

EMERGENCY FOOD RATION PLAN

Target Duration: 14 Days

FAMILY SIZE

LAST ROTATION DATE

STORAGE LOCATION

Food Category / Item	Qty Needed	In Stock	Expiry Date
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Water & Hydration (1 Gal/Person/Day)

Potable Water

Electrolyte Powder

Proteins & Canned Goods

Canned Beans/Legumes

Canned Meat/Fish

Nut Butters

Grains & Carbohydrates

White Rice (Sealed)

Oats/Cereals

Food Category / Item	Qty Needed	In Stock	Expiry Date
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Pasta / Crackers

Fruits & Vegetables

Canned Vegetables

Dried Fruits

Comfort & Specialized

Energy/Protein Bars

Instant Coffee/Tea

Infant/Pet Specific

Note: Check inventory every 6 months. Store in a cool, dry, and dark location.