

## Two-week Emergency Meals

A. Many civil authorities recommend storage of at least two weeks of food for emergencies. It is important to pack the food in advance so that you can grab it quickly in an emergency. If you wait until an emergency arises to choose food from your pantry, you are more likely to make foolish choices.

B. If you pack three days of survival food into seventy-two hour kits, you will only need to pack eleven days of convenient food into “two-week” boxes.

1. Choose three containers—one for breakfast, one for lunch, and one for dinner. Boxes work well, but plastic tubs are water resistant.
2. Choose foods that are convenient—easy to cook under difficult circumstances and safe for storage for several years.
3. The level of effort in packing meals can range from simple to creative. You may choose to just gather together a variety of canned foods, or you may pre-measure ingredients to make more elaborate meal packages.
4. To assemble meal packages, pack instructions and ingredients into bags to make self-contained meals. Label the bags with the date and how much water is needed.
5. Be sure to include some foods that can be eaten cold without any preparation, such as Pop Tarts, crackers, or cans of soup.

### Breakfast ideas

(Alternating hot cereal and “sticky breads”)

Miscellaneous: dried fruits, hot chocolate, spiced orange drink, oil, jam, syrup, honey

- Day 4 Pop Tarts
- Day 5 Cream of Wheat
- Day 6 Biscuits and Hash
- Day 7 Oatmeal
- Day 8 Pancakes
- Day 9 Cream of Rice or Beans
- Day 10 Fry Bread and Hash Browns
- Day 11 Cream of Wheat
- Day 12 Biscuits and Hash
- Day 13 Cream of Rice or Beans
- Day 14 Pancakes

### Lunch ideas

(Alternating peanut butter and meat salads)

These suggestions are all sandwich spreads that need bread or crackers. If you have time when an emergency takes place, add some loaves of bread to your two-week boxes. In case that isn't possible, be sure to pack boxes of crackers in advance.

- Day 4 Peanut Butter and Honey
- Day 5 Tuna Salad
- Day 6 Peanut Butter and Jam
- Day 7 Deviled Ham
- Day 8 Peanut Butter and Honey
- Day 9 Chicken Salad
- Day 10 Peanut Butter and Jam
- Day 11 Deviled Ham
- Day 12 Ham Salad
- Day 13 Peanut Butter and Honey
- Day 14 Turkey Salad

## **Dinner ideas**

Miscellaneous: oil, salt and pepper, Kool-aid

- Day 4 Cans of soup, or MRE's
- Day 5 Super Macaroni and Cheese
- Day 6 Dried Potato Soup
- Day 7 Chili Beans and Shells
- Day 8 Spanish Rice, Corn, & Refried Beans
- Day 9 Noodle Packages, Turkey, and Peas
- Day 10 Peaches and Hash
- Day 11 Chicken Noodle Soup
- Day 12 Orange Chicken
- Day 13 Tuna Casserole
- Day 14 Beef and Barley Stew

## **Treat ideas**

Jiffy Pop popcorn

S'mores: chocolate bars, graham crackers, and marshmallows (store the bag of marshmallows inside a sealable bag)

Squirt cheese

## **Two-week Recipes**

Quantities are intended to feed a family of 6.

$\frac{1}{3}$  c. instant milk + 1 c. water = 1 c. milk

If using dried vegetables, prepare the following quantities:

$\frac{3}{4}$  c. green pepper ( $1\frac{1}{2}$  c. fresh),  $\frac{3}{4}$  c. celery ( $1\frac{1}{2}$  c. fresh),

2 tbs. carrots ( $\frac{1}{4}$  c. fresh), corn and peas for side dishes

(or use canned)

### **Spiced Orange Drink**

Requires 1 c. water for each serving.

2 c. orange breakfast drink powder

$\frac{1}{3}$  c. presweetened lemonade powder

$1\frac{1}{3}$  c. sugar

1 tsp. cinnamon

$\frac{1}{2}$  tsp. ground cloves

a. In advance, combine ingredients and mix well. Store in a plastic container or bag.

1. Combine 1 c. hot water and 3 tsp. mix.

### **Cream of Wheat**

Requires 16 c. water.

$5\frac{1}{3}$  c. instant milk in a baggie

$2\frac{2}{3}$  c. germade in a baggie

$\frac{1}{2}$  c. sugar in a baggie for sweetening

1. Combine 16 c. water and milk.

2. Heat milk until warm.

3. Add germade and simmer until thick. Serve with sugar and dried fruit.

### **Biscuits and Hash**

Makes two batches.

Requires 1½ c. water for each batch.

4 c. wheat flour

4 c. white flour

⅓ c. baking powder

½ c. sugar

4 tsp. salt

1¼ c. instant milk

2 c. shortening in two individually packaged shortening sticks (1 c. each)

2 cans (15 oz.) hash

a. In advance, combine flours, baking powder, sugar, salt, and instant milk. Divide into two bags. Pack each bag with a 1-cup, individually packaged shortening stick.

1. Cut 1 stick of shortening into 1 bag of mix.

2. Add 1½ c. water and mix.

3. Form into biscuits and bake (at 400 for 10-15 in a regular oven). Serve with jam.

4. Warm hash.

### **Pancakes**

Requires 4 c. water.

3 tbs. baking powder

2 tsp. salt

4 tsp. unflavored gelatin (an egg replacer)

2 c. wheat flour

2 c. white flour

1 c. instant milk

½ c. oil

¼ c. honey

a. In advance, combine baking powder, salt, gelatin, flours, and milk to make pancake mix.

1. Combine mix, oil, honey, and water to make batter.

2. Fry pancakes. Serve with syrup.

### **Cream of Beans**

Makes two batches.

Requires 8 c. water for each batch.

1½ c. cracked Great Northern beans

1½ c. cracked wheat

1½ c. cracked brown rice

2⅔ c. instant milk in a baggie for each batch

cinnamon sugar in a baggie for sweetening

a. In advance, combine grains. Measure 2¼ c. cereal into a baggie. Makes two batches.

1. Combine 8 c. water and 2⅔ c. instant milk.

2. Heat milk until warm.

3. Add cereal and simmer until thick. Serve with cinnamon sugar and dried fruit.

### **Fry Bread and Hash Browns**

Requires 2½ c. water plus water for hash browns.

6 c. flour

1 c. instant milk

1 tbs. salt

2½ tbs. baking powder

oil for frying

honey for sweetening

hash brown packages

a. In advance, combine flour, milk, salt, and baking powder.

1. Combine 2½ c. water with mix and knead.

2. Let sit for an hour.

3. Break off pieces of dough and shape into saucers.

4. Fry in hot oil. Serve with honey.

5. Follow package instructions for hash browns.

### **Tuna Salad**

3 cans (6 oz.) tuna

1 jar (10 oz.) mayonnaise

2 tbs. dried onion in a baggie

1. Drain tuna.

2. Combine tuna, onion, and desired quantity of mayonnaise.

### **Chicken Salad**

3 cans (5 oz.) chicken

1 jar (10 oz.) mayonnaise

1 can (8 oz.) water chestnuts

2 tbs. dried carrots in a baggie

1. Drain chicken and water chestnuts.

2. Combine chicken, water chestnuts, carrots, and desired quantity of mayonnaise.

### **Ham Salad**

3 cans (5 oz.) ham

1 jar (10 oz.) mayonnaise

1 can (8 oz.) pineapple tidbits

2 tbs. dried celery in a baggie

1. Drain ham and pineapple.

2. Combine ham, pineapple, celery, and desired quantity of mayonnaise.

### **Turkey Salad**

3 cans (5 oz.) turkey

1 jar (10 oz.) mayonnaise

slivered almonds and 2 tbs. dried green pepper in a baggie

1. Drain turkey.

2. Combine turkey, almonds, green pepper, and desired quantity of mayonnaise.

### **Super Macaroni and Cheese**

Requires water to cook the noodles.

Measure 4 c. macaroni into a baggie.

3 tbs. oil

1 can (28 oz.) tomatoes

1 box (8 oz.) Velveeta

Combine the following spices in a baggie:

4 tsp. dried onion

½ tsp. ground cumin

1 tsp. ground coriander

1 tsp. salt

¼ tsp. pepper

1. Bring water to a boil, cook the macaroni until tender, and drain.
2. Toss macaroni in oil.
3. Add tomatoes and spices to the macaroni.
4. Chop up the tomatoes in the pot.
5. Cut Velveeta in pieces and add to macaroni.
6. Simmer until cheese melts.

### **Spanish Rice, Chicken, and Corn with Refried Beans**

Requires 5 c. water (plus 2 c. water for refried beans).

Measure 1¾ c. rice into a baggie.

(For instant rice, decrease water by 1¼ c.)

1 tbs. oil

Combine the following four spices and tomato powder in a baggie:

¼ c. dried onion

½ tsp. garlic powder

¼ tsp. pepper

2 chicken bouillon cubes

½ c. tomato powder (or 1 can (8 oz.) tomato sauce)

1 can (12.5 oz.) chicken

Measure 1 c. freeze-dried corn into a baggie.

Measure 2 c. dried refried beans into a baggie.

1. Saute rice in oil. (You can skip this step if oil is not available.)
2. Add 5 c. water, spice baggie, can of chicken (with liquid), and freeze-dried corn. (You can also cook the corn separately with 2 c. of the water.)
3. Cover and simmer the rice until tender. Don't stir too much.
4. Separately bring 2 c. water to a boil and add the dried refried beans.
5. Cover and simmer beans until thick.

### **Chili Beans and Shells**

Requires 4 c. water plus extra water as the beans simmer.

Measure 1 lb. (or 2 c.) white beans (Great Northern or Navy) into a baggie.

Combine the following four spices in a baggie:

¼ c. dried onion

1 tbs. chili powder

1½ tsp. salt

1 tsp. garlic powder

1 can (28 oz.) diced tomatoes

1 can (4 oz.) chopped green chiles

Measure 1½ c. small pasta shells into a baggie.

1. Combine water and beans and simmer for 2 hours until beans are tender.
2. Stir in spices, tomatoes, chiles, and pasta. (Don't add the tomatoes sooner because they will stop the beans from softening.)
3. Simmer until the pasta is tender.

### **Noodle Packages, Turkey, and Peas**

Requires 13 c. water.

Measure 4 c. instant milk into a baggie.

2 packages Butter Buds (or 16 tsp.)

6 instant noodle packages: Parmesan, Alfredo, etc.

4 cans (5 oz.) turkey

1 can peas or quantity of dried peas to make a side dish

1. Combine water, milk, and Butter Buds and heat.
2. Add noodle packages and simmer.
3. Add turkey to noodles.
4. Add drained, canned peas or dried peas plus additional water to noodles while they are simmering, or cook the peas separately.

### **Peaches and Hash (Beef or Pork)**

1 can (8 oz.) tomato sauce

2 cans (12 oz.) roast beef or pork (do not drain)

3 cans (15 oz.) potatoes (drain, but save the liquid to add if needed)

2 cans (15 oz.) peaches (drain)

4 tsp. brown sugar in a baggie

Combine the following five spices in a baggie:

1 beef bouillon cube

¼ c. dried onion

1½ tsp. thyme

1 tsp. salt

¼ tsp. pepper

(¼ c. dried green pepper optional)

1. Combine spices, sauce, roast beef or pork, and potatoes.
2. Simmer for 15-20 minutes.
3. Layer the drained peach slices over the hash.
4. Sprinkle brown sugar over peaches; broil or simmer.

### **Chicken Noodle Soup**

Requires water to cook noodles and 2 c. water for the ingredients.

Measure 3 c. soup noodles into a baggie.

2 cans (10 oz.) chicken (do not drain)

1 can (14.5 oz.) carrots (do not drain)

2 cans (10 oz.) cream of chicken soup

Combine the following five ingredients in a baggie:

2 chicken bouillon cubes

½ c. dried celery

½ c. dried peas

⅓ c. dried onion

⅙ c. instant milk

1. Bring water to a boil and cook noodles.
2. Combine noodles, chicken, carrots, cream of chicken soup, spices, and desired quantity of water.
3. Simmer.

### **Orange Chicken**

Requires 4 c. water.

2 cans (10 oz.) chicken

Measure 2 c. rice into a baggie.

(For instant rice, decrease water to 2 c.)

Combine the following seven spices in a baggie:

2 packages Butter Buds (or 16 tsp.)

¼ c. orange breakfast drink powder

2 tbs. dried onion

¼ tsp. thyme

1 tsp. poultry seasoning

1 tsp. salt

1 tsp. orange peel

2 cans (11 oz.) mandarin oranges

1. Combine water, chicken, rice, and spices.
2. Simmer until rice is tender. Avoid stirring or rice will get mushy.
3. Add mandarin oranges and mix in gently.

### **Tuna Casserole**

Requires water to cook noodles and 2 c. water for the ingredients.

24 oz. package of macaroni

1 can (10 oz.) cream of mushroom soup

1 cans (12 oz.) tuna

1 can (15 oz.) peas

1 box (8 oz.) Velveeta

Measure ⅔ c. instant milk into a baggie.

1. Bring water to a boil, cook noodles, and drain.
2. Drain tuna and combine with noodles, cream of mushroom soup, peas, milk, and desired quantity of water.
3. Cut up Velveeta and add to noodle mixture.
4. Bake for an hour or simmer until cheese is melted.

### **Beef and Barley Stew**

Requires 5 c. water.

Measure 1 c. pearl barley into a baggie.

Combine the following eight spices in a baggie:

¼ c. dried green pepper

2 tbs. dried onion

2 tbs. dried celery

1 tsp. marjoram

¼ tsp. pepper

2 bay leaves

¼ tsp. garlic powder

2 beef bouillon cubes

2 cans (8 oz.) tomato sauce

2 cans (15 oz.) mixed vegetables

2 cans (12 oz.) roast beef

1. Combine water, barley, spices, and tomato sauce.
2. Simmer until barley is tender.
3. Add vegetables and roast beef.
4. Simmer until heated through. Remove bay leaves.

## Two-week Emergency Meals—Shopping List

The shopping takes about two hours. The assembly takes three to four hours.

In January 2009, the total cost was approximately \$260 (not including items from storage).

### Dried Vegetables

If using dried vegetables, prepare the following quantities:  $\frac{3}{4}$  c. green pepper ( $1\frac{1}{2}$  c. fresh),  $1\frac{1}{4}$  c. celery ( $2\frac{1}{2}$  c. fresh), 2 tbs. carrots ( $\frac{1}{4}$  c. fresh), corn and peas for side dishes (or use canned vegetables).

### Breakfast

**from storage:** Ziploc gallon bags and sandwich baggies, sugar, cinnamon, ground cloves, germade or Cream of Wheat, instant milk, wheat flour, white flour, baking powder, salt, gelatin, cracked Great Northern beans, cracked wheat, cracked brown rice

**buy:**

oil bottle, dried fruits, hot chocolate  
orange breakfast drink powder  
pre-sweetened lemonade powder  
Pop Tarts  
2 shortening sticks  
1 squeezable (17 oz. or 22 oz.) jam  
4 cans hash (15 oz.)  
oatmeal packages (for six people)  
1 bottle (24 oz.) syrup  
3 bottle (8 oz.) honey  
3 hash browns (4.5 oz. boxes)

### Lunch

**from storage:** dried onion, dried carrots, dried celery, dried green pepper, slivered almonds

**buy:**

11 boxes crackers  
3 jars (18 oz.) peanut butter  
2 bottles (8 oz.) honey  
1 squeezable (17 oz. or 22 oz.) jam  
3 cans (6 oz.) tuna  
4 cans (4.25 oz.) deviled ham  
4 jars (10 oz.) mayo  
3 cans (5 oz.) chicken  
1 can (8 oz.) water chestnuts  
3 cans (5 oz.) ham  
1 can (8 oz.) pineapple tidbits  
3 cans (5 oz.) turkey  
slivered almonds

## **Dinners**

**from storage:** macaroni, dried onion, cumin, coriander, salt, pepper, Great Northern beans, chili powder, garlic powder, small pasta shells, rice, dried green pepper, chicken bouillon cubes, dried corn (or canned), instant milk, dried peas (or canned), beef bouillon cubes, brown sugar, soup noodles, dried celery, thyme, poultry seasoning, orange peel, macaroni, pearl barley, marjoram, bay leaves

### **buy:**

oil bottle, salt and pepper, Kool-aid  
Jiffy Pop, chocolate bars, graham crackers, marshmallows, squirt cheese  
cans of soup (for six people)  
2 cans (28 oz.) tomatoes  
2 boxes (8 oz.) Velveeta  
2 packages (11 oz.) dried soup  
1 can (4 oz.) chopped green chiles  
instant rice, if desired  
3 cans (8 oz.) tomato sauce  
½ c. tomato powder  
2 c. freeze-dried corn (or 1 can corn)  
2 c. dried refried beans (or 1 can refried beans)  
Butter Buds  
6 noodle packages  
4 cans (5 oz.) turkey  
1 can peas  
4 cans (12 oz.) roast beef or pork  
3 cans (15 oz.) potatoes  
2 cans (15 oz.) peaches  
5 cans (10 oz.) chicken  
1 can (14.5 oz.) carrots  
2 cans (10 oz.) cream of chicken soup  
(orange breakfast drink powder—on breakfast list)  
2 cans (11 oz.) mandarin oranges  
1 can (10 oz.) cream of mushroom soup  
1 cans (12 oz.) tuna  
1 can (15 oz.) peas  
2 cans (15 oz.) mixed vegetables