

SAMPLE TWO WEEK EMERGENCY SUPPLIES (3 people)

Category	Items (Canned/Dried unless otherwise stated)	Quantity
Protein	Tuna (small cans)	8
	Tuna (meal size)	2
	Salmon	4
	Chicken	4
	Other (e.g. Spam, Corned beef)	6
	Canned Ravioli, Butter Chicken^	4
Vegetables (low sodium, where available)	Baby corn	6
	Bamboo shoots	2
	Mushrooms	2
	Carrots*	6
	Green beans	6
	Beets	2
	Tomatoes	4
	Dried vegetable soup mix	1
Fruit	Peaches	2
	Apricots	2
	Pears	2
	Pineapple	2
	Raisins	2
	Apples	2
	Oranges/Mandarins	2
Starches	Instant noodles	20
	Crunchy noodles	2
	Rice	1kg
	Pasta (spaghetti/penne)	500g x 2
	Buckwheat	1
	Instant mash	1
	Canned potatoes	1
Beans	Baked beans	4
	Lentils	4
	Chickpeas	2
Dairy/Milks	Coconut milk	2
	UHT cow milk	4
	UHT almond milk	2
	Milk powder	1
	Cheese*	6 pizzas
	Butter*	
Breakfast	Cereal	2 boxes
	Instant oats	1
	Pancake mix	2
Snacks	Nut bars	18
	Breakfast cookies (Belvita)	12
	Dark chocolate	2 large bars

Drinks	Coffee^	1kg
	Tea	0
	Cocoa	1
	UHT juice	6
Miscellaneous	Plain flour	5kg
	Grain bread mix	1
	Magnesium^	1
	Vitamin C^	1
	Cranberry^	1
	Bouillon	1
	Mayonnaise	1
	Vinegar	1
	Cooking oil	1
	Sugar	1
	Peanut butter/Honey	1
	Salt	1
	Vegan egg replacement^	1
	Yeast	1
	Sauce bases (gluten/onion/garlic free)^	2
	Lemon juice	1
	Ginger (long life jar)	1
	(home made) Yoghurt mix	
	Tomato sauce	
	Caffeine tablets^	
Paracetamol^		
Lollies^		
Soy sauce		
Pizza sauce		
Miso soup sachet		
P2 masks^		
Gas bottle/cannister supply^		
Other	Dishwash liquid	1
	Bleach	1
	Disinfectant	1
	Toilet paper rolls (depending)^	30
	Toothpaste	1
	Clothes washing liquid	1
	Dishwash sponges/scourers	2
	Deodorant	2
Pets/Animals	As required for your particular circumstances	
Medications	As required for your particular circumstances	

*Refrigerated items

Notes & Tips

- Approximate cost (excluding special items[^]) is around \$55 per person per week.
- In an emergency, try to use what you already have in your fridge, freezer and pantry before dipping into the emergency supplies. You might be surprised and get a few days meals out of what you already have on hand.
- During Week 1, if things are continuing to seem quite dire, then progressively reduce the portion sizes to make the remainder of Week 1 and Week 2 stretch into Week 3. Hopefully by then the disaster is either over, or government issue rations start becoming available!
- Adjust the supplies and menu plan based on what you feel, and the others supported by your food stocks will eat. Kids can be particularly fussy and take time to realise that the options are limited. In such an emergency situation, it is no time for luxuries and non-essential dietary preferences. If you are a vegan or vegetarian by choice without access to lots of fresh vegetables, then maintaining a healthy diet through this period could prove challenging without careful preparation.
- The food supply list also includes a limited but essential few vitamin/mineral – Vitamin C, Magnesium and Cranberry. Unless you have a direct medical condition, and putting the debates aside, there are two main supplements you really need Vitamin C and Magnesium. Yes there are plenty of others, but a good balanced diet will suffice. Cranberry pills are added given their powerful ability to assist with UTIs which you definitely don't want to be suffering from in an emergency situation.
- If you're unable to find canned or freeze-dried carrots, keep a healthy stock of fresh carrots in your fridge and when you get down to only a few, then stock up, therefore always keeping a handful of carrots in supply that could last for a few meals.
- Cheese that does not require refrigeration is hard to come by. Keep a small supply, turnover and replace regularly so that if the power goes out, you've got a small supply that can be used before it goes off. Refer to the link below about storing cheese outside of a fridge. In cooler climate, pure butter can stay outside of the fridge for up to two weeks.
- Write the use by/best before date clearly on the packaging so that it is a clearly visible with a quick glance.
- Sort the items and group by the use by/best before Year/Month date.
- Have a plan to cycle through and use items before their expiry date (and replenish).
- Base your items and cooking approach on the potential to use a camp stove in case electric supplies and avoid the need for refrigeration, so have a reasonable supply of BBQ gas or camp stove cannisters on hand.
- Too avoid leftovers that may require storage in situations where refrigeration is not feasible, then try to ensure that serving sizes do result in leftovers.
- The sample meal plan for lunches heavily relies on homemade bread (hence the inclusion of flour and yeast). Bread is not hard to make but cooking it could prove challenging depending on the circumstances. Ideally your electric/gas stove will still be working. Failing that, bread can be cooked in a hooded BBQ or solar oven. It can also be cooked on a camping stove (or

small wood fire) if you have a heavy cast iron pot with lid. If all else fails, you can make pan-fried bread. Recipe links below.

Sources:

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SAMPLE DAILY FOOD PLAN (BASED ON THE SUPPLIES LIST)

DAY 1 - BREAKFAST
Cereal + milk
DAY 1 - LUNCH
Tuna/Salmon/Chicken sandwich with homemade bread
DAY 1- DINNER
Heated canned Ravioli Bolognese/Butter Chicken with green beans and homemade garlic/herb bread
DAY 1 - SNACKS
Nut bars + Juice
DAY 2 - BREAKFAST
Instant Oats + water/milk
DAY 2 - LUNCH
Instant noodles
DAY 2 - DINNER
Tuna + Tomatoes + Pasta
DAY 2 - SNACKS
Peaches + Apricot salad
DAY 3 - BREAKFAST
Cereal + milk
DAY 3 - LUNCH
Tuna/Salmon/Chicken sandwich with homemade bread
DAY 3 - DINNER
Stir fry baby corn, bamboo shoots, carrot, green beans and instant noodles topped with crunchy noodles
DAY 3 - SNACKS
Pears, Breakfast cookies
DAY 4 - BREAKFAST
Instant Oats + water/milk
DAY 4 - LUNCH
Baked Beans with homemade bread toast
DAY 4 - DINNER
Slow-cook stew sauce base with vegetable soup mix, tomatoes, lentils, carrot, potatoes or instant potato mash
DAY 4 - SNACKS
Raisins, Nut bars
DAY 5 - BREAKFAST
Cereal + milk
DAY 5 - LUNCH
Tuna/Salmon/Chicken sandwich with homemade bread
DAY 5 - DINNER
Homemade pizza bases with pizza sauce, sliced spam, mushrooms, pineapple and cheese.
DAY 5 - SNACKS
Nut bars + Juice
DAY 6 - BREAKFAST
Cereal + milk
DAY 6 - LUNCH
Tuna/Salmon/Chicken sandwich with homemade bread

DAY 6 - DINNER

Curry with baby corn, lentils, chickpeas and rice.

DAY 6 - SNACKS

Baked beans, Apples, Juice

DAY 7 - BREAKFAST

Pancakes

DAY 7 - LUNCH

Tuna/Salmon/Chicken sandwich with homemade bread

DAY 7 - DINNER

Stir fry with corned beef, baby corn, carrot, green beans and rice

DAY 7 - SNACKS

Mandarins, Breakfast cookies