72-HOUR EMERGENCY FOOD CONTENTS

DATE _______________________

2 packages chewing gum
2 packages hot chocolate mix
1 ½ cups trail mix
2 sticks beef jerky
2 packages apple cider mix
1 small can apple juice
4 granola bars
13 pieces hard candy
2 fruit rolls
3 packages soda crackers
1 can hearty soup
2 instant soup mix packages
1 two-liter pop container filled with water

MENU

DAY 1
Breakfast: 2 granola bars
1 can apple juice
Lunch: 1 package soup mix
1 package soda crackers
Dinner: 1 stick beef jerky
1 fruit roll
Snacks: 4 pieces candy
3 sticks gum

DAY 2
Breakfast: ¾ cup trail mix
1 package hot chocolate
1 stick beef jerky
1 apple cider mix
Lunch: 1 can soup
1 package soda crackers
Dinner: 5 pieces candy
4 sticks gum

DAY 3
Breakfast: ¾ cup trail mix
1 package hot chocolate
1 package soup mix
1 package soda crackers
Lunch: 2 granola bars
1 fruit roll
1 package hot chocolate
Snacks: 4 pieces candy
3 sticks gum

WATER
2 liters

Print this sheet and place the contents portion on the outside of your kit.
Remember to put the date you made it and when you want to rotate.

Place a menu sheet inside of each kit for future reference.
If you made any additions, place them on the appropriate day.