

A WEEK'S FOOD BOX

Roughly 2,000 calories a person a day, mostly no-cook. Tick as you pack.

One sturdy lidded box of food for a week, sized for 2, 4 or 6 people. Mostly food you can eat cold, so you're covered on a bad day (P1). Store the water separately.

Item	Needs	2 people	4 people	6 people
BREAKFAST				
☐ Porridge oats	Boil	700g	1.4kg	2.1kg
☐ UHT or powdered milk	Cold	4L	8L	12L
☐ Cereal bars	Cold	14	28	42
MAIN MEALS				
☐ Pasta or rice	Boil	1.4kg	2.8kg	4.2kg
☐ Pasta sauce (jar)	Cold	6	12	18
☐ Tinned meat or fish	Cold	14 tins	28 tins	42 tins
☐ Tinned beans, chilli or curry	Cold	8 tins	16 tins	24 tins
☐ Tinned soup	Cold	8 tins	16 tins	24 tins
☐ Tinned veg	Cold	8 tins	16 tins	24 tins
SNACKS				
☐ Crackers or oatcakes	Cold	4 packs	8 packs	12 packs
☐ Tinned fruit	Cold	6 tins	12 tins	18 tins
☐ Peanut butter	Cold	1 jar	2 jars	3 jars
☐ Chocolate, nuts, dried fruit	Cold	14	28	42
DRINKS				
☐ Hot chocolate or malted drink	Boil	2 tubs	4 tubs	6 tubs
☐ Squash or juice cartons	Cold	2 bottles	4 bottles	6 bottles
☐ Sugar		500g	1kg	1.5kg
 Drinking water – 3 litres each a day		42L	84L	126L

Also in the box: tin opener, camping stove and fuel, matches, spoons, bin bags, and a copy of F3 to log use-by dates.

Make it yours. Swap in food you actually eat, check for allergies, and add baby food or pet food if you need it. Rotate it – eat the oldest and replace it (F3).

