



Your 3-Day Emergency Food Supply

Shelf-stable foods and the Food Guide Pyramid

The amount of food you need depends on your age, gender, physical condition and activity level. The general nutrition guidelines for a 3-day supply, shown in the table below, are based on the Food Guide Pyramid.

Bread, Cereal, Rice and Pasta Group	
18-33 servings for 3 days (6-11 servings daily)	Crackers, dry breadsticks, pretzels, melba toast, ready-to-eat cereal, granola bars, rice cakes, popcorn cakes. If you can boil water, include instant cereal, instant rice and cup-a-noodles.
Vegetable Group	
9-15 servings for 3 days (3-5 servings daily)	Canned vegetables, canned vegetable soups. If you can boil water, include instant vegetable soups and instant potatoes.
Fruit Group	
6-12 servings for 3 days (2-4 servings daily)	Canned fruit, fruit roll-ups, applesauce, dried fruits (raisins, prunes, apricots), canned or bottled fruit juice. If you can boil water, include powdered fruit drinks.
Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group	
6-9 servings for 3 days (2-3 servings daily)	Canned tuna, canned chicken/turkey, canned meat, canned soup with meat, canned chili (meat or bean), sardines, canned beans, canned ravioli/spaghetti, canned ham/pork, canned stew, Vienna sausage, nuts, commercially prepared turkey or beef jerky. If you can boil water, include instant soup (meat or bean).
Milk, Yogurt and Cheese Group	
6-9 servings for 3 days (2-3 servings daily)	Canned evaporated milk, canned pudding, boxed (shelf-stable) milk or soymilk. If you can boil water, include powdered milk.

Plan to have on hand **one gallon of water per day, per person**, for drinking, cooking and personal hygiene.

Taken from: *Louisiana Floods: Living with hurricanes, LSU Ag Center*

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