

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 & 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,

6 pieces chewy candy per day:

- Adds 130 calories per day,

Peach Drink:

- Adds 275 - 306 calories per day, and LOTS of vitamins. Enough for approximately 1 cup peach drink at each meal per person.

