



## SAMPLE Meal Plan

Here's a sample emergency meal plan for a family of four for three days, designed with non-perishable items and minimal cooking. This plan assumes access to clean drinking water. If not, bottled water should be included in your emergency supplies.

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### Emergency Meal Plan: 3 Days for a Family of 4

#### General Considerations:

- **Water:** This plan assumes you have access to clean drinking water for hydration and any rehydration needs (e.g., instant oatmeal, powdered milk). Store at least 1 gallon per person per day.
  - **Cooking:** Many items can be eaten cold. For hot meals, consider a small camping stove with fuel, a solar oven, or even a can of Sterno.
  - **Utensils/Dishes:** Keep disposable plates, cups, and cutlery on hand to conserve water for washing.
  - **Can Opener:** A manual can opener is essential!
  - **Nutrition:** While this plan focuses on calories and basic sustenance, remember that fresh fruits and vegetables are not feasible in a long-term emergency. A multivitamin can help fill gaps.
  - **Comfort Foods:** A few treats (candy, cookies, hot chocolate mix) can boost morale.
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## Day 1

- **Breakfast:**
    - Instant Oatmeal (individual packets)
    - Shelf-stable Milk (individual boxes or powdered milk reconstituted with water)
    - Dried Fruit (raisins, cranberries)
    - *Preparation:* Boil water for oatmeal (if possible), or eat oatmeal plain with milk.
  - **Lunch:**
    - Canned Tuna or Chicken (in water or oil)
    - Hardtack or Crackers
    - Mustard or Mayonnaise packets (if available and stored)
    - *Preparation:* Mix tuna/chicken with mustard/mayo and serve on crackers.
  - **Dinner:**
    - Canned Chili or Stew (hearty, single-can meal)
    - Cornbread Mix (requires water and cooking, or use ready-to-eat hardtack)
    - *Preparation:* Heat chili/stew if possible.
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## Day 2

- **Breakfast:**
    - Breakfast Bars or Granola Bars
    - Fruit Cups (individual, in juice)
    - Shelf-stable Juice Boxes
  - **Lunch:**
    - Peanut Butter and Jelly Sandwiches (on shelf-stable bread or crackers)
    - Pretzels or trail mix
    - *Preparation:* Assemble sandwiches.
  - **Dinner:**
    - Canned Pasta (e.g., spaghetti-os, ravioli)
    - Canned Green Beans (drained)
    - *Preparation:* Heat pasta if possible.
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## Day 3

- **Breakfast:**
    - Dry Cereal (individual boxes or small bags)
    - Shelf-stable Milk
    - Dried Fruit
  - **Lunch:**
    - Canned Sardines or Smoked Oysters (good source of protein and fat)
    - Hardtack or Crackers
    - *Preparation:* Serve sardines/oysters on crackers.
  - **Dinner:**
    - Hearty Chicken Noodle Soup (canned or dehydrated mix that just needs hot water)
    - More Hardtack or Crackers
    - *Preparation:* Heat soup if possible.
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### **Emergency Stocking List (Quantities for 3 Days / 4 People):**

12 Gallons Great Value water - \$16.44

**Sterno Fuel Cans 2 pack (6.5 hr total burntime) x2 - \$ 12.96** or -

Small butane camping stove - \$22.89

Can Opener - \$3.97

Cookies - \$2.68

Great Value Hot Cocoa Mix - \$5.22

- **Proteins:**

- Canned Tuna/Chicken (6-8 cans)
  - Great Value Canned tuna (4) \$3.62
  - Great Value Canned Chicken (4) \$8.97
- Canned Chili/Stew (3-4 large cans)
  - Hormel Chili with Beans x 2 (38 oz) \$10.76
  - Dinty Moore Beef Stew x 2 (38 oz) \$ 11.88
- Canned Pasta (3-4 large cans)
  - 8 cans Great Value Spaghetti rings w/ meatballs \$8.64
- Peanut Butter (1-2 jars)
  - Great Value Peanut Butter (64 oz) \$6.47
- Canned Sardines/Smoked Oysters (2-4 cans) or Corned Beef
  - Great Value sardines x 6 packs - \$6.36
  - **Libby's Corned Beef x 4 - \$19.88 or Spam x 4 \$15.52**
- Chicken Noodle Soup (3-4 cans or pouches)
  - Great Value Hearty Chicken Noodle Soup ( 18.6 oz) x 4 \$6.08

- **Grains/Starches:**

- Instant Oatmeal Packets (12-16 packets)
  - Great Value Box of 20 \$3.72
- Hardtack/Crackers (2-3 large boxes/sleeves)
  - Great Value Saltines 3 Boxes \$5.52
- Granola Bars/Breakfast Bars (12-16 bars)
  - Great Value Crunchy Granola Bars 3 boxes (18) \$6.84
- Shelf-stable Bread (if available, 1-2 loaves)
  - Great Value Bread x 2 \$2.84
- Dry Cereal (2 small boxes/bags)
  - Great Value Toasted O's & Raisin Bran \$4.43

- **Fruits/Vegetables:**

- Dried Fruit (1-2 bags)
  - Great Value Raisins & Great Value Mango \$7.50
- Fruit Cups (8-12 individual cups)
  - Great Value Cherry Mixed Fruit (12) \$7.24
- Canned Green Beans (2-3 cans)
  - Great Value Green Beans x 3 cans \$2.28

- **Drinks:**
  - Shelf-stable Milk (12-16 individual boxes or 1 large box powdered milk)  
Great Value Instant Dry Milk (32 servings) \$8.86
  - Juice Boxes (8-12 boxes)  
Juicy Juice 100% juice 32 count - \$11.98
  - Coffee/Tea (instant packets)  
Great Value instant coffee (12 oz) \$7.24  
Great Value Tea bags (100 ct) \$2.18
- **Condiments/Extras:**
  - Jelly/Jam (1 small jar or individual packets)
    - Great Value Grape Jelly - \$2.74
  - Salt, Pepper
    - Great Value Salt & Pepper shakers - \$1.94
  - Honey/Sugar (packets)
    - Great Value Honey (12oz) \$3.74
    - Domino Sugar Packets (100 ct) \$3.12
  - Multivitamins  
Equate Complete Multivitamin (200 ct) \$9.77

**Grand Total \$233.89 as of (8/29/2025) Walmart pricing**