

Recommended Food Amounts for **THREE DAY EMERGENCY FOOD BASKETS** To Provide Basic Nutrition

PROTEIN

Choose one item below	FAMILY SIZE MODIFICATIONS				
	1	2	3 or 4	5 or 6	7 or 8
Canned tuna or other canned meat	1 can	1 can	2 cans	3 cans	4 cans
Fresh meat ground beef ground turkey chicken hot dogs	1/2 lb	1 lb	1 lb	2 lbs	2 lbs
Add one item below					
Peanut butter	1 jar	1 jar	1 jar	1 jar	2 jars
Eggs	1/2 doz	1/2 doz	1/2 doz	1 doz	1 doz
Dried beans or canned beans	1 lb 1 can	1 lb 1 can	1 lb 1 can	1 lb 2 cans	2 lbs 2 cans
Cheese	1/2 lb	1/2 lb	1 lb	1 lb	1 1/2 lbs

NOTE: Canned soups and stews do not substitute equally for prepared meals.

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GRAINS

Always include	FAMILY SIZE MODIFICATIONS				
	1	2	3 or 4	5 or 6	7 or 8
Bread or buns	1 loaf	1 loaf	2 loaves	2 loaves	3 loaves
Cereal	1 box	1 box	1 box	2 boxes	2 boxes
Choose one item below					
Macaroni	1 lb	1 lb	1 lb	2 lbs	2 lbs
Rice	1 lb	1 lb	1 lb	1 lb	2 lbs
Pasta	1 lb	1 lb	1 lb	2 lbs	2 lbs
Add one item below					
Crackers	1 pkg	1 pkg	2 pkgs	2 pkgs	2 pkgs
Corn meal	5 lbs	5 lbs	5 lbs	5 lbs	5 lbs
Flour	5 lbs	5 lbs	5 lbs	5 lbs	10 lbs

NOTE: Assume package of crackers to be 1/3 of whole box of crackers. One whole box of crackers could be substituted for one loaf of bread.

Cereal may be ready-to-eat or to-be-cooked like oatmeal for example.

Use whole grain breads, cereals and crackers when possible.

FRUITS & VEGETABLES

Choose at least one	FAMILY SIZE MODIFICATIONS				
	1	2	3 or 4	5 or 6	7 or 8
Canned fruit	1 can	2 cans	3 cans	4 cans	4 cans
Canned juice or frozen concentrate	1 can	1 can	1 can	2 cans	2 cans
Add one item below					
Vegetables	2 cans	2 cans	3 cans	5 cans	6 cans
Tomatoes	1 can	1 can	1 can	2 cans	2 cans
Tomato sauce	1 can	1 can	2 cans	3 cans	4 cans
Potatoes (optional)	2	2	4	6	8

NOTE: Use fresh fruits and vegetables when possible, especially dark green leafy vegetables and include a variety of selections. Assume can size is 16 ounces except for tomato sauce which would be 8 ounces and frozen juice which would be 12 ounces. Juice should be 100% juice, citrus or Vitamin C fortified.

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DAIRY

	FAMILY SIZE MODIFICATIONS				
	1	2	3 or 4	5 or 6	7 or 8
Fluid milk or	1/2 gal	1 gal	2 gals	2 gals	3 gals
Combination of Fluid milk and Dry milk or	1/2 gal	1/2 gal & 3 cups	1 gal & 5 cups	1 gal & 5 cups	2 gal & 5 cups
Combination of Fluid milk and Cheese	1 qt 4 oz	1/2 gal 8 oz	1 gal 1 lb	1 gal 1 lb	2 gal 2 lb

NOTE: Cheese may be substituted for part of milk when available.

MISCELLANEOUS

As available	FAMILY SIZE MODIFICATIONS				
	1	2	3 or 4	5 or 6	7 or 8
Cream soup	1 can	1 can	2 cans	2 cans	2 cans
Other soup or stew	1 can	1 can	2 cans	2 cans	3 cans
Pudding	1 box	1 box	1 box	2 boxes	2 boxes
Margarine	1 stick	2 sticks	3 sticks	1 lb	1 lb

NOTE: Assume soup can size to be 10 3/4 ounces. Assume pudding mix size to be 3 1/2 ounces.

Other Food Items as Available

cooking oil
 salad dressing
 salt, sugar, baking powder
 spices, onion, bouillon
 raisins, popcorn
 jelly, jam, honey, syrup
 tea, coffee, hot chocolate
 dessert mixes
 baby food
 canned milk
 pancake mix

Other Non-Food Items as Available

toilet paper
 bar soap
 toothpaste

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Three Day Supply of
FOOD FOR ONE INFANT
 (approximate)

	0-4 months	4-6 months	6-12 months
Iron-fortified formula	63-72 oz RTF*	72-96 oz RTF*	72-96 oz RTF*
or	3 cans 13 oz concentrate	4 cans 13 oz concentrate	4 cans 13 oz concentrate
or	1/2 can 16 oz powder	1 can 16 oz powder	1 can 16 oz powder
Iron-fortified infant cereal	none	8 oz box	8 oz box
Fruit	none	none	4-6 jars 4.5 oz size
Vegetable	none	none	4-6 jars 4.5 oz size
Juice	none	none	8-18 oz
Protein food	none	none	2-3 jars meat/ meat dinner (2.5 oz jars)

RTF* - Ready-to-Feed

NOTE: Less formula needed if breastfed. All amounts are approximate.