

Emergency Meal Planning

Household: _____ Date: _____ Prepared by: _____

Purpose and instructions. Choose familiar meals. Record the quantity of each essential ingredient needed per household meal, then divide the available quantity by the required quantity. The lowest result limits how many complete meals you can prepare.

Inventory / Planning Records

Meal	Ingredient	Needed / meal	Available	Meals possible	Cooking needs

Preparedness Gaps and Actions Required

Which ingredient limits the number of complete meals? What no-cook alternatives are available?

1. _____
2. _____
3. _____

What you should learn: A count of complete household meals, not just individual food packages.