



St. Mark's Episcopal Church, Raleigh, NC

Food Planning Guide for Emergency Preparations

The following meal plan averages about 2,000 calories per day:

Breakfast Ideas (~500 calories)

Calories include 1 glass of milk (~100 calories)

(3) Pancakes w/syrup & butter (540 calories)

(2) Oatmeal packets in milk (520 calories)

(2) Toast with Butter & Jelly (500 calories)

(1/3) can Spam (460 calories)

Lunch Ideas (~600 calories)

Calories include 1 glass of milk (~100 calories)

Tuna sandwich, (1) 5oz can, w/2tbsp Mayo (600 calories)

Chicken sandwich, (1/2 12-oz can) w/2tbsp Mayo (620 calories)

Mac-n-Cheese, 1/2 box (650 calories)

Peanut Butter sandwich w/3tbsp PB (585 calories)

Dinner Ideas (~700 calories)

Calories include 1 glass of milk (~100 calories)

Pasta & Sauce, 1/4-lb & 1/3-pint sauce (620 calories)

Rice & Beans w/canned-veggie, dry measure 1/2-cup rice & 1/4-cup beans (690 calories)

Rice & Chicken w/canned-veggie, dry measure 1/2-cup & 1 (12 oz) can chicken (810 calories)

Corned Beef Hash & Toast, 1/2 can w/2-slices toast (680 calories)

Canned vegetables with 2 of 4 meals above (rotate),

canned green beans (60 calories)

cans of carrots (70 calories)

canned whole corn (210 calories)

Snacks (~200 calories)

Peanuts, 1/4-cup (200 calories)

Grocery List for 90-day Meal Plan¹

Dry-milk (3) #10 cans makes 270 cups (~17 gallons)

Pancake Mix (2) 32-oz boxes Aunt Jemima 'Buttermilk Complete' makes ~120 4" cakes

Oatmeal packets Box of 45

Spam (8) 12-oz cans

Jelly (1) large 30-oz jar of your favorite

Butter (2) pounds for toast & bread-making

Flour (3) 5 pound bags for ~15 loaves of homemade bread

Canned Chicken (30) 12.5-oz cans

Canned Tuna (23) 5-oz cans

¹ This is based on a three month supply, so divide quantities by three.

Mayo (3) 30-oz large jars
Mac-n-Cheese (12) boxes
Peanut Butter (1) 40-oz large jar
Pasta (5) pounds
Pasta sauce (6) pints
Rice (8) pounds
Dry Beans (2) pounds
Canned Corned Beef Hash (9) cans
Peanuts (7) 16-oz jars (pounds)
Canned Green Beans (12)
Cans of Carrots (12)
Canned Corn (12)

Mike's Note: Don't forget your chocolate and your favorite snacks!