

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 |
| Dinner | Low-fat milk | 8 fl oz | 32 fl oz |
| | One pot pork chops | 1 serving | 1 recipe |
| | Corn chips | 1 oz | 4 oz |
| Snack | Water | 8 fl oz | 32 fl oz |
| | 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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 Pub. 2949-U (online only) 6/09
 Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.