

# Food Storage Sample Menus & Shopping List

## Instructions:

1. Decide if you want to include “heat-required” foods. (If so, we will add cooking items in another section.)
2. Make your meal plan for all 3 days – select a meal, drink, and one or more snacks for each meal. (Note the suggestions for babies/toddlers.)
3. Purchase the food items.

## Sample Menus

Breakfasts	Lunches	Dinners	Snacks	Drinks
<b><i>No cooking required</i></b>				
Granola bars	Beef Jerky/Beef sticks	Beef Jerky/Beef sticks	Hard candy	Tang
Fruit cups	Protein Bars	Protein Bars	Trail Mix	V8 Juice
Cold cereal/dry milk	Cheese & Crackers	Cheese & Crackers	Dried Fruit	Juices in Foil Pkts
Pop Tarts			Fruit Roll-Ups	
			Crackers	
<b><i>Needs heating</i></b>				
Instant Oatmeal	Pop-Top Soups	Pop-Top Soups		Hot Cocoa
	Lipton Noodle Soups	Lipton Noodle Soups		
	Beanie Weenies	Beanie Weenies		
	Vienna Sausage	Vienna Sausage		
	Pop-Top Beef Stew	Pop-Top Beef Stew		
	Pop-Top Pastas	Pop-Top Pastas		
	Chili	Chili		
<b><i>Baby/Toddler Friendly</i></b>				
Rice Cereal	Pop-Top Noodle Soups	Pop-Top Noodle Soups	Puddings	Juice in Foil Pkts
Applesauce	Pop-Top Pastas	Pop-Top Pastas	Fruit snacks	Formula
	Prepared Baby Foods	Prepared Baby Foods	Saltine Crackers	

## More Food Suggestions:

1. Protein or granola bars, GORP, nuts and dried fruit, trail mixes, crackers and cereals are all good choices.
2. Tuna or salmon in foil packaging
3. Beans, turkey, beef, Vienna sausages, tuna, etc. in small cans ("pop-top" cans that open without a can-opener)
4. MREs - can be eaten cold or warm (MRE heaters are available)
5. E-mer'gen-C Energy Drink Packets