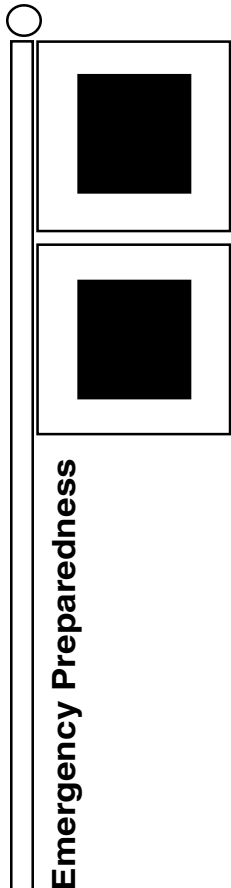


SUGGESTED THREE-DAY EMERGENCY MEAL KIT FOR A FAMILY OF FOUR



REMINDER: Always heed an agency warning to evacuate an area.

PREPAREDNESS: Earthquakes, hurricanes, industrial accidents, floods, and power outages can occur with little or no warning, threatening lives, families, and homes. Survivors often become isolated in their homes without utilities, refrigeration, communication, or transportation. Self-sufficiency is the key to survival until outside assistance arrives. Having available an emergency meal kit, stocked with ready-to-eat food that does not require refrigeration or cooking, is an important part of self-sufficiency.

THREE-DAY EMERGENCY MEAL KIT

WATER: 10 gallons drinking water or enough to reconstitute at least 4 quarts of dry milk per day for at least a week - and for other drinking purposes.

FOOD ITEMS:

- 12 one-quart instant dry milk envelopes
- 9 to 12 shelf-stable container main-dish item
- 6 15-ounce containers vegetable
- 3 15-ounce containers fruit
- 3 36-ounce container fruit juice
- 3 9-ounce boxes enriched dry breakfast cereal
- 3 4-serving size packages instant pudding
- 2 16-ounce packages enriched saltine crackers
- 2 16-ounce packages graham crackers

OTHER ITEMS:

Candles	One-quart container
Can opener, hand operated	Paper plates, cups,
Dish cloths	bowls, and napkins
First-aid kit	Paper towels
Flashlight and extra batteries	Eating utensils
Large mixing bowl and spoon	Sharp knife
Battery radio and extra batteries	Soap
Matches in a water-tight container	

Store all non-food items in a plastic dishpan.

STORAGE: Double-fold all meal-kit food items in an unused plastic trash bag and tie tightly to seal. Place the sealed bag and dishpan containing the non-food items into a new plastic barrel, close, and store in an accessible area above flood-water level.

EMERGENCY MEAL-KIT ITEMS -- POSSIBLE FOODS

Most canned foods can be safely stored for up to one year, and freeze-dried and dehydrated foods remain wholesome indefinitely, if kept dry. Choose foods which can be stored at room temperature and are edible without heating.

MAIN-DISH ITEMS

Beef chili with beans	Chopped ham	Pork and beans
Beef ravioli	Chow mein	Macaroni and cheese
Beef stew	Corned beef	Re-fried beans
Beef tamales in sauce	Corned beef hash	Salmon
Beef taco filling	Creamed chipped beef	Sardines
Blackeyed peas	Deviled ham	Soups, all varieties
Boned chicken	Dehydrated beef	Spaghetti and meatballs
Chicken a la king	Ham	Tuna
Chicken and dumplings	Lasagna	Vienna sausages

VEGETABLES

Potato salad	Hominy	Spinach
Beans, all types	Mixed vegetables	Squash
Bean salad	Okra with tomatoes	Sweet cucumber chips
Carrots	Tomatoes	Sweet potato or yam
Corn	Pickled vegetable mix	Turnip greens

FRUITS AND JUICES

Applesauce	Fruit juices	Plums
Apricots	Fruit pie fillings	Prunes
Blackberries	Grapefruit sections	Raspberries
Blueberries	Mandarin oranges	Spiced pears
Figs	Peaches	Vegetable juices
Fruit cocktail	Pears	

DEHYDRATED FOODS (Requiring only water or reconstituted milk)

Instant breakfast	Instant puddings	Instant tea
Instant beverage mixes	Instant coffee	Instant non-fat dry milk powder
Instant chocolate milk		

READY-TO-EAT FOODS

Bread sticks	Graham crackers	Raisins
Catsup	Evaporated milk	Salt, pepper
Cookies	Pie crusts	Snack crackers
Beef jerky	Mustard	Spanish peanuts
Dried fruits	Packaged taco shells	Sugar, honey
Dry cereals	Peanut butter	Vinegar
Saltine crackers	Preserves, jams, jellies	

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