

What to Keep In Your Emergency Food Kit

Food Items:

Grain Products (whole grains):

- Crackers
- Cereal
- Granola Bars
- Uncooked Instant Oatmeal
- Microwave Rice

Vegetables and Fruit:

- Applesauce
- Dried Fruit
- Canned Fruit
- Canned Vegetables

Milk and Alternatives:

- Dehydrated or Evaporated, Dehydrated or Condensed Milk
- Infant Formula
- Packaged, Ready-To-Eat Pudding

Protein Foods:

- Nut Butter
- Nuts
- Seeds
- Trail Mix
- Canned Meat
- Canned Beans
- Dried Meat or Meat Jerky

Comfort Foods:

- Cookies
- Chips
- Canned Soup
- Hot Chocolate Powder

Miscellaneous Items:

- Can Opener
- Scissors
- Plates
- Cutlery
- Matches
- Hand Sanitizer
- Water (4 liters per person)

Recipes:

Scrambled Eggs in a Mug:

Ingredients:

- 1 egg
- 1 tablespoon of milk
- Salt and pepper (optional)

Instructions:

1. Combine ingredients in microwave safe mug
2. Beat with a fork until mixed well and a light yellow colour
3. Place a tissue or paper towel over the cup
4. Microwave until cooked through and fluffy, about 90 seconds in 30 second intervals
5. Season with salt and pepper is desired

Yogurt Parfait:

Ingredients:

- $\frac{3}{4}$ cup yogurt of choice
- $\frac{1}{2}$ cup canned or fresh fruit
- $\frac{1}{4}$ cup granola

Instructions:

1. Place yogurt in bowl
2. Top with fruit and granola

Rice Bowl:

Ingredients:

- $\frac{1}{2}$ cup microwave rice
- $\frac{1}{4}$ cup canned black beans
- $\frac{1}{4}$ cup shredded rotisserie or canned chicken
- $\frac{1}{4}$ cup canned corn
- $\frac{1}{4}$ cup lettuce (optional)
- Sauce of choice (salsa, chipotle sauce)

Instructions:

1. Follow instructions on rice package to make rice
2. Drain and rinse black beans and corn
3. Put all ingredients into bowl and top with sauce of choice

Pasta in a Mug:

Ingredients:

- 1/3 cup macaroni pasta
- 1/3 cup water
- 1/3 cup milk
- 1/2 cup shredded cheese
- 1/3 cup canned meat of choice

Instructions:

1. Combine the macaroni and water in a microwave safe mug
2. Microwave for 4 minutes total, stopping every minute to stir the pasta and allow the boiling water to settle.
3. When the water is all absorbed, add the milk, cheese and canned meat, and return to the microwave for 1 more minute.
4. Stir the mixture to combine the milk and cheese with the cooked pasta

Chicken Bean Wrap:

Ingredients:

- 1 whole wheat wrap
- 1/2 cup shredded rotisserie or canned chicken
- 1/4 cup canned black beans
- 1/4 cup canned corn
- 1/4 cup shredded cheese
- 1/2 cup salsa (optional)

Instructions:

1. Drain beans and corn
2. Combine all ingredients in wrap
3. Microwave until cheese is melted (optional)

Useful Resources:

[7 to 10 day emergency food kit \(simcoemuskokahealth.org\)](http://simcoemuskokahealth.org)

[Preparing an emergency food kit - Canada.ca](http://Canada.ca)

[Build an emergency kit | Alberta.ca](http://Alberta.ca)

[Alberta \(getprepared.gc.ca\)](http://getprepared.gc.ca)

[Canada's Food Guide](#)

[Be mindful of your eating habits - Canada's Food Guide](#)

[Scrambled Eggs in a Mug Recipe \(allrecipes.com\)](http://allrecipes.com)

[Pasta in a Mug - FeelGoodFoodie](#)