



Stock Up to Stay Home – Planning List

Two Week Survival Box – Contains enough calories, protein and fiber to keep a family of four alive for 14 days. Includes some fruit and vegetables and vitamin/mineral supplements:

- ∞ 2 week supply of food for a family of 4
- ∞ Total cost less than \$200
- ∞ About 2,000 calories per person per day (including 40 g protein, 25 g fiber)
- ∞ Long shelf life
- ∞ Space saving – fits in 2 boxes
- ∞ This is a long-term survival kit to supplement short-term emergency supplies

Items listed below contain about 112,000 calories, 3,500 grams protein and 1,430 grams fiber to meet the basic nutritional goal for a family of four. On sale, it should cost less than \$200 and take up the space of two 56-quart storage boxes, with room for extras.

As budget and space allows, add more varied items. You can aim for more vitamins, protein and calories, variety — and taste! Add canned fruit and vegetables, specialty items like powdered eggs or dried cheese, and evaporated milk.

Extra items may cost \$50 more — and may only add four to seven days of calories and protein — but they will make meals more interesting and tasty. Families with more, or older, children will need to increase amounts of food items to be sure to have enough calories and protein.

Grocery List	Calories	Grams Protein	Grams Fiber	\$ Cost
5 lb. white flour	7500	225	75	2.70
5 lb. whole wheat flour	7500	300	350	5.20
5 lb. white rice	7500	150	75	5.50
4.4 lb. corn flour (Masa Harina)	7260	100	60	5.30
5 lb. corn meal	7500	150	75	5.80
5 lb. spaghetti/elbows	8400	280	32	3.70
5 lb. sugar	8505	0	0	2.80
42 oz. box oatmeal	4500	150	120	3.80
16 oz. box mashed potatoes	1680	24	24	2.30
2 lb. bag popcorn	2970	108	130	2.90

Protein Foods	Calories	Grams Protein	Grams Fiber	\$ Cost
2 x 64 oz. box dried milk	5120	512	0	24.00
5 x 1 lb. bags dried beans/lentils	5500	550	550	6.40
1 lb. bag plain almonds/nuts	3660	80	48	6.00
18 oz. jar peanut butter or almond butter	3200	112	32	2.40
1 lb. sunflower seeds	2660	112	14	1.80

1 lb. bag pumpkin seeds	2820	112	16	3.20
2 x 6 oz. cans tuna	200	30	0	2.60
1 14.75 oz. can salmon	630	84	0	4.90
3 cans corned beef, chicken, or sausage	1020	42	0	7.00
2 x 8 oz. jar Parmesan cheese	1800	180	0	5.60

Vitamin Foods	Calories	Grams Protein	Grams Fiber	\$ Cost
4 x 15 oz. cans pumpkin	560	28	60	4.80
4 x 14 oz. can diced tomatoes	350	14	28	4.80
1 lb. raisins	1760	16	32	2.30

Oils & Flavorings	Calories	Grams Protein	Grams Fiber	\$ Cost
48 oz. jar canola oil	11,520	0	0	4.50
1 24 oz. jar honey	1,920	0	0	4.50
2 x 12 oz. bags/bars chocolate	3,680	0	0	4.80
2 jars jam/jelly/marmalade	2,600	0	0	4.80
16 oz. jar salsa	150	15	0	3.20
5 oz. bottle Tabasco sauce				3.60
15 oz. bottle soy sauce or tamari				3.20
3.3 oz. can chicken bouillon cubes				2.00
40 count box of tea or can of coffee				3.00
6 yeast packets (if you make bread)				5.00
2 8 oz. bottles Real Lemon or Lime juice				3.80
Container of Salt				.60
Vitamins for 14 days				15.00
Spices! buy in bulk and repackage				5.00

TOTAL for 2-week period	112,479	3520	1430	
GOAL for 2-week period	112,000	2268	1000	

Extra Items	Calories	Grams Protein	Grams Fiber	\$ Cost
2 x 6 oz. cans of chicken	250	45	0	
2 x 12 oz. boxes shelf-stable tofu	360	48	0	
Powdered eggs	3,192	273	0	
¼ #10 can of powdered cheese				
1 lb. dried vegetable soup mix	1600	64	32	
17 oz. jar olive oil	3,960	0	0	
More spices				
6 cans condensed milk				
Molasses				
Maple syrup				
More dried fruit				
Canned fruit and vegetables you like				

Personal/Household Items	\$ Cost
6 rolls toilet paper	
1 tube toothpaste	
1 jar alcohol-based hand sanitizer	
1 bottle shampoo	