



## Sample Menu Ideas

The list below provides suggestions for meals and snacks that use typical foods and items that are included in disaster preparedness supplies. These ideas incorporate two or more food groups and provide options that include protein, fat, and/or fiber to keep you feeling full. The goal of these meals is to provide basic nutrition and nourishment.

These suggestions are provided knowing that some may require clean water and/or a heat source to prepare. Feel free to combine or make your own meal and snack ideas based on this list and what you have available to you. Remember to incorporate any perishable items you have on hand first to avoid spoilage and waste.

- Oatmeal packet, dried fruit, and nuts
- Granola bar, applesauce, or fruit
- Breakfast cereal, powdered or canned milk, and fruit cup in 100% fruit juice
- Nut butter on a tortilla sprinkled with granola, cereal, or dried fruit and rolled into a wrap
- Nut butter sandwich or crackers and canned soup
- Canned stew or chili with crackers or bread
- Canned soup (with a protein and grain) with crackers. Examples – chicken noodle, beef barley, split pea and ham, lentil and vegetables, minestrone, chicken and rice, and chicken tortilla
- Tuna packet, crackers, and fruit cup in 100% fruit juice
- Combined cans of drained chicken breast, drained canned corn, and diced tomatoes with chilies served with crackers
- Combined cans of drained black beans, drained canned corn, and diced tomatoes served with tortilla chips or tortillas
- Drained black beans served over instant rice with fruit cup in 100% fruit juice
- Canned meat served with canned potatoes and mixed vegetables
- Drained chicken breast mixed with jarred salsa and served with tortillas
- Garbanzo beans mixed with herb seasoned diced tomatoes
- Pepperoni or beef jerky with crackers and mixed fruit in 100% fruit juice