

STORM PREPAREDNESS MEALS

FAMILY OF 4
COST: ~\$75

Shopping List for a Family of 4 (3 days)

DRY GOODS

- 1 loaf of bread
- 1 package of tortillas (8-10 count)
- 1 box of instant oatmeal
- 1 jar of peanut butter (16 oz)
- 1 jar of jelly (16 oz)
- 2 cans of tuna
- 2 cans of chicken
- 2 cans of chili
- 2 cans of black beans
- 1 can of corn
- 2 cans of soup (ready-to-eat)
- 1 bottle of olive oil (small)
- 1 bottle of vinegar
- 1 jar of mayonnaise (small)
- 1 package of trail mix
- 1 box of granola bars
- 1 bag of mixed nuts
- 1 can of pizza sauce

FRESH/FROZEN

(IF COOLER IS AVAILABLE):

- banana
- grape tomatoes
- 1 package of shredded cheese
- 1 bag of pre-cooked pasta
- 1 small block of cheese (optional, for tortilla pizzas)
- 1 bag of pre-cut veggies (optional, for salads)

Peanut Butter & Jelly Sandwiches

Simple, no-cook, and filling.

Peanut Butter & Banana Sandwiches

Channel your inner Elvis!

Tuna Salad Wraps

Mix canned tuna with mayonnaise, pickles, and spices, then wrap in tortillas.

Cold Bean Salad

Use canned beans, canned corn, onion, tomatoes, olive oil, vinegar, and spices.

Canned Chili

Heat on a camp stove or eat straight from the can.

Chicken Salad Wraps

Use canned chicken, mayonnaise, and crackers or tortillas.

Instant or Overnight Oatmeal

If you have a way to heat water (camp stove or grill), you can make instant oatmeal with some dried fruit.

Trail Mix & Granola Bars

Combine mixed nuts, dried fruits, and granola bars for an energy-packed meal.

Canned Soup

Ready to eat or can be heated over a stove if possible.

Pasta Salad

Prepare ahead of time or use pre-cooked pasta with canned vegetables and a vinaigrette.

Tortilla Pizzas

Use tortillas, canned pizza sauce, and cheese (if kept in a cooler) to make quick pizzas on a grill or camp stove.

