

# What Makes This Kit So Great?

## High in Calories:

In many disaster situations, you actually would not need your kit b/c you'd be able to stay home. In reality, the only time you'd actually use your kit is if you had to quickly evacuate **and** the evacuation radius was wide enough that you couldn't quickly get to a family / friend's home. This means, you'd likely be expending a lot of energy and would need calories. Many other 72 hour food kits you can find online only offer 600-1000 calories / day. A large scale disaster is **not** the time to cut your calorie consumption by half or more. Hunger makes me AND my kids (and maybe you?) very grumpy. This kit offers at least 1500 calories per day.

## Nothing Needs to Be Cooked:

Everything is lightweight and easy to carry. All meals are simple to prepare / eat which is ideal in a stressful emergency situation. Also, this means there is no need to carry or have the extra expense of a small stove / mess kits.

## Low Cost:

The basic kit costs just under \$12 for 9 meals! That is far less than \$2 per meal. Even if you include all the add-ons, the cost is still under \$16 for 9 meals: still under \$2 per meal!

## Flexible:

If you want just the basic kit, you can do that for under \$12 and still get over 1500 calories per day. But, if you'd like a few more calories, you can add nuts, slim jims and / or candy as snacks. In addition, you can add a vitamin fortified (with vitamins A, D, C, E B6, B12, Zinc, Niacin, Folate and Biotin) drink mix to add a nutrition **and** calorie boost.



# The Menu:

## Day #1

- **Breakfast:** Oatmeal to Go Bar, Annie's Bunnies, Yogurt Raisins
- **Lunch:** Peanut Butter and Animal Crackers, Fruit Leather
- **Dinner:** 4 Slim Jims, 2 Chewy Granola Bars, Fig Newtons

## Day #2

- **Breakfast:** Soft Baked Breakfast Bar, Annie's Bunnies, Craisins
- **Lunch:** Trail Mix, Annie's Bunnies, Fig Newtons
- **Dinner:** Peanut Butter and Animal Crackers, Crunchy granola bar, Yogurt Raisins

## Day #3

- **Breakfast:** Breakfast Cookie, Animal Crackers, Applesauce
- **Lunch:** Tuna & Crackers, Goldfish, Fruit Snacks
- **Dinner:** Bag of peanuts, Animal Crackers, Yogurt Raisins

# Add-Ons:

## Additional bag of nuts per day:

- Adds 170 calories per day

## 3 Additional Slim Jims per day:

- Adds 130 calories per day

## 6 pieces chewy candy per day:

- Adds 130 calories per day,

## Peach Drink:

- Adds 275 - 306 calories per day, and LOTS of vitamins.