

# Sample 2-Week Emergency Food for One Adult @ 2,100 calories per Day

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CALORIE CALCULATOR			
Family Member	Calories per Day	x Days	Calories Needed
Adult/Child 11+, Moderate activity	2,100	14	29,400
Child 2-5 years	1,400	14	19,600
Child 6-8 years	1,600	14	22,400
Child 9-10 years	1,800	14	25,200
Active adult	3,000	14	42,000
Active teen boy	3,200	14	44,800

## BREAKFAST

Food	Amount	Calories	Expiry Date
Cereal	32oz	2700	YYYY-MM-DD
Quick-cooking oats	8oz	850	YYYY-MM-DD
Dried fruits	2oz	200	YYYY-MM-DD
Powdered milk	14oz	2000	YYYY-MM-DD

## LUNCH

Food	Amount	Calories	Expiry Date
Canned soups	8 (15oz) cans	1600	YYYY-MM-DD
Canned chili	2 (15oz) cans	1300	YYYY-MM-DD
Croutons	12oz	1450	YYYY-MM-DD
Peanut butter	8oz	1300	YYYY-MM-DD
Crackers	16oz	1800	YYYY-MM-DD
Canned ravioli	2 (15oz) cans	850	YYYY-MM-DD

## DINNER

Food	Amount	Calories	Expiry Date
Instant rice	14oz	1450	YYYY-MM-DD
Pasta	16oz	1600	YYYY-MM-DD
Instant mashed potatoes	8oz	850	YYYY-MM-DD
Canned chicken	3 (12oz) cans	800	YYYY-MM-DD
Canned tuna in oil	3 (5oz) cans	500	YYYY-MM-DD
Canned tomatoes	3 (15oz) cans	300	YYYY-MM-DD
Canned corn	3 (15oz) cans	650	YYYY-MM-DD
Canned carrots	3 (15oz) cans	200	YYYY-MM-DD
Canned beans	3 (15oz) cans	1150	YYYY-MM-DD
Cheese powder mix	16oz	2250	YYYY-MM-DD
Gravy mix	2oz	150	YYYY-MM-DD
Seasoning mixes	2 packets	*	YYYY-MM-DD
Condiments	14 packets	*	YYYY-MM-DD

SNACKS			
Food	Amount	Calories	Expiry Date
Granola bars	24 bars	2300	YYYY-MM-DD
Cheese crackers	12oz	1600	YYYY-MM-DD
Peanut butter cookies	12oz	1600	YYYY-MM-DD

2 WEEK TOTAL			
Food	Amount	Calories	Expiry Date
		29,450	