fitting lid.
4. Make space to store in your kitchen cupboard. Don't forget a can opener, plates and flatware and a drinking cup.

21 days of three meals per day could be as simple as:

A variety of granola bars and plenty of water to drink.

Three Weeks of ready to eat meals can be purchased in sealed container. Shelf life varies can be up to 25 years. Store in a handy place. Your done! (But be sure you would want to eat what's in the container before you purchase). Check dates and rotate as needed.

21 days of food you normally might choose to eat everyday or at least weekly.

Make up a sample menu for a few days and fill up the week by repeating every say three days.

### **Breakfast**

Granola Bar

Oatmeal, sugar/honey

Apple Sauce

Fruit

Hot Chocolate/Coffee

Milk or Powdered Milk

Nut butter on cracker mixed with water

## **Lunch or Dinner:**

Canned Soup

Crackers and Peanut Butter

Stew/Chill (canned) 1/2can

Apple Chips 1 oz

Mandarin Oranges

Hot Chocolate 2Tb. dry

Crackers

Canned Tuna mixed with Rice and Lentils (Packet)

Noodles and tomato sauce

Corn

Green beans

Fruit drinks

Canned Beef, carrots

Refried Beans (reconstituted)

Mashed potatoes

Taco sauce

Crackers and canned pears

Tortilla chips?

Fruit Drink

Rice

Do we have to eat it Cold? NO!

Heat/Cook food in a Solar Oven! Can be purchased or easily made at home with simple items you probably already have on hand. (Possible class in the making).

Water! A Must! A small water filtration kit can serve as your drink container as well. Many will filter 100 gallons of the worst water. One Gallon per day per person is about right. Replace at least once a year.

Don't Forget Your Medicine/ Vitamins Etc. Ask Your Doctor for an extra three weeks of medicine for your emergency pack. Or order asap and store up until you have three weeks ahead.

Remember the pet(s). Food, water and meds.bed, blanket,Crate. Etc.