



Food Plan

3 minutes without air
3 hours without shelter
3 days without water
3 weeks without food

Food - Agenda

- Who
- How Long
- How Much
- What
- Preparation
- Consumption
- Cleanup
- Supplements
- Special Needs

Food – Who

- What does my family look like?
 - Infants
 - Teenagers
 - Adult kids
 - Transient?
 - Parents
 - Pregnant
 - Nursing
 - Special needs

Food - Who

- Infants
 - Formula
 - Baby food
 - Teething
- Teenagers
 - Huge amount

Food - Who

- Adult Kids
 - College
 - Temporarily between jobs
 - Do they have a family?
 - Planning to show up for an emergency

Food - Who

- Special needs
 - Allergies
 - Medicine
 - Diet

Food – How Long

- 3 days
- 1 week
- 2 weeks
- 1 month

Food – How Long

- 3 days
 - Doesn't require much money
 - Doesn't require much space
 - Doesn't require much variety
 - Doesn't require balanced diet

- 1 week
 - Doesn't require much money
 - Doesn't require much space
 - Variety starts to matter
 - Doesn't require balanced diet

Food – How Long

- 2 weeks
 - Need to plan the expense
 - Need to know where to put it
 - Needs some variety
 - Balanced diet starts to matter

- 1 month
 - Need to plan the expense
 - Need to know where to put it
 - Needs reasonable variety
 - Balanced diet matters

Food – How Much

- Adult – 2000 calories / day
- Teenagers – more
- Cold – more
- Physical labor – more
- Pregnant/Nursing – more
- Sedentary – less

Food – What

- What do I have
- How is it prepared
- What is practical
- How does it store
- Nutrition
- Variety
- Cost

Food – What

- What do I have
 - Dry goods
 - Canned goods
 - Fridge/Freezer
 - How long will it last

Food – What

- How is it prepared
 - Cooking
 - Cold
 - Finger food
 - Just add water

Food – What

- What is practical
 - Does it keep well
 - Is it easy to prepare
 - Is it messy to clean up
- How does it store
 - Short vs Long term
 - Bulk
 - Power required

Food – What

- Nutrition
 - Calories
 - Adult about 2000/day
 - More if cold or working
 - Balanced diet
 - Supplements
 - Longer periods need better nutrition
- Variety
 - Is it good to eat
 - Tired of it
 - Snacks

Food – What

- Cost
 - How much can you buy at once?
 - Fancier costs more
 - Convenience costs more

Food – Preparation

- Just eat it
- Cooking
- Snacks

Food – Preparation

- Just eat it
 - Canned
 - Cereal
 - Add hot water

Food – Preparation

- Cooking
 - Boiling
 - Baking
 - Frying
 - Grilling
 - Microwave
 - Toaster

Food – Preparation

- Snacks
 - No fuss
 - Helps with variety
 - Helps with kids
 - Can solve some of the calory problem

Food – Consumption

- Finger food
- Eat out of the container
- Paper plates & plastic utensils

Food – Cleanup

- Washing
- Throw it away

Food – Supplements

- Helps with nutrition
- Not as good as a balanced diet
- Get some sun