

### SAMPLE EMERGENCY FOOD STORAGE MEAL PLANS FOR 1,000 OR 1,400 CALORIE DIET (CHILDREN)

(This meal plan is a sample. Consult your doctor regarding appropriate foods for your individual nutritional needs and health conditions.)

| Day | Breakfast   | Snack          | Lunch   | Afternoon Snack          | Dinner   | Snack                                     | Calories | Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Potassium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | % fat | %protein | % carbohydrates |
|-----|---|----------------|---|--------------------------|--|---|----------|---------|-------------------|------------------|-------------|----------------|------------------------|-------------------|-------|----------|-----------------|
| 1   | Cheerios cereal with nonfat powdered milk   | ¼ cup raisins  | 3 oz. StarKist solid white Albacore tuna with 1 Tbsp mayonnaise; 8 oz glass nonfat powdered milk    | 2 Hershey Kisses         | Whole wheat spaghetti with Rinaldi To Be Healthy Lo Sodium Marinara Sauce and 8 oz. glass nonfat powdered milk | 2 Hershey Kisses                          | 1030     | 22      | 5.5               | 60               | 937.5       | 1310           | 117.5                  | 10.5              | 17    | 17       | 66              |
| 2   | Cheerios cereal with nonfat powdered milk   | ¼ cup raisins  | 1 Can Campbell's Low sodium chicken noodle soup with 8 oz glass nonfat powdered milk                | Plain air-popped popcorn | Happy Pho brown rice noodle soup 8 oz glass nonfat powdered milk   | 1 Hunt's Snack Pack Chocolate Pudding Cup | 982      | 7.62    | 3                 | 40               | 649         | 1090           | 146                    | 7                 | 4     | 19       | 77              |
| 3   | Arrowhead Mills organic oat bran pancake mix served with maple syrup with 8 oz. glass of nonfat powdered milk | Applesauce Cup | Nutella sandwich on Hodgson Mill honey whole wheat quick bread with 8 oz glass nonfat powdered milk | ¼ cup raisins            | Canned pink salmon with mayonnaise. 8 oz glass nonfat powdered milk  | 1 Hunt's Snack Pack Chocolate Pudding Cup | 1440     | 32.5    | 6.5               | 130              | 1187        | 1735           | 193.84                 | 12                | 12    | 25       | 63              |