MALE AGE 12-40 – 2,500 CALORIES – POUCH ONLY MENU

Food	Calories	Protein (g)	Sodium (mg)	Carbohydrates (g)	Packaging	Price	Add Water?
Kashi TLC Trail Mix Bar	130	5	90	20	Pouch	$0.44	N
Kashi TLC Trail Mix Bar	130	5	90	20	Pouch	$0.44	N
Sam's Choice Mountain Trail Mix Individual Size	280	9	35	27	Pouch	$0.62	N
Rice-A-Roni Express Asian Fried	560	12	1420	102	Pouch	$1.34	N
Austin Toasty Crackers with Peanut Butter	200	4	380	23	Pouch	$0.19	N
StarKist Tuna Creations Garlic and Herb	200	13	280	2	Pouch	$1.56	N
Idahoan Original Mashed Potatoes (prepared)	340	4	500	20	Pouch	$0.33	Yes
Planters Nutrition Heart Healthy Mix 1.5 oz	260	9	80	8	Pouch	$0.50	N
Great Value Tropical Trail Mix 6 OZ	660	0	140	92	Pouch	$0.96	N
Total Packing Weight: 1 lb 15.8 oz	**2630**	**56**	**2925**	**294**		**$6.38**	

MALE AGE 12-40 – 2,500 CALORIES

Food	Calories	Protein (g)	Sodium (mg)	Carbohydrates (g)	Packaging	Price	Add Water?
Quaker Instant Grits Red Eye Gravy and Countr	100	3	490	21	Pouch	$0.23	Yes
Quaker Instant Grits Red Eye Gravy and Countr	100	3	490	21	Pouch	$0.23	Yes
Del Monte Tropical Fruit Salad 8.25 oz	160	0	20	42	Pull-top Can	$0.74	N
Sam's Choice Mountain Trail Mix Individual Size	280	9	35	27	Pouch	$0.62	N
Sam's Choice Mountain Trail Mix Individual Size	280	9	35	27	Pouch	$0.62	N
Tyson Chicken Breast Salad Kit	210	18	640	15	Cup	$1.82	N
Hunt's Snack Pack Pudding Cup Chocolate Dare	120	2	130	23	Cup	$0.22	N
Planters Nutrition Heart Healthy Mix 1.5 oz	260	9	80	8	Pouch	$0.50	N
Dinty Moore Chicken and Dumplings 7.5 oz	190	11	890	24	Insulated Can witl	$1.06	N
Great Value Tropical Trail Mix 6 OZ	660	0	140	92	Pouch	$0.96	N
Nabisco 100 Calorie Packs Chips Ahoy	100	1	140	18	Pouch	$0.33	N
Total Packing Weight: 2 lbs 12.2 oz	**2460**	**65**	**3090**	**318**		**$7.33**	

FEMALE AGE 6-30/MALE AGE 6-12 – 2,000 CALORIES – POUCH ONLY MENU

Food	Calories	Protein (g)	Sodium (mg)	Carbohydrates (g)	Packaging	Price	Add Water?
Kashi TLC Trail Mix Bar	130	5	90	20	Pouch	$0.44	N
Kashi TLC Trail Mix Bar	130	5	90	20	Pouch	$0.44	N
Sam's Choice Mountain Trail Mix Individual Size	280	9	35	27	Pouch	$0.62	N
Rice-A-Roni Express Asian Fried	560	12	1420	102	Pouch	$2.42	N
Austin Toasty Crackers with Peanut Butter	200	4	380	23	Pouch	$0.19	N
StarKist Tuna Creations Garlic and Herb	200	13	280	2	Pouch	$1.56	N
Idahoan Original Mashed Potatoes (prepared)	340	4	500	20	Pouch	$0.33	Yes

Planters Nutrition Heart Healthy Mix 1.5 oz	260	9	80	8	Pouch	$0.50	N
Nabisco 100 Calorie Packs Chips Ahoy	100	1	140	18	Pouch	$0.33	N
Total Packing Weight: 1 lb 10.4 oz	**2070**	**57**	**2925**	**220**		**$6.83**	

FEMALE AGE 6-30/MALE AGE 6-12 – 2,000 CALORIES

Food	Calories	Protein (g)	Sodium (mg)	Carbohydrates (g)	Packaging	Price	Add Water?
Quaker Oatmeal Express Baked Apple	200	4	320	42	Cup	$0.82	Yes
Raisins 1.5 oz box	130	1	10	31	Box	$0.20	N
Sam's Choice Mountain Trail Mix Individual Size	280	9	35	27	Pouch	$0.62	N
Del Monte Tropical Fruit Salad 8.25 oz	160	0	20	42	Pull-top Can	$0.74	N
Bumble Bee Tuna Salad with Crackers	210	9	440	19	Tray	$0.96	N
Great Value Tropical Trail Mix 6 OZ	660	0	140	92	Pouch	$0.96	N
Hormel Roast Beef and Gravy with Mashed Pota	230	23	970	25	Tray	$1.77	N
Hunt's Snack Pack Pudding Cup Chocolate Dare	120	2	130	23	Cup	$0.22	N
Total Packing Weight: 2 lbs 0.2 oz	**1990**	**48**	**2065**	**301**		**$6.29**	

CHILD YOUNGER THAN AGE 6 – 1.500 CALORIES – POUCH ONLY MENU

Food	Calories	Protein (g)	Sodium (mg)	Carbohydrates (g)	Packaging	Price	Add Water?
Kashi TLC Trail Mix Bar	130	5	90	20	Pouch	$0.44	N
Sam's Choice Mountain Trail Mix Individual Size	280	9	35	27	Pouch	$0.62	N
Austin Toasty Crackers with Peanut Butter	200	4	380	23	Pouch	$0.19	N
Sam's Choice Mountain Trail Mix Individual Size	280	9	35	27	Pouch	$0.62	N
Idahoan Original Mashed Potatoes (prepared)	340	4	500	20	Pouch	$0.33	Yes
Nabisco 100 Calorie Packs Chips Ahoy	100	1	140	18	Pouch	$0.33	N
Total Packing Weight: 0 lbs 15.6 oz	**1330**	**32**	**1180**	**135**		**$2.53**	

CHILD YOUNGER THAN AGE 6 -1,500 CALORIES

Food	Calories	Protein (g)	Sodium (mg)	Carbohydrates (g)	Packaging	Price	Add Water?
Kellogg's Apple Jacks .95 oz	110	1	125	24	Box	$0.32	N
Austin Cheese Crackers with Peanut Butter	190	4	310	22	Pouch	$0.19	N
Hormel Cheezy Mac N Cheese	280	10	820	24	Cup	$0.83	N
Planters Nutrition Heart Healthy Mix 1.5 oz	260	9	80	8	Pouch	$0.50	N
Raisins 1.5 oz box	130	1	10	31	Box	$0.20	N
Hormel Lasagna with Meat Sauce	280	14	1100	40	Tray	$1.77	N
Barum's Animal Crackers	240	2	280	44	Box	$0.96	N
Total Packing Weight: 1 lbs 13.8 oz	**1490**	**41**	**2725**	**193**		**$4.77**	

POOR MAN'S 72 HOUR KIT MENU – *Meets Caloric, protein, and carb needs for 1 adult (male or female) for 3 days w/o exceeding sodium daily values*

Food	Calories	Protein (g)	Sodium (mg)	Carbohydrates (g)	Packaging	Price	Add Water?
Jif Reduced Fat Creamy/Crunchy 18oz	2660	112	3500	210	Jar	$2.59	N
Great Value Unsalted Tops Crackers – 1 box	1800	30	2400	330	Box	$0.87	N
Great Value Tropical Trail Mix 6 OZ	660	0	140	92	Pouch	$0.96	N
Great Value Tropical Trail Mix 6 OZ	660	0	140	92	Pouch	$0.96	N
Great Value Tropical Trail Mix 6 OZ	660	0	140	92	Pouch	$0.96	N
Great Value Tropical Trail Mix 6 OZ	660	0	140	92	Pouch	$0.96	N
Total Packing Weight: 5 lbs 14 oz	**7100**	**142**	**6460**	**908**		**$7.30**	

FOODS THAT I DIDN'T USE, BUT INFO IS PROVIDED FOR REFERENCE

Food	Calories	Protein (g)	Sodium (mg)	Carbohydrates (g)	Packaging	Price	Add Water?
Skippy Extra Crunchy 28oz	4560	168	3360	168	Jar	$2.59	N
Sargento Cheese Dips	310	6	820	27	Tray	$0.98	N
Bush's Baked Beans Original 8.3 ox	280	12	1100	48	Pull-top Can	$0.63	N
PowerBar Protein Plus Vanilla Yogurt	290	24	150	37	Pouch	$1.54	N
Hungry Jack Easy Mashed Hearty Baked Potato	360	8	1480	72	Pouch	$0.78	Yes
Van Camp's Beanee Weenie Baked Beans	290	14	1210	34	Pull-top Can	$0.74	N
Armour Lite Vienna Sausage 5oz	225	12.5	1050	25	Pull-top Can	$0.44	N
Great Value Potted Meat 3oz	140	11	770	0	Pull-top Can	$0.25	N
Underwood Chicken Spread 4.25 oz	275	20	1025	7.5	Pull-top Can	$1.43	N
SrarKist Chunk White Albacore Tuna in Water 6	150	35	87.5	0	Can		N
Healthy Choice Chicken with Rice Soup 14 oz	180	12	960	24	Insulated Can witl	$1.74	N
Progresso Chicken and Wild Rice 15.25 oz	180	10	1800	26	Insulated Can witl	$1.50	N
Dinty Moore Chicken and Dumplings 7.5 oz	190	11	890	24	Insulated Can witl	$1.77	N
Campbell's Chunky Chili with Beans Roadhouse	440	26	1580	50	Pull-top Can	1.48	N
Campbell's Chunky Chili no Beans Beef Chili 16	440	19	1700	38	Pull-top Can	$1.48	N
Great Value Dried Apples 4.5 oz	330	0	480	87	Pouch	$1.18	N
Great Value Peppered Beef Jerky 4 oz	320	33	1110	21	Pouch	$2.98	N
Great Value Original Beef Jerky 4 oz	280	60	3240	8	Pouch	$2.98	N
Healthy Choice Chicken and Dumplins Soup 15	280	22	960	38	Can	$1.43	N
Chef Boyardee Beef Ravioli in Tomato and Meat	480	16	1800	70	Pull-top Can	$0.88	N

MULTIPLE PACK ITEMS

Food	Price	Quantity	Per Item Price
Nabisco 100 Calorie Packs Chips Ahoy	$2.00	6	$0.33
Kellogg's Fun Pack	$2.58	8	$0.32
Austin Variety Pack Crackers	$1.88	10	$0.19

Planters Go Nuts Nut-rition	$3.00	6	$0.50
Kashi Tasty Little Chewy Granola Bars Trail Mix	$2.64	6	$0.44
Sam's Choice Mountain Trail Mix	$4.98	8	$0.62
Quaker Instant Grits Red Eye Gravy and Countr	$2.73	12	$0.23
Hunt's Snack Pack Pudding Cup Chocolate Dare	$0.88	4	$0.22
Raisins	$1.18	6	$0.20

Pouch only menus are much lighter weight than other menus, but are often short on carbohydrates, which are needed for energy in extreme conditions.

This document was created by Jenny Smith and is online at http://www.JennySmith.net/
Wednesday, February 22, 2006

Targeted daily amounts for 2,000 calorie diets

Carbs = 300g
Sodium < 2500mg
Protein = 50g

Caloric needs are based on a National Health and Nutrition Examination Survey 1999-2000, see http://www.cdc.gov/nchs/data/ad/ad334.pdf
According to the survey, caloric needs decrease after age 40 for both men and women.

Shocking finding about beef jerky: Even within in the same brand, Beef Jerkys are not all created equal. If you choose to ignore my advice and put jerky in your kit, be SURE to check the sodium content of Beef Jerkys. See the above notes on GV Jerky. The Original style has nearly 3x as much sodium as the peppered jerky. Recommended daily intake for sodium is less than 2,500 mg. That 4 oz bag has more sodium than you should consume in a day and a half. Think that'll make you thirsty? Yet another reason not to include jerky in a 72 hour kit.

None of the items in these menus require cooking or hot water.

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