

EMERGENCY MEAL KIT

This kit will provide food for a day for a person who has limited ability to prepare meals due to a disaster. Some items are for families living in a motel with access to a microwave. For families who 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. Place all items in a zip lock bag.

BREAKFAST

Choose one:

Individual box of cereal
Granola bar
Package of instant, flavored oatmeal
PopTart

Optional:

Fruit cup

LUNCH

Choose one entree:

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

Choose one:

Vegetable cup, (corn, green beans, carrots)
Pop-top pork & beans

SNACKS

Choose two:

Peanuts
Peanut butter crackers
Cheese crackers
Pretzels

DINNER

Choose one entree:

Spam, tuna, or canned chicken
Canned pasta meals with meat or cheese sauce - (SpaghettiO's, ravioli)
Easy Mac individual serving bowls

Choose one:

Vegetable cup, (corn, green beans, carrots)
Pop-top pork & beans

Choose one:

Pudding cup
Applesauce cup
Raisins

OPTIONAL

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



Arkansas Rice Depot
hunger no more