

GROCERY RUN

EMERGENCY PLANNING FOR 2 WEEKS

Dry Goods

Spaghetti noodles: 2 boxes

Whole-wheat bread: 2 loaves

Pancake mix: 2 boxes

White bread - 6 loaves

Popcorn - 2 boxes

Mexican rice - 2 cups dry

Soft taco shells: 2 (8 ct) bags

Saltin/Ritz crackers: 1 box each

Pizza dough - 2 large pre-made

Macaroni salad - 2 containers

Fresh Produce

Apples - 8

Oranges - 8

Medium bananas - 12

Grapes - 2 (2#) bags

Tomatoes - 5

White onions - 3

Variety of bell peppers - 6

Carrots - 3 bags

Celery - 3 groups

Cucumbers - 12

Sweet potatoes - 3

Frozen Dairy/Veggies

Frozen corn - 3 bags

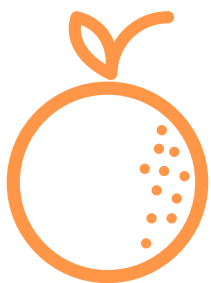
Ice cream - 1 48 oz container

Tilapia - 1 (32 oz) bag

Frozen broccoli - 4 bags

Small rolls - 1 (24 ct) pan

Chicken breasts - 2 bags



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Fresh Meat/Dairy

Bacon - 2 pkgs

Sauage - 2 pkgs

Turkey deli meat - 2 containers

Ham deli meat - 2 containers

Ground beef - 2 (1#) containers

Eggs - 3 (18 ct) containers

Skim milk - 4 gallons

Sliced cheese (cheddar/swiss) - 3
(12 ct) pkgs

Pudding - 3 instant Jell-O boxes

Yogurt - 2 (32 oz) containers

Cottage cheese - 1 (24 oz)
container

Canned Goods/Condiments

Tuna - 2 (12 oz) cans

Fruit cocktail - 4 (15 oz) cans

Pears - 6 (15 oz) cans or 3 (32 oz)

Applesauce - 2 (48 oz) cans

Mandarine orange cups - 2 pkgs

Spaghetti sauce - 2 cans

Pizza sauce - 1 (large) can

Ranch dressing - 1 (36 oz)
container

Black olives - 2 (8 oz) can

Mushrooms - 3 (8 oz) cans

Lite Mayo - 1 (30 oz) container

Peanut butter - 2 (16 oz) jars

**1 gallon water / day PER PERSON
= 56 GALLONS (if needed)**

Week 1 Menu

Sunday

- Breakfast: 2 slices bacon, 2 small pancakes, 1 cup pears, 1/2 c cottage cheese, 1 cup skim milk
- Lunch: Turkey and cheddar cheese sandwich, 1 cup celery sticks with 2 tbsp peanut butter, 1 cup grapes, 8 oz water
- Dinner: Baked chicken with 1/2 c mashed potatoes, 1 cup green beans, 8 oz water
- Snack: 3 c popcorn, 1 c cucumber, 1/2 c yogurt

Tuesday

- Breakfast: 2 slices bacon, 1 slice whole-wheat toast, 1 cup fruit cocktail, 1/2 c cottage cheese, 1 cup skim milk
- Lunch: Turkey and cheddar cheese sandwich, 1 cup sliced bell pepper w/ ranch, 1 small orange, 8 oz water
- Dinner: 1/2 c spaghetti with meat sauce, 1 cup corn, 1 small roll, 8 oz water
- Snack: 6 Ritz crackers, 1 c sweet potato fries

Thursday

- Breakfast: 2 slices bacon, 1 slice whole-wheat toast, 1 cup peaches, 1/2 c cottage cheese, 1 cup skim milk
- Lunch: Turkey and cheddar cheese sandwich, 1 cup celery sticks w/ ranch, 1 small apple, 8 oz water
- Dinner: 3 oz ground beef, 2 taco shells with 1 cup tomatoes, onion, lettuce, 1/3 c shredded cheese, 8 oz water
- Snack: 6 Ritz crackers, 1 c cucumber

Saturday

- Breakfast: 2 slices bacon, 1 slice whole-wheat toast, 1 cup pears, 1/2 c cottage cheese, 1 cup skim milk
- Lunch: Turkey and cheddar cheese sandwich, 1 cup celery sticks w/ ranch, 1 small apple, 8 oz water
- Dinner: Pizza night (homemade), 2 slices with 1 cup olives/onion, 1/3 c shredded cheese, 8 oz water
- Snack: 3 c popcorn, 1/2 c carrots, 1/2 c yogurt

Monday

- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup spinach and tomatoes, 1 slice whole-wheat toast, 1 cup peaches, 1 c skim milk
- Lunch: Peanut butter sandwich, 1 cup carrot sticks with ranch,, 1 small apple, 8 oz water
- Dinner: Baked chicken with 1/2 c mashed potatoes, 1 cup green beans, 1/2 c ice cream, 8 oz water
- Snack: 6 Ritz crackers, 1/2 c carrots

Wednesday

- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup mushrooms and bell peppers, 1 cup pears, 1 c skim milk
- Lunch: Peanut butter sandwich, 1 cup carrot sticks with ranch,, 1 cup grapes, 8 oz water
- Dinner: 1/2 c spaghetti with meat sauce, 1 cup corn, 1 small roll, 8 oz water
- Snack: 3 c popcorn, 1 cup cucumber, 1/2 c yogurt

Friday

- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup spinach and tomatoes, 1 cup fruit cocktail, 1 c skim milk
- Lunch: Peanut butter sandwich, 1 cup sliced bell pepper with ranch,, 1 small orange, 8 oz water
- Dinner: 1/2 c spaghetti with meat sauce, 1 cup corn, 1 small roll, 8 oz water
- Snack: 3 c popcorn, 1/2 c carrots, 1/2 c yogurt

Week 2 Menu

Sunday

- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup spinach and tomatoes, 2 small pancakes, 1 cup mandarin oranges, 1 c skim milk
- Lunch: Ham and swiss cheese sandwich, 1 cup applesauce, 1 c celery sticks with 2 tbsp peanut butter, 8 oz water
- Dinner: 3 oz chicken parmesan with 1/2 c spaghetti, 1 cup green beans, 1 small roll, 8 oz water
- Snack: 3 c popcorn, 1 bell pepper w/ ranch, 1 c pudding

Tuesday

- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup onion and bell pepper, 1 sl whole-wheat toast, 1 cup mandarin oranges, 1 c skim milk
- Lunch: Ham and swiss cheese sandwich, 1 cup applesauce, 6 celery sticks w/ 2 tbsp pb, 8 oz water
- Dinner: 3 oz baked tilapia, 3 oz macaroni salad, 1 c green beans, 1/2 c fat free milk
- Snack: 3 c popcorn, 1/2 cucumber, 1 c pudding

Thursday

- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup spinach and tomato, 1 sl whole-wheat toast, 1 cup mandarin oranges, 1 c skim milk
- Lunch: Ham and cheddar cheese sandwich, 1 cup celery sticks w/ ranch, 1 c applesauce, 8 oz water
- Dinner: 3 oz fajita chicken, 1/3 c shredded cheese, 1 c bell pepper/onion, 1/2 c Mexican rice, 8 oz water
- Snack: 6 saltine crackers, 1 tbsp pb, 1 bell pepper w/ ranch

Saturday

- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup onion/bell pepper, 1 sl whole-wheat toast, 1 cup mandarin oranges, 1 c skim milk
- Lunch: Ham and swiss cheese sandwich, 1 cup celery sticks w/ 2 tbsp pb, 1 c applesauce, 8 oz water
- Dinner: Pizza night (homemade), 2 slices with 1 cup olives/bell pepper, 1/3 c shredded cheese, 8 oz water
- Snack: 3 c popcorn, 1 bell pepper w/ ranch

Monday

- Breakfast: 1 oz sausage, 1 sl whole-wheat toast, 1 medium banana, 1 c skim milk
- Lunch: 2 oz tuna salad sandwich, 1 c pears, 1 c carrots w/ ranch, 1 c plain yogurt, 8 oz water
- Dinner: 3 oz chicken parmesan with 1/2 c spaghetti, 1 cup green beans, 1 small roll, 8 oz water
- Snack: 6 saltine crackers, 1 tbsp pb, 1/2 cucumber

Wednesday

- Breakfast: 1 oz sausage, 2 small pancakes, 1 medium banana, 1/2 c skim milk
- Lunch: 2 oz tuna salad sandwich, 1 c pears, 1 c carrots w/ ranch, 1 c plain yogurt, 8 oz water
- Dinner: 3 oz baked tilapia, 3 oz macaroni salad, 1 c green beans, 1/2 c fat free milk
- Snack: 3 c popcorn, 1/2 cucumber, 1 c yogurt

Friday

- Breakfast: 1 oz sausage, 1 sl whole-wheat toast, 1 medium banana, 1/2 c skim milk
- Lunch: 2 oz tuna salad sandwich, 1 c pears, 1 c carrots w/ ranch, 8 oz water
- Dinner: 3 oz fajita chicken, 1/3 c shredded cheese, 1 c bell pepper/onion, 1/2 c Mexican rice, 8 oz water
- Snack: 3 c popcorn, 1/2 cucumber, 1 c yogurt