

# Emergency Food Planner Workbook

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## Intro

Storing food is one of the first steps in getting prepared for emergencies. While everyone has different dietary needs, tastes, and preferences, we hope that the worksheets and information in this guide will help you figure out your family's food needs, determine how to store it, and stay organized.

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## How Much Food Do You Need?

Emergency organizations like the Red Cross and FEMA recommend having *at least* a two-week supply of food at home in case an emergency strikes. However, recent disasters have shown us that emergencies can last much longer than this. Aim to build a three-month supply of food and then build up to a year's worth – if not more.

## How Many Calories Per Day?

The World Health Organization recommends stockpiling 2,100 calories of food per day for emergency preparedness. This is how much an average adult doing light activity would require.

If the emergency involves you sitting around your home not doing very much, you might not need this much food (though you might end up eating much more due to boredom snacking). By contrast, you might need many more calories if you have to do strenuous physical activity. The body will also use more calories per day to stay warm in cold weather.

Below are general guidelines to help you with planning your food supply. Note that guidelines vary between health organizations. There's also issues like the fact that kids are often picky eaters and some food may be wasted. To play it safe, use a higher calorie amount per day when planning your food supply.

Age/Group	Calories Per Day
Adults and Children 11+	2,100
2-5 years	1,400
6-8 years	1,600
9-10 years	1,800
Highly active adult	3,000
Active teen boy	3,200

## Two-Week Food Supply

Your two-week food supply is meant for short-term emergencies, such as power outages or getting snowed-in during a blizzard. It's what you will eat after emptying out the food in your fridge, freezer and pantry.

### What to Store

When planning what foods to store, think about what it might be like to prepare food during an emergency. You'll want to choose foods which are easy to make, even without electricity or a working stove. These include:

#### Foods which Don't Require Cooking

It is often very inconvenient to cook food during emergencies. In some cases, like a suspected gas leak, it might also be *unsafe* to cook. For this reason, make sure you have a lot of foods which don't require cooking at all, such as canned meals. There are some instant meals which come in self-heating packaging.

Some foods can even be made with "cold soaking," meaning you soak them in water to soften them. Ramen, couscous, and instant potatoes are examples of foods which can be cold-soaked. By contrast, pasta and rice must be cooked to make the proteins digestible.

If you do include foods which require cooking, make sure they are at least *fast-cooking*. For example, instant rice only requires 5 minutes of cooking whereas brown rice needs 40+ minutes. You'll also need an emergency stove, such as a small gas camping stove, for cooking. For more, see our [guide to emergency stoves](#).

### **Warning!**

Never try to cook indoors over a charcoal grill or use stove which isn't rated for indoor use; carbon monoxide poisoning can occur.

## Emergency Meals

Freeze-dried meals and "backpacking meals" are any easy meal solution for emergencies. Just bear in mind that most of these require some cooking, so you will need to have a stove. Pay attention to the protein content when choosing meals; the cheap brands often skimp on protein and are nothing more than glorified instant rice.

For more information, read this article on the [best emergency food brands](#).

## Canned Goods

Canned foods are great for emergency preparedness because they are cheap and don't require special storage. Cans are also virtually indestructible and will even survive hurricanes and earthquakes.

Consider getting some "luxury" canned meals. I personally love peppers and vine leaves stuffed with rice, both of which can be found canned. On the times we've had to tap into our emergency food supply, my family was thrilled to have olives, pesto and various spreads to eat. It helps morale and sure beats snacking on peanut butter and crackers for days on end!

### **Tip:**

Don't forget to store a manual can opener with your emergency foods.

## Convenience Foods

Foods like chips, cookies, crackers and cereal are great to snack on during power outages when you can't be bothered to prepare a proper meal. Snacking also helps pass the time and keeps kids calm.

## Breakfast, Lunch and Dinner Foods

You probably don't want to eat canned soup for breakfast, lunch and dinner. So make sure to plan foods for each meal. In a 2,100 calorie per day diet, calories-per-meal breaks down to:

- Breakfast: 400 calories
- Snacks: 400 calories
- Lunch: 600 calories
- Dinner: 700 calories

## FOODS FOR 2-WEEK EMERGENCY SUPPLY

- Crackers
- Oatmeal
- Cereal
- Pasta
- Croutons
- Instant rice
- Instant mashed potatoes
- Ramen
- Couscous
- Powdered milk
- Shelf-stable/boxed milk
- Canned food
  - Fruits
  - Vegetables
  - Soups and stews
  - Chili
  - Ravioli
  - Spaghetti
  - Tuna
  - Meats
  - Beans
  - Olives
- Jams and jellies
- Beef jerky
- Nuts and seeds
- Instant hummus mix
- Dried fruit
- Chips
- Pretzels
- Granola and protein bars
- Breakfast shakes
- Juice boxes
- Powdered drink mixes
- Salsa and dips
- Pesto and spreads
- Powdered sauce and gravy packets
- Meals in self-heating packaging
- Emergency/backpacking meals
- Condiments like ketchup and mayo packets

# Long Term Food Supply

Your long-term food stockpile is meant for larger disasters where food might not be available or it might not be safe to leave your home. You'll need to cook most of these foods, so you'll also need an emergency stove and fuel as well as water stockpiled.

## What to Store

Your long-term food stockpile will look quite different than your two-week supply. While you can include some canned goods in your long-term stockpile, it simply isn't practical to store a year's worth of canned foods. It would come out to around 1,000 cans per person! Convenience foods like chips and cookies also take up a lot of space, so aren't practical to store. Even if storage space isn't an issue, most canned and convenience foods contain copious amounts of sodium and sugar, which could cause health issues over a long period of time.

You might include some freeze-dried emergency meal pouches in your stockpile. These are convenient and make planning easier. However, it can be expensive to stockpile enough meals for an entire family and many of these meals also contain unhealthy amounts of sodium.

Thus, **your long-term food supply will mostly consist of non-perishable dry staples like beans, flour, and freeze-dried fruits and vegetables.** You'll also need staples for cooking and baking as well as "luxury" and "comfort" foods.

## Planning Your Long-Term Food Supply

Your long-term food storage should be based on the food groups, making sure to include the right number of servings per day from each food group. This approach ensures you have a balanced food supply. Otherwise you risk ending up getting stuck with 50lbs of pasta but nothing to put on it, or some other unbalanced food supply.

The following tells you how many servings you need per day and gives examples of a serving size. You'll notice that serving sizes are actually pretty small.

Food Group	Servings Per Day	Example of Serving	Calories Per Day
Carbohydrates	6	¼ cup uncooked oats 1oz. uncooked pasta 1/3 cup potato flakes	600
Vegetables	5	½ cup canned veggies ¼ oz. freeze-dried veggies	50-300
Fruits	4	½ cup canned fruit 1/4oz. freeze-dried fruit	240-400
Dairy	3	1 cup milk 1oz. freeze-dried cheese	300-500
Protein	2-3	3oz. canned meat ¼ cup cooked beans 1oz. nuts or seeds 1 Tbsp. peanut butter	190-500
Oils/Fats	2-3	1 Tbsp. vegetable oil	220-360

## Family Food Needs Calculator

This calculator is based on the average weights of a serving size. It should give you a fairly accurate idea of how much food to store from each group. It's still advised that you tally up calories when filling in your food inventory spreadsheet, especially since some foods within the same group can have significantly more or fewer calories than others.

Family Food Needs Calculator								
Family Member	Calories per day	Calories per 30 days	Grains per 30 days	Proteins per 30 days	Fruits & Veg per 30 days (freeze-dried)	Dairy per 30 days (dry)	Fats/Oils per 30 days	Sweeteners per 30 days
Adult/Child 11+, Moderate activity	2,100	63,000	10.25lbs	8lbs	4.2lbs	6lbs	4.7 cups	1.5lbs
Child 2-5 years	1,400	42,000	6.9lbs	5.4lbs	2.8lbs	4lbs	3 cups	1lb
Child 6-8 years	1,600	48,000	7.8lbs	6lbs	3.2lbs	4.6lbs	3.6 cups	1.1lbs
Child 9-10 years	1,800	54,000	8.8lbs	6.9lbs	3.6lbs	5.2lbs	4 cups	1.3lbs
Active adult	3,000	90,000	14.7lbs	11.4lbs	6lbs	8.6lbs	6.7 cups	2.1lbs
Active teen boy	3,200	96,000	15.6lbs	12.2lbs	6.4lbs	9.2lbs	7.2 cups	2.3lbs

<b>My Family's Needs:</b>								
<b>Goal Amount:</b>								

## LONG-TERM EMERGENCY FOODS TO STOCKPILE

### Carbohydrates

- Pastas
- Rice
- Flour
- Oats
- Potato flakes
- Whole grains
- Ramen
- Cereal
- Crackers
- Hardtack
- Quinoa
- Cornmeal
- Tapioca
- Bread crumbs

### Proteins

- Beans
- Lentils
- Freeze-dried meat
- Tuna in cans or pouches
- Meat in cans or pouches
- Freeze-dried egg
- Freeze-dried bean powders
- Nuts and seeds
- Peanut butter
- Jerky
- Pemmican

- Textured vegetable protein (TVP)

- Silken tofu, boxed
- Protein powders

### Dairy

- Cheese powder
- Milk powder
- Whey powder
- Fortified dairy-alternatives

### Fruits and Vegetables

- Freeze-dried fruits and vegetables
- Dehydrated fruits and vegetables
- Pickled vegetables
- Jams and jellies
- Greens powder

### Oils/Fats

- Vegetable oils
- Lard
- Shortening

### Sweeteners

- Sugar
- Honey
- Molasses
- Maple syrup
- Corn syrup

### Baking

- Baking soda
- Baking powder
- Cacao
- Egg replacer
- Dry yeast

### Other

- Vinegar
- Salt
- Herbs and seasonings
- Bouillon
- Coffee
- Tea
- Chocolate
- Snack foods
- Candies
- Gelatin
- Drink powders
- Alcohol/beer
- Multivitamins
- Condiments
- Nutritional yeast
- Seeds for sprouting/growing

# Emergency Meal Ideas

\*Use canned fruits, vegetables and meats for short-term emergencies; choose freeze-dried for long-term emergencies.

## Breakfast

- Cereal with milk (from powdered)
- Oatmeal with dried fruit
- Instant breakfast shakes
- Protein bars
- Scrambled freeze-dried eggs

## Lunch

- Peanut butter and crackers
- Soup with croutons
- Tortilla chips with salsa and instant bean dip
- Canned ravioli
- Crackers and instant hummus

## Dinner

- Instant mashed potatoes with vegetables and gravy mix
- Couscous with sun-dried tomatoes and chickpeas
- Ramen with chicken and mushrooms
- Tuna salad with vegetables and mayo
- Instant rice with meat and vegetables
- Quinoa with beans and corn
- Pasta with tomato powder, TVP and cheese sauce
- Rice noodle soup with silken tofu and mushrooms
- Polenta with black beans, zucchini and cheese sauce

# Storage Methods

Food goes bad because of exposure to: Oxygen, heat, light, moisture, insects and pests, and physical damage (such as falling debris or exposure to flood water). To make sure your emergency food doesn't go bad, you'll need to package it in a way which protects from *all* of these things. Here is how you should store your emergency foods to keep them safe.



## Canned and Jarred Foods

Canned foods should be stored in a cool, dark place. Jarred foods should be kept in earthquake-proof shelving. Metal cans should always be kept off the floor and away from exterior walls to prevent corrosion. It's recommended that you rotate your canned goods so the oldest items are used first.

**Tip:** Labels sometimes come off cans, leaving you to guess what's inside. Wrap a piece of clear packing tape around the label to protect it.

Contrary to what most people think, there are no federal laws about expiration dates on canned food. The "best by" or "use by" dates you see on commercially canned goods are arbitrary and put there by manufacturers. Studies have found that undamaged canned goods are safe to eat long after their best by date. However, levels of nutrients might decline and some foods can get mushy.

Likewise, there's no consensus on the shelf-life of home-canned foods. Most say to eat them within a year of canning for best quality, but acknowledge that the foods are probably safe to eat long after a year.

It's up to you whether you want to eat canned foods after their best-by date. However, you should never eat food from a damaged can; air can get into the food and cause spoilage. Or, in instances where food was canned improperly, botulism poisoning can occur. If you are interested in canning your own food, see these [water-bath canning instructions](#) and [best pressure canners](#).

Signs Canned Food Has Gone Bad	
Exterior Signs	Interior Signs
The sides of the can or its lid are bulging	There are small bubbles in the liquid inside the can
The can is rusty or corroded	Bad odors
The can is leaking food	The food has become mushy
	The liquid is cloudy
	The contents explode after the can is opened

## Dry Staples

Dry staples include foods like flour, whole grains, dry beans, and powdered milk. Even though these are considered "non-perishable", they can still go bad. One common problem is that insects get into the food. Dry staples are also very susceptible to physical damage during natural disasters like flooding and earthquakes.

You will need to repackage all dry staples to keep them safe. Below are some options for packaging, with Mylar bags being the best option for long-term preparedness.

### Jars or Plastic Containers

#### **Shelf Life: 6 to 12+ months**

You can store small amounts of dry staples in containers with a tight lid, such as recycled mason jars or even recycled soda bottles. If kept in a dark, cool place, most staples can last well over a year this way.

The issue is that ***dry staples often already have insect eggs in them when you buy them***. After a few weeks or months, the insect eggs hatch and the larvae infest the containers. The larvae or adults can escape and then infest your entire pantry. Thus, if you want to store food in air-tight containers, you'll need to take steps to kill any insect eggs first.

### **To Kill Insect Eggs:**

- Put food in the freezer (0F) for at least 3 days
- Let food come to room temperature before transferring to other storage containers
- [Read more detailed instructions here](#)

### **Vacuum Sealing**

#### **Shelf Life: 1 to 5 years**

The vacuum sealing process removes air from the packaging. Since oxygen is one of the things which causes food spoilage, vacuum sealing can greatly increase shelf life – especially if kept in a cool, dark place. However, vacuum-sealer bags are not completely leak-proof: air and humidity will eventually seep through.

Vacuum sealing also does not kill insect eggs which are already on the foods, so infestation can occur inside the vacuum bags. You must follow the steps outlined previously to kill eggs before storing.

### **Air-Tight Containers with Oxygen Absorbers**

#### **Shelf Life: 1 to 5+ years**

Oxygen absorbers are little packets of iron which trap oxygen. If you place OA packets into a food-grade container with dry foods, it will absorb the oxygen in the container and prevent spoilage from oxygenation. The lack of oxygen also means that insect eggs can't hatch.

The problem is that most storage containers – especially cheap options like recycled bottles -- are not truly air-tight and will eventually leak. Food-grade buckets are a good option for storing large amounts of food and can often be found for free but these will also eventually leak air. Pay a bit extra for gamma lids as these provide a better seal than standard lids. Canning jars are good for storing smaller amounts of food and you'll know the oxygen absorbers have worked because the lid will look "sucked down." Just be careful to store jars somewhere cool and dark, as heat and light can also cause spoilage.

For more information, read this detailed guide on [how to use oxygen absorbers](#).

\*Salt and sugar should not be stored with oxygen absorbers; they will turn to a rock-hard brick.

\*\*It is unsafe to store moist foods with oxygen absorbers; botulism poisoning can occur. Dehydrated foods must be so dry that they snap when bent or shatter when pressed with a spoon.

\*\*\*You'll have to add more oxygen absorbers each time you open the container.

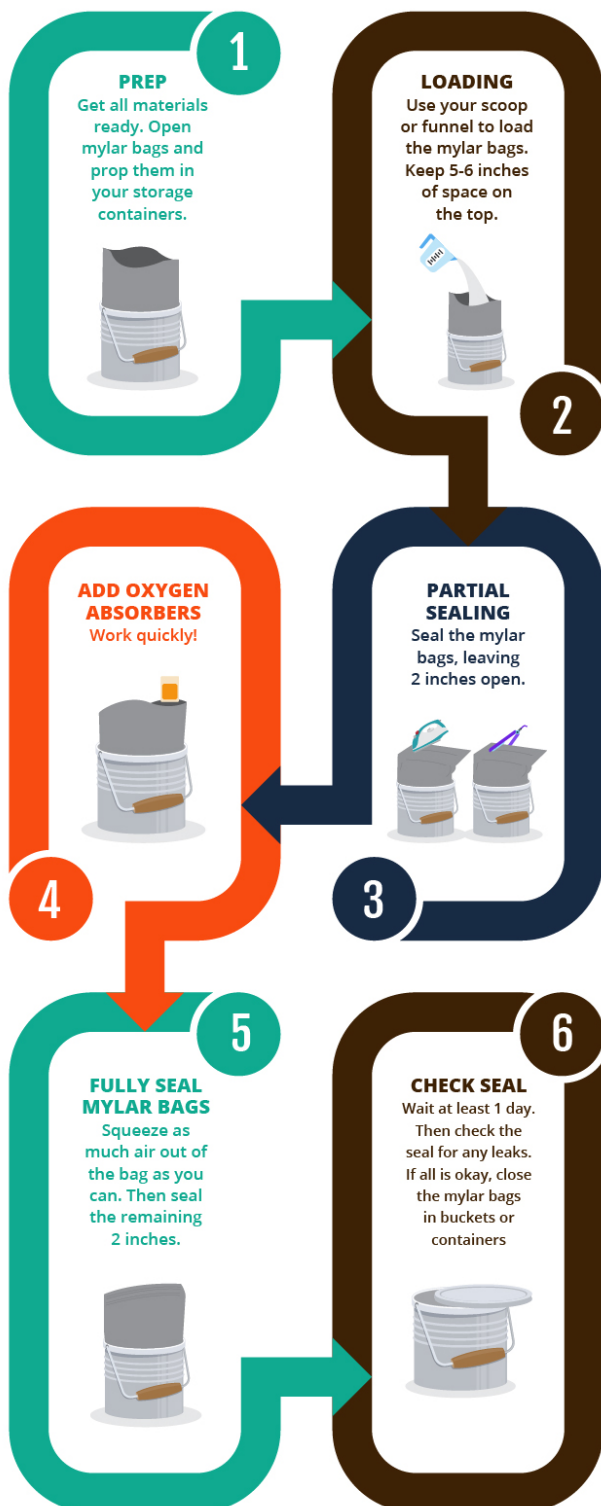
### **Mylar Bags with Oxygen Absorbers**

#### **Shelf Life: 2 to 25+ years**

Mylar is a metallic-looking material which does not allow air, moisture or light to pass through it. If an oxygen absorber is added to a Mylar bag before sealing it, the food will be protected from all natural forms of spoilage. As an extra caution, put the sealed bags in a food-grade bucket with a lid and it will also be safe from rats, wild animals, and physical damage.

For more detailed instructions and advice, read our guides to [Mylar bags for long-term food storage](#).

# HOW TO USE MYLAR BAGS FOR LONGTERM FOOD STORAGE



Source: [www.primalsurvivor.net](http://www.primalsurvivor.net)

## How Many Oxygen Absorbers to Use

Food Type	In 1-quart container	In 1-gallon container	In 5-gallon container
Beans, lentils, split peas	125-150cc	500-600cc	2500-3000cc
Rice	100cc	400cc	2000cc
Flour	100cc	400cc	2000cc
Instant mixes and powders	100cc	400cc	2000cc
Coffee beans	100cc	400cc	2000cc
Pasta	125cc	625cc	2500cc
Cereal	125cc	625cc	2500cc
Instant potatoes	125cc	625cc	2500cc
Whole grains (barley, corn, wheat, oats)	125cc	625cc	2500cc

\*Do not store salt or sugar with oxygen absorbers

## Shelf Life in Mylar Bags with Oxygen Absorbers

Food Type	Shelf-Life
Hard Whole Grains (Dry corn, buckwheat, soft white wheat, durum wheat, spelt)	10+ years
Soft Whole Grains (Oats, quinoa, rye, barley)	8+ years
Professionally-Dehydrated Vegetables	10-20 years
Professionally-Dehydrated Fruits*	10-15 years
Home-Dehydrated Fruits and Veggies*	2-5 years
Freeze-Dried Fruits and Vegetables	25 years
Legumes (Beans, lentils, chickpeas, split peas)	25+ years
White Rice	10-30 years
Brown Rice	2-5 years
White Flour	10-15 years
Whole-Wheat Flour	10 years
Corn Meal	5-10 years
Potato Flakes	30 years
Pasta	20-30 years
Dry Non-Fat Milk	15 years
Cheese Powder	10-15 years
Powdered Eggs	5-10 years
Nuts	1-5 years
Granola	1 year
TVP	10-15 years

\*Dehydrated fruits and vegetables must have less than 10% moisture to be safely stored with OAs. They will snap when bent or (with round food like corn) shatter when pressed with the back of a spoon.