

Emergency Meal Plan - Sample

Breakfast	Dad	Mom	Child 1	Child 2
	Pop Tart	Pop Tart	Pop Tart	Pop Tart
	Soy Milk	Soy Milk	Soy Milk	Soy Milk
	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
	Bottled Water	Bottled Water	Bottled Water	Bottled Water
	Gatorade	Gatorade	Juice Box	Juice Box
Lunch	Dad	Mom	Child 1	Child 2
	Crackers	Crackers	Crackers	Crackers
	Tuna Fish	Tuna Fish	Peanut Butter	Peanut Butter
	Bottled Water	Bottled Water	Bottled Water	Bottled Water
	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
Snack	Dad	Mom	Child 1	Child 2
	Granola Bar	Granola Bar	Graham Crackers	Graham Crackers
	Bottled Water	Bottled Water	Bottled Water	Bottled Water
Dinner	Dad	Mom	Child 1	Child 2
	Crackers	Crackers	Crackers	Crackers
	Canned Chicken	Canned Chicken	Canned Chicken	Canned Chicken
	Apple Sauce Cup	Apple Sauce Cup	Apple Sauce Cup	Apple Sauce Cup
	Pudding Cup	Pudding Cup	Pudding Cup	Pudding Cup
	Bottled Water	Bottled Water	Bottled Water	Bottled Water

Shopping List:	Pop Tarts	Bottled Water	Tuna Fish	Apple Sauce Cups
	Soy Milk	Gatorade	Peanut Butter	Pudding Cups
	Fruit Cups	Juice Boxes	Graham Crackers	
	Crackers	Instant Coffee	Canned Chicken	