

EMERGENCY FOOD PACK

CONTENTS

General Mills Cheerios, 15 oz.

Sunmaid Raisins, 24 oz.

Acme Light Tuna in Water (2), 6 oz.

Acme Premium Chicken, 5 oz.

**Nabisco Low Sodium
Premium Saltines, 1 lb.**

Acme Vanilla Pudding Cups (2), 8 cups

Carnation Dry Milk, 16 oz.

Acme Creamy Peanut Butter, 18 oz.

Dinty Moore Beef Stew, 15 oz.

Nabisco Nilla Wafers, 12 oz.

Acme 100% Apple Juice, 10 pouches



**Courtesy of Acme in cooperation with
Montgomery County Health Department, PA**

This Emergency Food Pack contains enough food to feed one person for 8 days or two people for 4 days. You will also need 1 gallon of water per day per person for consumption and washing. The Centers for Disease Control recommend that individuals store enough food and water to last for two weeks.

The Emergency Food Pack was created to be used in the event of a power outage. If there is no power outage, but there is a situation where you must remain in the home, you can use the food pack and supplement the menus with some of your fresh foods and milk, and you may store any leftover food. The majority of the products have a long shelf life. Check your kit every 6 months and replace the necessary items with fresh product.

Included in your Emergency Food pack is a menu list for either one person (8 days) or two people (4 days), and additional information if you are a diabetic, senior or child.

Each day's menu is different and the calorie content varies from 1,200 to 1,900 calories a day. Please follow the menus exactly to ensure the Emergency Food pack will last the entire time specified - 4 or 8 days.

It is **essential** that when you make the dry milk you use the entire amount at your meal, or discard it. **Do not** store or save reconstituted milk unless it is refrigerated. Powdered milk should be thoroughly mixed for best results. A good method for mixing the milk is to put the mix and water in a sealed jar and shake. Another method is to use a whisk and thoroughly stir until all lumps are gone.

Any canned food that is open and cannot be refrigerated **must** be consumed within two hours of opening the can. If you are a single person using the Emergency Food Pack, eat your lunch meal around 2 pm and your dinner around 4 pm.

Never use dented cans.

In addition to the Emergency Food Pack be sure you have available a manual can opener, water supply (one gallon per person per day), flashlights and fresh batteries.

ALL EMERGENCY FOOD PACK USERS

If you are eating this diet for over 2 weeks, you should also take a multi-vitamin.

DIABETICS

If you are diabetic, please note that the Emergency Food Pack items are not sugar-free. If you are eating only the items in the Food Pack, you should:

- 1) Monitor your glucose
- 2) Increase your intake of water
- 3) Increase your level of exercise

You may also want to substitute sugar-free peanut butter, cookies and puddings for those food pack items.

CHILDREN

Beyond the Food Pack menu servings, children may need additional servings of fruits or vegetables and calcium.

Fruits/Vegetables: An additional 1-1/2 cups per day of either fruits or vegetables may be desirable for a child. You may want to purchase additional fruit and/or vegetable products, in non-perishable packaging. Be careful to only purchase products in sizes that will be completely consumed within 4 hours as you may not have refrigeration.

Calcium: One or two additional one-cup servings per day for a child may be desirable. The box of dried milk in the Food Pack will make an additional 12 servings of one cup when mixed as directed.

SENIORS

Seniors may need extra fiber and calcium.

Fiber: Substitute whole-grain cereal and/or cracker items for the cereal and crackers in the Food pack, or take a fiber supplement.

Calcium: Follow the above advise for children.

FOUR DAY MENU

FOR TWO PEOPLE

Day 1 (1,720 calories)

Breakfast: 1 c. Cheerios cereal
1 c. mixed dry milk
1/4 c. raisins
Lunch: 3 Tbsp. peanut butter
10 low sodium crackers
1 pouch apple juice
4 Nilla wafers
Dinner: 2.5 oz. (1/2 can) chicken meat
8 Nilla wafers
1/2 c. raisins
10 low sodium crackers
Snack: 3.5 oz. vanilla pudding
1 c. Cheerios cereal

Day 2 (1,650 calories)

Breakfast: 1 c. Cheerios cereal
1 c. mixed dry milk
1/4 c. raisins
Lunch: 4 Tbsp. peanut butter
10 low sodium crackers
1 pouch apple juice
1/4 c. raisins
Dinner: 3 oz. water-based light tuna
10 low sodium crackers
1/4 c. raisins
3.5 oz. vanilla pudding
Snack: 8 Nilla wafers

Day 3 (1,680 calories)

Breakfast: 1 c. Cheerios cereal
1 c. mixed dry milk
Lunch: 4 Tbsp. peanut butter
10 low sodium crackers
1 pouch apple juice
1/4 c. raisins
Dinner: 1 c. stew
10 low sodium crackers
3.5 oz. vanilla pudding
4 Nilla wafers
Snack: 8 Nilla wafers
1/4 c. raisins

Day 4 (1,525 calories)

Breakfast: 1 c. Cheerios cereal
1 c. mixed dry milk
1/4 c. raisins
Lunch: 3 Tbsp. peanut butter
10 low sodium crackers
1 pouch apple juice
Dinner: 3 oz. water-based light tuna
10 low sodium crackers
1/4 c. raisins
3.5 oz. vanilla pudding
Snack: 8 Nilla wafers
1 pouch apple juice

EIGHT DAY MENU

FOR ONE PERSON

Day 1 (1,200 calories)

Breakfast: 1 c. Cheerios cereal
1 c. mixed dry milk
1/4 c. raisins
Lunch: 2.5 oz. (1/2 can) chicken meat
10 low sodium crackers
1 pouch apple juice
Dinner: 2.5 oz. (1/2 can) chicken meat
8 Nilla wafers
1/4 c. raisins
10 low sodium crackers
Snack: 3.5 oz. vanilla pudding

Day 2 (1,760 calories)

Breakfast: 1 c. Cheerios cereal
1 c. mixed dry milk
1/4 c. raisins
Lunch: 3 Tbsp. peanut butter
10 low sodium crackers
1 pouch apple juice
1/4 c. raisins
Dinner: 3 Tbsp. peanut butter
8 Nilla wafers
3.5 oz. vanilla pudding
10 low sodium crackers
Snack: 8 Nilla wafers

Day 3 (1,450 calories)

Breakfast: 1 c. Cheerios cereal
1 c. mixed dry milk
1/4 c. raisins
Lunch: 3 oz. water-based light tuna
15 low sodium crackers
1 pouch apple juice
1/4 c. raisins
Dinner: 3 oz. water-based light tuna
12 Nilla wafers
1 pouch apple juice
3.5 oz. vanilla pudding
Snack: 1 c. Cheerios

Day 4 (1,910 calories)

Breakfast: 1 c. Cheerios cereal
1 c. mixed dry milk
1/4 c. raisins
Lunch: 4 Tbsp. peanut butter
10 low sodium crackers
1 pouch apple juice
1/4 c. raisins
Dinner: 4 Tbsp. peanut butter
1 pouch apple juice
3.5 oz. vanilla pudding
10 low sodium crackers
Snack: 8 Nilla wafers

EIGHT DAY MENU

FOR ONE PERSON

(continued)

Day 5 (1,425 calories)

Breakfast: 1 1/2 c. Cheerios cereal
1 c. mixed dry milk
Lunch: 3 oz. water-based light tuna
1/4 c. raisins
10 low sodium crackers
8 Nilla wafers
Dinner: 3 oz. water-based light tuna
10 low sodium crackers
1 pouch apple juice
1/4 c. raisins
3.5 oz. vanilla pudding
Snack: 8 Nilla wafers

Day 6 (1,995 calories)

Breakfast: 1 1/2 c. Cheerios cereal
1 c. mixed dry milk
Lunch: 4 Tbsp. peanut butter
10 low sodium crackers
1 pouch apple juice
1/4 c. raisins
Dinner: 4 Tbsp. peanut butter
8 Nilla wafers
1/4 c. raisins
10 low sodium crackers
Snack: 3.5 oz. vanilla pudding
1/4 c. raisins

Day 7 (1,525 calories)

Breakfast: 1 1/2 c. Cheerios cereal
1 c. mixed dry milk
1/4 c. raisins
Lunch: 1 c. stew
15 low sodium crackers
8 Nilla wafers
Dinner: 1 c. stew
10 low sodium crackers
1 pouch apple juice
1/4 c. raisins
Snack: 3.5 oz. vanilla pudding

Day 8 (1,675 calories)

Breakfast: 1 1/2 c. Cheerios cereal
1 c. mixed dry milk
Lunch: 3 Tbsp. peanut butter
10 low sodium crackers
1 pouch apple juice
1/4 c. raisins
Dinner: 3 Tbsp. peanut butter
10 low sodium crackers
3.5 oz. vanilla pudding
1/4 c. raisins
Snack: 8 Nilla wafers