

Emergency Preparedness for Food & Water –

Sample Meal & Snack Ideas

Breakfast Options

- Instant oatmeal packets (made with bottled water or shelf-stable milk and shelf-stable yogurt, eaten cold-soaked overnight). <https://foodhero.org/recipes/overnight-oatmeal>
 - High-fiber granola, cereal or protein bars or drinks
 - Dry cereal with shelf-stable milk (powdered, evaporated, or boxed)
 - Peanut butter on whole grain crackers or rice cakes
 - Trail mix (nuts, seeds, dried fruit)
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Lunch / Light Meals


- Tuna or chicken salad (canned meat + mayo packets + crackers or wraps)
 - Nut butter & dried fruit sandwich/wrap
 - Canned soup, chili, or beans (can eat at room temperature if heating isn't possible)
 - Bean dip (canned beans mashed with salsa or spices) + tortilla chips
 - Hummus (shelf-stable single-serve packs) + pita bread + canned veggies
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Dinner Options

- Canned salmon or sardines with whole grain crackers + canned veggies
 - Shelf-stable lentil or chickpea pasta salad (made ahead or rehydrated with cold water)
 - Canned beef stew or vegetarian chili over ready-to-eat rice or grain
 - Ready-to-eat quinoa or rice pouches + canned beans + spices
 - Shelf-stable meal pouches or baby food (many are ready-to-eat)
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Snacks / Add-Ons

- Applesauce or fruit cups (no added sugar)
 - Shelf-stable cheese (wax-sealed or packaged)
 - Roasted chickpeas or edamame
 - Electrolyte drinks, coconut water, or 100% juice boxes
 - Dark chocolate squares for energy and morale
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 **Tip:** Always keep a **manual can opener, disposable utensils, and resealable containers** in the kit. Date and Rotate supplies every 6–12 months so food doesn't expire.