



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**

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.



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 |
| | Lunch: | 1 stick beef jerky
1 apple cider mix |
| | Dinner: | 1 can soup
1 package soda crackers |
| | Snacks: | 5 pieces candy
4 sticks gum |
| DAY 3 | Breakfast: | ¾ cup trail mix
1 package hot chocolate |
| | Lunch: | 1 package soup mix
1 package soda crackers |
| | Dinner: | 2 granola bars
1 fruit roll
1 package hot chocolate |
| | Snacks: | 4 pieces candy
3 sticks gum |
| | WATER | 2 liters |

Place a menu sheet inside of each kit for future reference.

If you made any additions, place them on the appropriate day.

Visit us at www.PreparednessMama.com/72-hour-emergency-food-kit for more information