

30-Day Household Food Assessment

Household: _____ Date: _____ Prepared by: _____

Purpose and instructions. Estimate daily energy requirements for each household member; adjust for age and activity. Add those daily needs and multiply by the number of days. Compare with calories on your inventory labels. Example: $4 \times 2,000 \times 30 = 240,000$ kcal (illustrative only).

Inventory / Planning Records

Food / person	Quantity	kcal / unit	Total kcal	Protein / nutrition	Water / fuel

Preparedness Gaps and Actions Required

What is the calorie gap? Are protein, fats, fruit/vegetables and dietary needs covered?

1. _____
2. _____
3. _____

What you should learn: An estimated energy gap and a list of nutritional and preparation constraints.