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Sample Menus for Emergencies

Menus for a family of 4 for 3 days

This will give you an idea of what a 3-day supply of shelf-stable foods for a family of 4 may look like. It is based on the USDA Dietary Guidelines 2005. If this example contains foods you don't like, substitute foods you do like, in the same food group.

Day 1	Item	1 person	Family of 4
Breakfast	Instant oatmeal	1 packet	4 packets
	Raisins	1 tbsp	4 tbsp
	Milk	4 fl oz	16 fl oz
	Orange juice	8 fl oz	32 fl oz
	Banana	1	4
Lunch	Bread, whole wheat	2 slices	8 slices
	Ham	2 slices	8 slices
	Cheese	2 slices	8 slices
	Mustard	1 tbsp	4 tbsp
	Mayo	1 tbsp	4 tbsp
	Tomato	2 slices	8 (1 large tomato)
	Lettuce	2 slices	8 (¼ lettuce)
	Chips, baked	1 oz	4 oz.
	Baby carrots	½ cup	2 cups (1 bag)
	Apple	1	4
Grape juice	8 fl oz	32 fl oz	
Snack	Chocolate chip cookies	2	8
	Low-fat milk	8 fl oz	32 fl oz
Dinner	Tilapia bake		1 recipe
	Piece of fresh fruit	1	4
	Water	8 fl oz	32 fl oz
Snack	Pretzels	1 oz	4 oz

Day 2	Item	1 person	Family of 4
Breakfast	Dry cereal	1 oz	4 oz
	Low-fat milk	8 fl oz	32 fl oz
	Orange	1	4
Lunch	Tuna sandwich		12 oz can tuna 4 tbsp mayo 3 tbsp pickle relish 8 slices of bread
	Apple juice	8 fl oz	32 fl oz
	Celery sticks	½ cup	2 cups
Snack	Graham crackers	1 oz	4 oz
	Low-fat milk	8 fl oz	32 fl oz
Dinner	One pot pork chops	1 serving	1 recipe
	Corn chips	1 oz	4 oz
	Water	8 fl oz	32 fl oz
Snack	Peanuts	1 fruit	4 fruits

Day 3	Item	1 person	Family of 4
Breakfast	Hard cooked egg	1	4 eggs
	Skillet toast	2 slices	8 slices
	Low-fat milk	8 fl oz	32 fl oz
	Banana	1	4 bananas
Lunch	Peanut butter and jelly sandwich	1 sandwich	8 slices of bread 8 tbsp peanut butter 8 tbsp jelly
	Grape juice	8 fl oz	32 fl oz
	Apple	1	4
Snack	Fresh fruit	1 oz	4 oz
Dinner	Chicken stew	1 serving	1 recipe
	Bread or rolls	1	4
	Juice	8 fl oz	32 fl oz
	Cookies	2	8
Snack	Trail mix	1 serving	4 servings

Grocery List

Date: _____

You can use this Grocery List to help you keep track of the things you need to buy.

Spices, Herbs and Condiments:
 Mustard
 Mayonnaise
 Bouillion cubes
 Salt
 Pepper
 Onion flakes
 Garlic flakes
 Taco seasoning mix
 Bay leaves
 Peppercorns
 Chicken stock
 Beef stock
 Poultry seasoning
 Thyme
 Bay leaves
 Rosemary leaves
 Parsley leaves
 Celery salt
 Enchilada sauce
 Vegetable oil
 Vinegar

Done?	Produce	Quantity/person	Quantity/family
	Oranges		
	Apples		
	Onion		
	Garlic		
	Squash/Zucchini		
	Potatoes		
	Carrots		

Done?	Dairy	Quantity/person	Quantity/family
	Skim Milk		
	Powdered Milk		
	Evaporated Milk		
	Low Fat Cheese		
	Eggs		

Done?	Meat	Quantity/person	Quantity/family
	Canned beef		
	Canned chicken		
	Comed beef		
	Canned tuna		
	Peanut butter		
	Canned beans		

Done?	Grains	Quantity/person	Quantity/family
	Dried cereal		
	Instant rice		
	Instant oatmeal		
	Crackers		
	Cereal bars		
	Bread		

Done?	Soup	Quantity/person	Quantity/family
	Canned		
	Dry mix		

Done?	Snacks	Quantity/person	Quantity/family
	Dried Fruit		
	Pretzels		
	Canned fruit		
	Popcorn		

Done?	Drinks	Quantity/person	Quantity/family
	Juice		
	Coffee		
	Tea		
	Water		

Done?	Supplies	Quantity/person	Quantity/family
	Paper plates		
	Napkins		
	Garbage bags		
	Paper towels		
	Detergent		



Plan on 1 gallon of water per day, per person, for drinking, cooking and personal hygiene.

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