

72 Hour Food Pack

Backpack	10.00
6 cereal bars	1.80
3 applesauce cups	1.00
3 fruit cups	1.50
3 pudding cups	.75
6 peanut butter crackers	1.50
6 apple juice boxes	1.50
1 pkg beef jerky	2.98
3 cookie packs	1.00
3 cracker packs	1.00
1 tuna pack	1.36
1 can chicken breast	2.08
1 pkg trail mix	1.43
1 pack gum	.84
1 pkg gatorade mix	.68
30 hard candies	.35
1 flashlight (and batteries)	4.00
1 notebook	<u>.77</u>
	\$25.51

I added a plastic spoon and fork and
2 bottles of water

An emergency blanket might be nice.

This pack is for one person

Menu

Day one

BREAKFAST

2 cereal bars
1 apple juice
1 fruit cup

LUNCH

2 pnut btr crackers
1 juice box
1 apple sauce
1 pack cookies

DINNER

1 can chicken
1 pack crackers
1 pudding cup

Day two

BREAKFAST

2 cereal bars
1 apple juice
1 fruit cup

LUNCH

2 pnut btr crackers
1 juice box
1 apple sauce
1 pack cookies

DINNER

1 pack tuna
1 pack crackers
1 pudding cup

Day three

BREAKFAST

2 cereal bars
1 apple juice
1 fruit cup

LUNCH

2 pnut btr crackers
1 juice box
1 apple sauce
1 pack cookies

DINNER

1 pkg jerky
1 pack crackers
1 pudding cup

SNACKS - trail mix, gatorade mix, water, gum, candy