

DISASTER MEAL KIT

This kit will provide food for a day for a person who has no ability to prepare meals due to a disaster. Because they have no way to cook, please choose items that can be eaten “as is” such as Beanee Weenees, Vienna Sausage, tuna lunch kits, and Spam. Choose cereal that can be eaten dry, such as Cheerios, Fruit Loops, or Chex. All canned goods **MUST** have a “Pop Top.” Place all items in a one gallon zip lock bag.

BREAKFAST

Choose Two:

Individual box of cereal
Granola bar
PopTart

Optional:

Pop Top Fruit Can

LUNCH

Choose one entree:

Beanee Weenees
Tuna lunch kit
Chicken salad lunch kit
Vienna Sausage
Small jar peanut butter and small jar jelly

One:

Pop-top pork & beans

SNACKS

Choose two:

Peanuts
Peanut butter crackers
Cheese crackers
Pretzels

DINNER

Choose one entree:

Spam, tuna, or canned chicken

One:

Pop-top pork & beans

Choose one:

Pudding cup
Pop Top Fruit Can
Raisins

OPTIONAL

Juice box
Sports drink
Bottled water
Plastic fork/spoon or plastic utensil kit



Arkansas Rice Depot
hunger no more